



American Muslim Senior Society (AMSS)

Diversity and Partnership in Action Supporting Caregivers and Empowering Older Adults

Program Topics

Topic	Note
1- Program Orientation/ Meet and Greet, Student program overview	Program objectives, what to expect, the follow of the sessions, Tech Q&A
2- Aging & Specific Issues	Aging & Specific Issues: Isolation, caregiving, elder abuse issues (physical, emotional, financial); how to assess for elder issues (simple questions to ask); how to best refer clients for support; specialized resources and agencies;
3- Mental Health(Dementia)	Challenges faced when a loved one is afflicted with cognitive or behavioral illness. Ways to cope and deal with these challenges.
4- Senior Legal Issue	Advance Care Planning -- including Advanced Directives, MOLST, wills, guardianships, Powers of Attorney, considering religious aspects of estate planning, immigration issues.
5- Islamic traditions and end of life care.	Islamic aspects of end-of-life care; Muslim traditions around end-of-life; Muslim approaches to wills and advanced directives; Chad will focus on traditions and what is appropriate from the perspective of Islamic Chad will focus on traditions and what is appropriate(do's and don't)
6- Funeral Planning	What does a family need to know about making arrangements and funeral resources?

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7- Grief and self-care	Process of grief; Differing styles and reactions to loss; Resources and ways to provide self-care for people feeling emotional pain; How to best offer care for someone who has experienced a loss;
8- Ethics and Moral	Ethical boundaries and dilemmas for volunteers to keep in mind.
9- Visits and Communication	Listening skills; How to do an Effective Visit; Cultural norms and barriers to receiving help (eg.not complaining); social stigma associated with some illnesses, especially cognitive conditions;
10- Other Cultures and Traditions.	Becoming familiar and comfortable with the wide range of cultural practices and orientations; Learning to make no assumptions about others; Willingness to learn from others.
11- Resources	Provide a written list of resources