

### ***Planning for the Care of a Loved One***

Balancing responsibilities at work and home can be challenging when you care for an elderly parent or someone with a chronic illness or disability. Learn about options for supportive home care with strategies for communicating with family members and identifying needs for help and safety.



### ***Get Your Paperwork in Order***

It's natural to avoid discussions on needs for help, particularly as one grows older or experiences changes in health. Most people don't think about getting their paperwork in order until an emergency arises. Identify strategies to gather key information so you can effectively advocate for an elderly parent or yourself when unexpected change occurs. Be better prepared to communicate with healthcare providers and members of your support team.



### ***Hassle-Free Outings & Daily Life Enrichment***

Watching a loved one's quality of life diminish because of declining memory or other health conditions can be hard on family and friends. Make outings, casual visits, and daily routines meaningful and comfortable for all involved. Learn how to use art, music, and other creative activities to show life purpose.



### ***Expand Your Resource Network***

Changes in health can impact a person's ability to stay connected to others. Learn how to develop new friendships and expand social networks. Have greater access to people, places, and resources to support you as a family caregiver with ways to stay healthy and happy.



### ***Reinvent Yourself in the Midst of Caring for a Loved One***

Despite the challenge of being a family caregiver, there are opportunities to strengthen your personal identity and improve life balance. Rediscover your interests and passions in life. Learn how to reconnect with old friends, create new friendships, and stay on course with your life purpose.



### **Schedule a Program**

**Help your team/group expand their knowledge and skill to achieve more at work, home, and in the community.**

Programs can be tailored in both length and content.

- Multi-series or Single program
- Lunch & Learn
- Breakfast Seminar
- Half-Day Workshop
- "Train-the-Trainer" program

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