



When a loved one is challenged by increasing frailty and/or chronic illness, family members share that journey.

Sometimes in different ways.

When denial, disagreement or physical/emotional distancing occur, family mediation can help.

Take It On with Lifespan

Longer life means that today's older adults have opportunities, as well as challenges, unknown to previous generations. Longer life also brings new challenges for both older adults and caregivers. No one understands the new face of aging better than the professionals at Lifespan.

As a regional nonprofit, Lifespan is a trusted source of unbiased information, guidance and more than 30 services and advocacy for older adults and caregivers throughout the region. We also provide training and education for allied professionals and the community. Annually we assist thousands of older adults and caregivers — *let us help you.*

To learn more about our wide range of non-medical programs and services, go to lifespanrochester.org.

Contact us at **585-244-8400**
or email info@lifespanrochester.org



Lifespan of Greater Rochester, Inc.
1900 S. Clinton Avenue
Rochester, New York 14618



Elder Transition Planning THROUGH FAMILY MEDIATION



www.lifespanrochester.org

Sometimes it's hard to talk about the future with older family members.

Sometimes, adult children see the issues differently.

But failing to talk and to plan will not stop the process of aging or chronic illness.

Failing to talk will make the road bumpier, impact quality of life and tear at the fabric of the family.

Elder transition planning through family mediation can help.

Family mediation provides an opportunity to listen, to hear each other as adults (not the kids you were), collaborate, problem solve and support each other as you navigate this unknown territory.

Our guided conversation addresses the welfare of your aging family member by:

- Recognizing the family as the foundation of long-term care planning.
- Providing a safe, respectful environment in which each family member has a voice.
- Embracing your unique history.
- Prioritizing quality of life for the elder.
- Providing a safe, confidential environment in which families explore ideas and options.
- Modeling effective communication among participants.
- Recognizing an individual's right to self-determination.
- Supporting the family decision-making process.



The cost of mediation is based on a family's ability to pay. We encourage each family member to contribute to the agreed upon cost.

We accept referrals from allied professionals or families can contact us directly.

eldertransitionplanning
@lifespandrochester.org

585-244-8400



www.lifespanrochester.org