

Senior Care Planning Webinar Series 2019

February 5 (1-2pm EST): Advocacy in Healthcare Settings

Register for this webinar here: <https://register.gotowebinar.com/register/2169251074459926787>

While you hope to never receive the dreaded call that mom has fallen or dad had a stroke, many families are not prepared for what happens next. Knowing the right questions to ask, how to be an effective advocate, and what documents to have in place can make a difference. Planning ahead may help you navigate the complex and often fragmented healthcare system, which can lead to better outcomes. Learn how to communicate more effectively with healthcare providers, address grievances, and identify helpful resources.

May 7 (1-2pm EST): Important Resources for Family Caregivers

Register for this webinar here: <https://register.gotowebinar.com/register/2687596040165667843>

As family caregivers, we are often confronted with a confusing array of choices. How can you sort out the various senior living arrangements, in-home services and care options, so you can determine what's best for your loved one? How do you find the right support for yourself so you can handle your caregiving responsibilities along with everything else? Learn about the long-term care landscape including resources and costs so that you can be an informed and proactive caregiver.

August 6 (1-2pm EST): Alzheimer's Disease and Dementia: Caregiving Challenges and Strategies

Register for this webinar here: <https://register.gotowebinar.com/register/7419993042160125443>

There are more than 5 million Americans currently living with Alzheimer's disease and more than 15 million family caregivers who help them in the U.S. Within the next 10 years, that number is projected to increase by 40 percent. This seminar will review the different forms of dementia, including Alzheimer's, and signs your loved one may have the disease. Despite the devastating nature of Alzheimer's disease, there are supports out there that can make a difference and help you continue to connect with your Mom or Dad. Learn about caregiving strategies and types of care that can improve the quality of life for both you and your parent.

November 5 (1-2pm EST): Maximizing Quality of Life as You Age

Register for this webinar here: <https://register.gotowebinar.com/register/3283078343629718275>

Whether retirement seems far away or just around the corner, it's important to maximize quality of life as we age. In order to do that, it's helpful to consider how best to enhance wellbeing, independence and social connection. This seminar will cover topics such as livable communities, in-home supports, technology resources and the cost of long-term care.

Recordings of each webinar will be available following the live event.