

Lifespan's Workshops/Seminars/Trainings

The following includes descriptions of workshops and seminars offered by Lifespan.

Please call Lifespan's Education Coordinator at 244-8400, ext. 160 or email

csteltz@lifespan-roch.org for more information.

Or Mary Rose McBride, VP Marketing & Communications, 244-8400, ext. 112

mrmcbride@lifespan-roch.org

No Charge Presentations

About Lifespan

A general introduction to all of Lifespan's services.

About Lifespan's Financial Services

A general introduction to all Lifespan Financial Services.

Why Volunteer?

An introduction to the RSVP program and the benefits of volunteering for older adults.

Community Resources

Overview of community resources available to assist older adults age well and remain as independent as possible for as long as possible.

Elder Abuse Recognition and Prevention

How to recognize the signs of each type of elder abuse from emotional to physical. Discussion of effective prevention strategies.

Future Care Planning for Persons with Disabilities

Discussion of concerns and community resources regarding care of older adults with intellectual/developmental and other disabilities.

Medicare 101

For those 65 or older or approaching age 65. Learn what Medicare covers and what it doesn't.

Scam/Fraud & Identity Theft Prevention

Recognizing scams so you or your loved one can avoid being taken in.

Substance Abuse and Older Adults

Learn about the warning signs and symptoms of alcohol/prescription drug abuse/illicit drug abuse in older adults. .

\$75 Fee per Presentation

Advance Directives

Overview of power of attorney, health care proxy, living wills and MOLST.

Nothing-to-Sell Seminar about Long-term Care Insurance

Lifespan is part of New York State's Long-term Care Insurance Resource Center network. We do not sell long-term care insurance, nor do we endorse or recommend any specific insurance product or insurer. This program is solely intended to educate consumers about their choices regarding financing long-term care.

Your Family Finances and Paying for Nursing Home Care

Learn more about how to prepare financially for the possibility of nursing home care.

When Home Alone Isn't Safe

Learn more about your options for care and how to initiate a discussion about services or a move.

She's Being Discharged When & I Need to Do What?

Your rights when a hospital calls to tell you that mom will be discharged in two hours.

Should My Parents Be Driving?

Learn the warning signs of driver decline and how to broach the subject with the driver.

Coping with Grief

A discussion of the normal reactions to loss and change.

The "G" Forces of Caregiving (Guilt, Grief & Grace)

Discussion of the normal emotions and challenges of caregiving and how communication skills can help alleviate some of the challenges.

Housing Options for Older Adults

Overview of the choices available and how much they cost.

Growing Wiser

A mental wellness program for older adults that addresses normal changes associated with aging and teaches appropriate assertiveness skills.

Home Care and How to Pay for It

Explore the levels of care available in the home and the various ways to cover the cost.

How to Talk to Your Doctor

How to choose a doctor, what to expect at a doctor's appointment, how to prepare for the appointment, questions to ask in evaluating your doctor's skills and expertise.

Legal Aspects of Aging

Recent changes to the laws affecting Medicaid eligibility are discussed in this session. Other topics include Wills, Trusts, estates, powers of attorney, health care proxies, long-term care insurance, Medicaid planning, resources and home ownership. The seminar focuses on the rights of older people and their families as they negotiate health care and legal systems.

Leaving a Legacy

Everyone leaves a legacy and each choice we make influences what that legacy will be. Family stories, family history, family blessings and ethical wills are some of the ways we can choose to leave a priceless legacy.

Mental Health Concerns in the Second Half of Life

Understanding the mental health needs of older adults.

Resident-centered Nursing Home Care

Learn about national and local efforts that seek to bring change to how people live in nursing homes.

Retirement is More Than Just Playing Golf

You've acquired wisdom, maturity, experience, and perspective that only come with age and you want to find a way to put it to work. You've got a fire inside, a passion, a zeal that you've never had time to explore. *Well, now's the time!*

Reverse Mortgages

The facts about reverse mortgages and when to use one.

Sexuality and Aging

How aging influences sexuality and how to have a satisfying sex life no matter what your age.

Spirituality and Aging

Understanding the spiritual dimensions of aging well

\$300 fee per Workshop

Elder Aware

If your customers are older adults, this is THE training opportunity that will improve customer service. Through interactive hearing and vision experiences, employees will become sensitive to the needs of older customers. They will learn about normal aging, tips for better communication and aging demographics. Max. 25 people per workshop.

Lifespan, 1900 S. Clinton Avenue, Rochester, NY 14618

www.lifespan-roch.org

