

“Stop Worrying, Start Living”

Free Educational Workshop Series



Workshop: In-Home Care

Living out your retirement years at home, whether you stay in the house where you raised your children, downsize to an apartment or retreat to a cottage in the tropics -- is a popular idea.

There is a rapidly growing population seeking services and ways to do that is critical. Among other areas, this workshop will touch on:

- What is Home Care and What Are Your Options – learn more about distinct variations among home care agencies regarding the types of services and caregiver skills, payment options, types of ownership and management.
- Medical Equipment and Technology
- Home Care Funding Solutions to Fit Your Home Care Needs
- Safety Tips for Seniors and Caregivers
- Tips on Hiring and In-Home Care Provider

Assuming responsibility for the care of an elderly person can be overwhelming. Taking the opportunity to learn about services before you need them can put you miles ahead when it's time to make informed decisions. In-home care is not the answer for everyone, but it can add years of satisfying, independent living to an aging person's life. The workshop will address questions such as;

- What's the idea behind in-home care?
- Why an agency over a private caregiver?
- Who make the rules anyway?

Family or not, everyone needs an advocate...

- How to decide when it's time for care
- Separating from the emotional issues
- Getting everything in order
- How to choose an in-home care agency
- How to establish a good relationship with the caregivers
- Who pays for the care?

For more information ocontact OneSource For Longevity Readiness (www.lifeplan123.org), a non-profit organization that provides free educational resources for better living
Phone 203.344.7044 ♦ email info@lifeplan123.org

Workshop: Caring for the Caregiver

A majority of us will be caregivers at some point in our lives. As loved ones age, debilitating disease, chronic health conditions or simple frailty can soon follow. Or we may end up caring for someone permanently injured from an accident.



While some employ paid providers, most rely on unpaid assistance from families, friends and neighbors. We won't always know when we'll be needed as a caregiver, but there are things we can do to **feel more prepared**. This clinic tries to help provide some insight into options – including:

- Caregiver Self Care: Caring for You
- Caregiving
- Digital Technology for the Family Caregiver
- Home Away from Home: Relocating Your Parents
- Legal Planning for Incapacity
- Paid Family Leave
- Siblings and Caregiving
- Talking with Your Parents about Disability
- Emergency Checklist for Caregivers
- Dementia: Is this Dementia and What Does it Mean?
- Where to Find My Important Papers