

Dementia Care and Mental Health Training

Who is HEART?

The Health Education and Aging Resource Team (HEART) provides free professional, high quality in-service education in nursing homes, adult care homes, family care homes, senior centers, home health agencies, adult day cares, adult day health, as well as other community-based organizations.



Call us today!



Health Education and Aging Resource Team

To further discuss your organization's training needs or to schedule a free training, call or email us.

(336) 495-2700
mytahome.com



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Serving People Since 1958



HEART
**Health Education and
Aging Resource Team**

We offer **FREE,**
Quality In-services!

KNOWLEDGE

INSIGHT | INTELLECT | IMPACT

Let HEART provide you with free, quality in-services!

We provide training on behavior management, de-escalation techniques, person-centered care, dementia, mental health and substance use disorders, and psychotropic medications.



“To care for those who once cared for us is one of the highest honors”
-Tia Walker

“To the world you may be one person; but to one person you may be the world”

-Dr. Seuss



HEART Training Topics:

- **Dementia Care**
- **Depression, Anxiety**
- **Substance Use Disorders**
- **Psychotropic Medications**
- **Behavioral Management**
- **Person-Centered Care**

Q&A

How much do our trainings cost?

HEART services are state-supported and always at no cost to you or your staff.

How long are HEART trainings?

Trainings are typically one hour in length but can be tailored to meet the needs of your staff.

Who is the intended audience for HEART trainings?

We come to your organization to provide in-services. Our trainings are targeted to direct caregivers and those who work with older adults who have dementia or mental illness. Effective communication skills and person-centered care are emphasized throughout our trainings.

Covering the Trillium Region



Transforming Lives. Building Community Well-Being.