

Developmental Disabilities Administration

Region 1
Presents Trainings for
Continuing Education
2018

June 25, 2018 9am-4pm Spokane

June 26, 2018 9am-4pm Kennewick

June 27, 2018 9am-4pm Yakima

Nutrition and Fall Prevention

Nutrition:

With nearly 60 percent of American adults classified as obese or overweight, this class positions its students to help clients set and achieve healthy weight management goals. Common, public knowledge of functional foods is limited, and cutting edge research has much to share on the connection between diet and the human body.

We will cover nutrition basics, the development of eating disorders, and the benefits of various 'diets'.

Fall Prevention:

Falls are the number one reason for a drastic change in the quality of life; living situation and overall life expectancy of a person we support. Fall Prevention means being proactive about injury prevention. In this class get tips and resources on fall prevention, implementing balance programs and learn about Fall Prevention Awareness.

We will consider the risk factors like stroke, seizures, MS, depression, insomnia, etc; the roles they play; and what we can do to prevent falls.

Join us for this class and let's also learn to 'move it; move it; move it'.

To Register:

- You must pre-register by contacting Gloria Martinez at MartinGA@dshs.wa.gov or 509-225-7991
- This class is limited to 25 attendees, and you must be registered to attend.



Presented by Shanti Potts

Shanti Potts has over 25 years' experience working with and advocating for seniors, with a passion for teaching and learning. She works extensively with unpaid family caregivers and professional care providers. She has been employed as an instructor at Clark Community College, Lower Columbia Community College, Area Agency on Aging & Disabilities of SW Washington, Developmental Disabilities Administration and PeaceHealth Southwest Medical Center. She is also a member of the Area Agency on Aging and Disabilities management.

Who Should Attend?

AFH Providers/Resident Managers/Caregivers, Assisted Living Administrators/Caregivers, SL Staff, CH Providers, AL Providers, Supported Employment Staff. This is not for Individual Provider to earn their Continuing Education credits.

Training is approved for 6 hours of Continuing Education credits. There is no charge for this training



Locations:

Spokane - [1608 W Boone Ave](#), Spokane WA 99201
(Division of Child Support Office)

Kennewick - [4310 West 24th Ave](#), Kennewick, WA
99338 (L&I Building)

Yakima – [1002 N 16th Ave](#), Yakima WA 98902
(Yakima CSO, Room 5)

If you get lost or in the event of inclement weather, call 509-225-7991 to get further direction or to find out if the training will be held as scheduled. Please don't be late; doors will close at start time.

We ask while here that you follow safety and security rules of the venue. Please always wear the badge (when provided) and sign in/out if required by the venue. Thank you.

Additional Classes are listed Online

<http://www.dshs.wa.gov/dda/dda-provider-training>

Developmental Disabilities Administration

Region 1

Presents Workshops for
Continuing Education:
2018



Purpose Statement

The Developmental Disabilities Administration (DDA) endeavors to make a positive difference in the lives of people eligible for services, through offering quality supports and services that are: individual/ family driven; stable and flexible; satisfying to the person and their family; and able to meet individual needs. Supports and services shall be offered in ways that ensure people have the necessary information to make decisions about their options and provide optimum opportunities for success.

- INDIVIDUAL WORTH AND DEVELOPMENT
- CONTINUITY AND COORDINATION OF SERVICES
- COMMUNITY PARTICIPATION AND PARTNERSHIP
- RESPECT FOR EMPLOYEES
- SERVICES QUALITY AND PERFORMANCE ACCOUNTABILITY
- NONDISCRIMINATION



Washington State
Department of Social
& Health Services

DDA Developmental
Disabilities Administration