



## **Educational Presentations & Trainings**

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### **No Charge**

#### **About Lifespan**

An overview of Lifespan's 30+ services for older adults and caregivers.

#### **About the Age Wave**

The confluence of increasing longevity and the aging of the baby boom generation is creating an unprecedented age wave in the U.S. Today 56 million Americans are 65 or older. In just 10 years, 72 million of us will be 65 or older. We discuss what this means for issues like housing, transportation, caregiving, Medicare/Medicaid/Social Security.

#### **Difficulty Managing Finances? How to Avoid Pitfalls**

A review our services that can assist older adults and caregivers.

#### **Why Volunteer?**

An introduction to the Retired & Senior Volunteer program and the benefits of volunteering.

#### **Community Resources**

Overview of community resources available to assist older adults and caregivers.

#### **Elder Abuse**

How to recognize the signs and symptoms of elder abuse/financial exploitation. An overview of Lifespan's elder abuse prevention/intervention services.

#### **Future Care Planning for Persons with Disabilities**

An overview of our service that helps families plan for the health, housing, legal, financial future care of persons with intellectual/developmental and other disabilities.

#### **Medicare 101**

For those 65 or older or approaching age 65.

Offered at monthly at Lifespan and at community locations.

#### **Get Smart – Don't Get Scammed/Fraud & Identity Theft Prevention**

Recognizing scams so you or your loved one can avoid being a victim.

**Substance Abuse and Older Adults**

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

**Residents' Rights**

Learn about federally-mandated rights of persons living in nursing homes.

**Stroke Prevention**

In collaboration with the UPMC Neurosurgery Comprehensive Stroke Center. 45-minute presentation on stroke awareness. Information includes types, signs and symptoms, and preventative measures.

**\$75 Fee May Apply****Advance Directives**

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

**Peace of Mind Planning**

All the details that your family needs to know if the unexpected happens to you. Organizing your legal, financial and medical information.

**Housing Options**

Overview of the choices available and how much they cost.

**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.

**Choosing Quality Care**

Learn what to look for and what questions to ask when searching for assisted living, a nursing home or home care.

**Elder Aware**

THE training opportunity to improve customer service. Employees will become sensitive to the needs of older customers.

**Suggested Contribution of \$20 Per Person for the Series****A Matter of Balance**

An eight-week, evidence-based workshop designed to increase activity levels and decrease the fear of falling.

**Powerful Tools for Caregivers**

A six-week educational program providing skills and confidence to better care for yourself while caring for others.

**Living Healthy & Living Healthy with Diabetes**

A six-week, peer-led health education program that complements healthcare. Enhances skills and the ability to manage chronic illnesses.

**Tai Chi (for Arthritis or Wellness)**

Combines slow moving with deep breathing to improve strength, balance & posture, prevent falls and reduce stress. 16 classes.

**Explore Your Future**

Four interactive workshops help people 50+ envision the next phase of life.

**Aging Mastery**

A ten-week, evidence-based program developed by the National Council on Aging. New health-related topic each week; sessions include: the gift of longevity/gratitude, exercise, healthy eating and hydration, sleep, financial fitness, medication management, advance planning, healthy relationships, fall prevention, and community engagement. Guest experts present in their areas of expertise.

**Separate Fee Applies****Caregiver Simulation**

An interactive simulation for groups of 50-75 participants. Allows participants to experience a fraction of the challenges caregivers face each day. Participants are assigned roles, tasks, dilemmas to navigate.

Currently all workshops are offered via Zoom (except the Caregiver Simulation).

Visit [www.lifespanrochester.org](http://www.lifespanrochester.org) to view upcoming workshops.

**Learn More**

Mara Kouides, Education Manager, [mkouides@lifespanrochester.org](mailto:mkouides@lifespanrochester.org)  
585-498-4022

Mary Rose McBride, VP Marketing & Communications  
[mrmcbride@lifespanrochester.org](mailto:mrmcbride@lifespanrochester.org)  
585-287-6412

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