

Family CAREGIVER Supportive Workplace Partnership

Lunch & Learn Options Interest Survey

Name: _____ Building: _____

Shift: _____ Best possible time to meet: _____

Caregiving Relationship: (circle one)

spouse parent adult child sibling other (describe) _____

Please check 3 Lunch & Learn options that you personally would attend:

What We're All About

From grant money to support family caregivers, to volunteer drivers for medical appointments, to daily reassurance calls, find out what services are available through the Aging & Disability Resource Center. You will be surprised.

How can I afford to get old?- Long Term Care Funding Options

Are you wondering how you can stay in your home as long as possible, even when you run out of money? Learn about the eligibility criteria and enrollment process for Family Care and IRIS.

A, B, C & D of Medicare

Solve the mystery of Medicare. Learn about Medicare benefits and the difference between Medicare Advantage, Supplement Plans and Employer Plans with the Elderly Benefit Specialist, Pat Hafermann, from the Aging & Disability Resource Center.

Adult Children and Aging Parents

Conversations Between Generations-"Where is it when you need it? - Organizing Records and Documents." The goal of the program is to help family members organize important family documents and financial records in order to be prepared for family caregiving.

Caregiving Relationships: For People who Care for Adults-"Speak Clearly, Listen Carefully".

Designed to help caregivers understand the benefits of effective communication, apply effective communication skills in caregiving situations and identify effective skills to improve communication in caregiving relationships. There will also be a discussion relative to when family members disagree in caregiving situations.

- Employee Benefits
Learn more about your employee benefits that relate to caregiving so you can be a productive employee as well as an empowered family caregiver.
- Balancing Work and Home
Too many demands and not enough time? Balancing work and home obligations is a daily challenge. This presentation helps individuals identify their current life balance, assess their priorities, and engage in a discussion of different strategies for optimizing the balance between work and home.
- When the Low Won't Go
Depression is a very common, misunderstood illness. Although a variety of treatments are available, only 1/3 of those affected will seek help. Learn the symptoms of clinical depression and how to access appropriate care.
- Are You Thriving or Surviving?
Stress is a natural part of life but too much stress can have a negative impact on a person's physical health, behaviors and emotions. Learn how to reap positive benefits and reduce stress through simple lifestyle changes.
- Advanced Directives
Learn about the new Aurora 5 Wishes, a comprehensive Power of Attorney for Health Care form.
- Substitute Decision Making...What is it and What You Need to Know
Guardianship and protective placement are needed when advanced planning has not occurred. This workshop provides an overview of the various ways substitute decision making can be pursued and when it is needed.
- Protecting Assets and Wishes
Estate planning to maximize what your family keeps by transferring assets and control as efficiently as possible.
- Reverse Mortgage or Not to Reverse Mortgage
Are you subsidizing someone so that they can stay in their home? Can you gift your home to your children? Should you get a home equity line of credit or a reverse mortgage? Learn the benefits and pitfalls of home ownership as you age.
- Have You Lost Your Keys Lately?
Join us to explore the difference between typical age-related changes, Alzheimer's disease and dementia.

Return to: kathleen.manny@sheboygancounty.com