Lifespan’s Workshops/Seminars/Trainings
The following includes descriptions of workshops and seminars offered by Lifespan. For more information, call Cindy Steltz at 287-6360 (email csteltz@lifespanrochester.org) or Mary Rose McBride, 287-6412 (mrmcbride@lifespanrochester.org)

No Charge Presentations

About Lifespan
A general introduction to 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 48 million Americans are 65 or older. In just 13 years, 72 million of us will be 65 or older. What does this mean for issues like housing, transportation, caregiving, Medicare/Medicaid/Social Security and older adult engagement?

Difficulty Managing Finances? How to Avoid Pitfalls
A review of our Financial Services programs that can assist individuals and avoid problems.

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.

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.

Aging with a Developmental Disability
People with intellectual/developmental disabilities are living longer. This is a discussion of the options, services available to assist.
Living on a Tight Budget
   A good personal budget requires an honest financial assessment. For many people, creating a personal budget is the first time they take a hard look at the way they spend money.

Medicare 101
   For those 65 or older or approaching age 65. Learn what Medicare Parts A, B, C, D. Offered at Lifespan monthly. Please go to https://www.lifespan-roch.org/new-events/ to view days/times.

Reverse Mortgages
   The facts about reverse mortgages and when to use one.

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.

Fee can apply.

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

Financial Housecleaning
   Review the retention of documents as it relates to the needs of individuals in the second half of life.

Peace of Mind Planning
   Think of all the details that your family needs to know if the unexpected happens to you. Learn about Lifespan’s service designed to help you organize all of your important legal, financial and medical information with attention to your personal needs.

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
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.

Emotional Wellness
Understanding the mental health needs of older adults.

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.

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.

A Consumer’s Guide to Quality Care
Learn what to look for and what questions to ask when searching for assisted living, a nursing home or home care.

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

A Matter of Balance
A Matter of Balance is an eight-week, evidence-based workshop designed to increase activity levels and decrease the fear of falling. Provided at Lifespan and throughout the community. Call Sarah Otis at 287-6439 for more information. Or go to https://www.lifespan-roch.org/new-events/ to view days/times this is offered.

Powerful Tools for Caregivers
Powerful Tools for Caregivers is a six-week educational program focused on your needs. The classes provide you with the skills and confidence you need to better care for
yourself while caring for others. Provided at Lifespan and at locations around the community. See [https://www.lifespan-roch.org/new-events/](https://www.lifespan-roch.org/new-events/) for dates and locations. Call 244-8400, ext. 213 for more information.

**Living Healthy & Living Healthy with Diabetes**
This is a 6-week, peer-led health education program that complements your healthcare. The purpose of the workshop is to enhance skills and your ability to manage your health and maintain an active and fulfilling lifestyle. You will learn how to better manage your chronic illness. Provided at Lifespan and at locations around the community. Call 287-6439 for more information or go to [https://www.lifespan-roch.org/new-events/](https://www.lifespan-roch.org/new-events/) to view upcoming classes.

**Tai Chi**
Tai chi combines slow moving with deep breathing to increase strength, balance & posture, prevent falls, improve mind, body & spirit, reduce stress and increase relaxation. Provided at Lifespan and at locations throughout the community. For more information, call 287-6439 for more information or to to [https://www.lifespan-roch.org/new-events/](https://www.lifespan-roch.org/new-events/) for dates and locations.

**Explore Your Future**
You have a fire inside, a passion, a zeal that you’ve never had time to explore. Well, now’s the time! Explore Your Future is a series of four interactive, facilitated workshops that help people 50+ envision the next phase of life including volunteering, lifelong learning and encore careers. Sessions are 2.5 hours each.

**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.

**Residents’ Rights**
Learn about federally-mandated rights of persons living in nursing homes.

**Caregiver Simulation**
An interactive caregiver simulation experience for groups of 50-75 participants. What better way to understand caregivers, than to spend a few hours in their shoes. This active simulation allows participants to experience a fraction of the challenges caregivers face, day in and day out. Each participant is assigned a role, tasks, dilemmas and opportunities to navigate throughout the simulation. We believe that this experience can develop empathy for caregivers, care receivers and agencies who are involved along the way.
REST

Education and support for those providing respite for caregivers.

*Companion Training:* The 8-hour REST Companion course helps to prepare paid and unpaid workers at becoming effective at providing quality respite care to support caregivers who are caring for people with disabilities and health care needs.

*REST Essentials:* A 4-hour program that prepares volunteers or paid respite workers to provide respite in a supervised group setting such as adult day programs or drop off respite programs.

*Train-the-Trainer:* The Train-the-Trainer course prepares individuals to conduct respite training, equipping REST companions to provide respite services.

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

[www.lifespanrochester.org](http://www.lifespanrochester.org)