

**ELDERCARE SERIES**  
**12-1 pm via Zoom**  
**March 29 – May 17, 2022**

**Week 1 – Tues. March 29 - Successfully Navigating the Eldercare Maze (1 hour)**

Caregiving for an older adult can present significant challenges for individuals and families. Caregiving frequently begins at the onset of a health emergency. Decision making many times reflects the emotional reactions of the family and therefore can be fraught with mistakes that result in future problems. Numerous caregiving issues can arise including; how to care for a person at home when they are not able to care for themselves, how to select home care services, should modifications of the person's home be made or should they move to a senior living environment? What benefits are available to support long term care costs and how does the family afford the cost of care? What legal planning steps are available to protect a person's dignity and assets while supporting the final stage of life? Participants will learn how to collaboratively design a care-giving map for and with older adults. Through recognizing when an older adult may need supportive services, programs and/or products to maintain their independence and aging in place. Common issues in aging including changes in physical, mental and emotional health, as well as other psycho-social factors, will be defined. Short and long term strategies to support successful aging in place, including the identification of national and local resources will be defined. (Kelsey Loushin, LICDC-CS, CDP)

**Week 2 – Tues. April 5 – Planning Ahead to Protect Against LTC Costs**

This presentation will compare 4 strategies that seniors can use to plan ahead for long term care costs: do nothing, gifting, a trust, and long term care insurance. The presentation will compare the strategies using the following criteria: level of worry about long term care costs, cost, risk of abnormal loss, convenience, control over money, likelihood of success. The presentation will also discuss the differences among pre-planning for long term care costs, crisis planning for long term care costs, and estate planning. (Jim Koewler, Elder Law Attorney)

**Week 3 – Tues. April 12 – Long Term Care Insurance**

Who needs Long Term Care Insurance and what does it cost? What are the options available to pay for Long Term Care Insurance? How do typical Long Term Care Insurance plans work? A description of the different kinds of plans will be provided. (David Peters, CLU)

**Week 4 – Tues. April 19 – Bridging the Communication Gap Between Aging Adults and their Families**

The parent-child relationship is one of the most important relationships in life. As parents age and experience changes in many aspects of their lives, adult children must address these issues to support their safety and security. This program will explore the underlying aspects of generational differences, examine human behavior and teach how to construct and successfully discuss difficult matters with the older adults in our lives. (Kelsey Loushin, LICDC-CS, CDP)

**Week 5 – Tues. April 26 – Helping Aging Loved Ones Manage Their Affairs**

Seniors have new concerns on managing their business affairs, especially managing their money. This presentation will discuss how an older adult can safely get help from a loved one in managing their affairs. (Jim Koewler, Elder Law Attorney)

**Week 6 – Tues. May 3 - Advance Directives**

This presentation will discuss Powers of Attorney, Health Care Powers of Attorney, Living Wills, Do Not Resuscitate orders, and rights of disposition. The presentation will also discuss why

each of these directives is important and how a person might choose to have them prepared. Finally, the presentation will discuss important provisions to include and forms to use for some of the directives. (James Koewler, Elder Law Attorney)

### **Week 7 – Tues. May 20 - Differentiating the Dementias: What is the Difference Between Dementia and Alzheimer’s Disease**

Dementia is not a specific disease rather a group of conditions characterized by impairment of two brain functions, such as memory loss and judgment. The four most common causes of primary dementia are Alzheimer’s disease, frontotemporal dementia, vascular dementia and dementia with Lewy bodies. This program will define the different types, current interventions, and community resources to support caregivers and those in need of care. (Kelsey Loushin, LIDCD-CS, CDP)

### **Week 8 – Tues. May 17 – Medicare 101**

It is important to understand grief in the workplace because our jobs are a large part of our daily lives. It can be difficult to maintain productivity and concentration after only three days off for bereavement leave, often resulting in poor job performance. This program will help supervisors and colleagues better understand the needs of grieving employees. (Wendy Morgan)

---