**Late-Life Sleep Disorders**

This course presents an in-depth clinical view of the biological and psychosocial complexities of late-life sleep problems. Expert geriatric psychiatry faculty from UW Medical School and the Middleton Veterans Administration Hospital provide instruction and lead discussion.

**Learning Objectives**

- Summarize how different types of late-life sleep disorders impact quality of life
- Describe how the body regulates sleep
- Explain the neurobiological factors that influence sleep in late life
- Describe how sleep hygiene affects quality of sleep
- Identify two effective treatment modes for late-life sleep disorders

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**An Overview of Key Issues in Geriatric Mental Health**

Recognizing and treating the unique symptoms of late-life mental illness requires specialized knowledge. This course focuses on screening and treatment of depression and anxiety disorders in the elderly. Review best-practice screening tools, methods, and treatment approaches. This class is a component of the new Geriatric Mental Health Care Management Certificate (page10).

**Learning Objectives**

- Explain how late-life depression and anxiety present differently than midlife mental illness
- Apply valid, reliable and age-specific tools to screen for geriatric depression and anxiety
- Identify evidence-based treatment modes for geriatric depression and anxiety
- Summarize the impact that pain has on the development of geriatric depression
- Identify five facts that are indicators of potential for elder suicide
- Differentiate among geriatric depression, dementia, and delirium
Registration Form

To Register

Choose the method that works for you. Charge to your American Express, Discover, MasterCard or Visa, or make checks payable to UW-Madison. Use this registration form or any of the following methods.

1. Online

Online registration is available. See course descriptions at continuingstudies.wisc.edu/behavioral-health.

2. By phone—608-262-2451
    800-725-9692
    (Wisconsin Relay 711)

Register by phone 7am–4:30pm, Monday–Friday. Before you call please have the necessary information handy, including your credit card or purchase-order number.

3. By mail

Send your registration form, check (payable to UW-Madison) or credit-card information to UW-Madison Continuing Studies Registrations, Pyle Center, 702 Langdon St, Madison, WI 53706.

4. In person

Bring your registration form to the UW-Extension Registration Office, 702 Langdon St, Madison, WI 53706. The office is open 7:45am–4:30pm, Monday–Friday.

5. By fax—608-265-3163
    800-741-7416

You may fax your registration form if you pay by credit card or provide a purchase-order number.

Registration Form

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If you have a disability and desire accommodations, please contact the department offering the class. Requests are confidential. These programs are offered by UW-Madison in cooperation with UW-Extension.

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