

# “Senior Care Planning: The answers to ‘Now What?’”

Presented by: Homecare by Wesley and Wesley Housing, Corp.

Duration: 4 weekly sessions, 1 hour in length

## Content

The aging process can be emotional, complicated and challenging. Most often families are left searching for answers to the question, “Now what?” The “**Senior Care Planning**” seminar has been created to assist people with helping answer that question and many more. Typically these questions are posed in a crisis situation leaving people scrambling for answers. For over 45 years, the Wesley Living family of senior care companies has been serving seniors and their families. Put that experience to work for your congregation and let us ease the burden of navigating the aging process for you. This complimentary seminar covers the following:

Week 1: “**Storms Will Come, Planning for the Crisis**”- The aging process comes with inevitable consequences. Knowing them and planning for them dramatically reduces fear, concern and trouble. Topics covered: Planning-Insurance, Medication/Health, Home Management, Legal, Finance

Week 2: “**You Weathered the Storm, Now Work Your Plan**”- The steps taken in preparation cover health, financial, legal, family matters and peace of mind for the loved one and the family. Careful execution of a well thought out plan produces better outcomes. Topics Covered: Action Plans, Assessments, Family Interactions, Caregiver Stress/Burnout, Resources

Week 3: “**Caregiving 101**”- Options for care vary widely in costs and effort. Whether the family decides to “do it yourself” or hire caregivers, this session fortifies their efforts with pertinent helpful knowledge. Topics Covered: Risks of Caregiving, What you should know, Types of Care, What to look for, Questions to ask

Week 4: “**Housing Options**”- The aging process is not a “one size fits all” proposal. Life situations, health concerns and family dynamics can create varying needs. Knowing your options ahead of time reduces stress for all. Topics Covered: Housing options, Pricing, Amenities, Types, Consequences



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