Eff. 2020

Educational Presentations & Trainings

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.

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 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.

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.

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.

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.

Leaving a Legacy
Family stories, family history 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.
Spirituality and Aging
Understanding the spiritual dimensions of aging well.

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.

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

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

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

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.

NOTE: Some of these presentations are held repeatedly throughout the year at Lifespan and other community locations. Visit www.lifespanrochester.org to view upcoming workshops.

These presentations and workshops also can be held at your location.

Learn More
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