RESOURCES FOR THE “SANDWICH GENERATION”

Are you caught between the needs of caring for your own children (or grandchildren) while also caring for the needs of your aging parents? Then YOU are a part of the “Sandwich Generation.”

Welcome to THE NEW REALITY of the Boomers PARENTING YOUR PARENTS.

JOIN US

for a morning of discovery, enlightenment & ANSWERS to the top 4 stressful issues families and friends of aging loved ones face.

SATURDAY, JULY 14, 2012  9:30 a.m. - 1:30 p.m.

Dobson Ranch - La Casita Recreation Center - 2719 South Reyes, Mesa, AZ  85202

RSVP Required by July 11, 2012  Call:  480-833-8247 or email:  elaine@visitingangelsaz.com

9:00 - 9:30 a.m. Registration

Elaine Poker-Yount, Community Liaison, Visiting Angels - Resources for Your Aging Loved Ones

♦ Recognition of the situation, what do you do now? - Researching the options - Solutions to the problems
♦ Explanations - Definitions - Dispelling myths - Unexpected Alternatives

Dr. Kristen Bishop - Navigating the Health Care for the Sandwich Generation

♦ Understanding the aging process and emotional dynamics that come into play.
♦ How to avoid overmedicating your loved one.
♦ Options in healthcare/a more natural approach ♦ The importance of taking care of the caregiver
♦ Patient advocacy and hospitalizations
♦ Differences in the nutritional needs of seniors


♦ Adjusting to the Change - Tools and Techniques to manage the stress and bring balance back into your life

Jason Ray, Elder Attorney - Estate Planning and Critical Legal Issues in Arizona

♦ Understanding VA aid and attendance, ALTCS eligibility
♦ The importance of powers of attorney, beneficiary deeds for your home
♦ Critical Issues you should not ignore

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