Training Course on Cognitive Decline and Financial Vulnerability in Retirement

Professional Development Training Course Outline

Category	Pension and Retirement	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

As individuals age, they may experience cognitive decline, which can significantly impact their ability to manage finances effectively. Cognitive decline encompasses a range of changes in memory, thinking, and reasoning skills, which can make it challenging for retirees to navigate financial decisions. This issue is increasingly important as the population ages and more individuals enter retirement. Understanding the relationship between cognitive decline and financial vulnerability is crucial for ensuring that older adults maintain their financial security and well-being. Financial vulnerability in retirement can arise from various factors, including diminished cognitive abilities, lack of awareness of financial options, and increased susceptibility to financial scams. These vulnerabilities can lead to poor financial decisions, increased reliance on family members or caregivers, and ultimately, a decline in overall quality of life. It is essential to address these concerns proactively to enhance the financial literacy and security of retirees. Training Course on Cognitive Decline and Financial Vulnerability in Retirement aims to equip participants with the knowledge and tools necessary to understand cognitive decline and its implications for financial decision-making in retirement. Participants will explore the signs of cognitive decline, its impact on financial vulnerability, and strategies to mitigate these risks. The curriculum will cover essential topics such as enhancing financial literacy, recognizing the signs of cognitive decline, engaging family members in financial discussions, and identifying resources and support systems.

Programme Curriculum

Training Course on Cognitive Decline and Financial Vulnerability in Retirement

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Course Objectives

1. Understand cognitive decline and its impact on financial decision-making.
2. Identify the signs and symptoms of cognitive decline in older adults.
3. Explore the relationship between cognitive health and financial vulnerability.
4. Discuss the importance of financial literacy for retirees.
5. Analyze common financial challenges faced by individuals with cognitive decline.
6. Identify strategies to enhance financial decision-making skills.
7. Explore the role of family and caregivers in supporting financial management.
8. Discuss the importance of early intervention and planning.
9. Identify resources for financial education and support for retirees.
10. Explore legal considerations, such as powers of attorney and guardianship.
11. Discuss strategies to protect against financial scams targeting older adults.
12. Evaluate case studies of individuals managing cognitive decline and finances.
13. Develop a personal action plan for maintaining financial health in retirement.

Target Audience

1. Individuals approaching retirement or newly retired.
2. Family members and caregivers of older adults.
3. Financial advisors and planners.
4. Social workers and community service providers.
5. Healthcare professionals specializing in geriatric care.
6. Nonprofit organizations focused on aging services.
7. Academics and researchers in gerontology and cognitive health.
8. Individuals interested in enhancing their understanding of financial vulnerability in older adults.

Course Duration: 5 Days

Course Modules

Module 1: Understanding Cognitive Decline

- Define cognitive decline and its stages.
- Discuss common conditions associated with cognitive decline (e.g., dementia, Alzheimer's).
- Explore the prevalence of cognitive decline in older adults.
- Identify risk factors for cognitive decline.
- Review key terminology related to cognitive health.

Module 2: Signs and Symptoms of Cognitive Decline

- Discuss early warning signs of cognitive decline.
- Explore changes in memory, judgment, and reasoning.
- Analyze behavioral changes that may indicate cognitive issues.
- Identify tools and assessments for evaluating cognitive health.
- Review case studies highlighting signs of cognitive decline.

Module 3: Financial Vulnerability and Cognitive Health

- Explore the relationship between cognitive decline and financial vulnerability.
- Discuss how cognitive decline can impact financial decision-making.
- Analyze the risks of financial exploitation and scams.
- Identify common financial challenges faced by those with cognitive decline.
- Review case studies of financial vulnerability in older adults.

Module 4: Enhancing Financial Literacy

- Discuss the importance of financial literacy for retirees.
- Explore resources for improving financial knowledge.
- Analyze strategies for simplifying financial information.
- Identify tools and apps that promote financial literacy.
- Review case studies of successful financial education initiatives.

Module 5: Supporting Financial Decision-Making

- Discuss strategies for effective financial management.
- Explore the role of family and caregivers in decision-making.
- Analyze the importance of open communication about finances.
- Identify best practices for involving older adults in financial discussions.
- Review case studies of collaborative financial planning.

Module 6: Legal Considerations and Planning

- Discuss the importance of legal documents (e.g., powers of attorney).
- Explore guardianship and its implications for financial decisions.
- Analyze the role of advance directives in financial planning.
- Identify resources for legal assistance and support.
- Review case studies highlighting legal considerations for older adults.

Module 7: Protecting Against Financial Scams

- Discuss common financial scams targeting older adults.
- Explore strategies for recognizing and avoiding scams.
- Analyze the role of education in scam prevention.
- Identify resources for reporting and addressing financial exploitation.

- Review case studies of individuals who faced financial scams.

Module 8: Developing a Personal Action Plan

- Discuss the importance of proactive financial planning.
- Explore steps for creating a personal financial health plan.
- Identify resources for ongoing education and support.
- Analyze the role of regular check-ins and assessments.
- Create a personal action plan for maintaining financial health in retirement.

Training Methodology

- **Interactive Workshops:** Facilitated discussions, group exercises, and problem-solving activities.
- **Case Studies:** Real-world examples to illustrate successful community-based surveillance practices.
- **Role-Playing and Simulations:** Practice engaging communities in surveillance activities.
- **Expert Presentations:** Insights from experienced public health professionals and community leaders.
- **Group Projects:** Collaborative development of community surveillance plans.
- **Action Planning:** Development of personalized action plans for implementing community-based surveillance.
- **Digital Tools and Resources:** Utilization of online platforms for collaboration and learning.
- **Peer-to-Peer Learning:** Sharing experiences and insights on community engagement.
- **Post-Training Support:** Access to online forums, mentorship, and continued learning resources.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.com or call +254769199797

Certification

Upon successful completion of this training, participants will be issued with a globally recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

- Participants must be conversant in English.
- Upon completion of training, participants will receive an Authorized Training Certificate.
- The course duration is flexible and can be modified to fit any number of days.
- Course fee includes facilitation, training materials, 2 coffee breaks, buffet lunch, and a Certificate upon successful completion.
- One-year post-training support, consultation, and coaching provided after the course.
- Payment should be made at least a week before the training commencement to FINESKILL TRAINING CENTER account, as indicated in the invoice, to enable better preparation.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price

07 Sep 2026	11 Sep 2026	Online	$1,100
14 Sep 2026	18 Sep 2026	Online	$1,100
21 Sep 2026	25 Sep 2026	Online	$1,100
28 Sep 2026	02 Oct 2026	Online	$1,100
05 Oct 2026	09 Oct 2026	Online	$1,100
12 Oct 2026	16 Oct 2026	Online	$1,100
19 Oct 2026	23 Oct 2026	Online	$1,100
26 Oct 2026	30 Oct 2026	Online	$1,100

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