

Join Us for an Informative Presentation: Talking Family Care: Planning and Caregiver Well-Being



Assisting Hands®
Home Care



Planning ahead for future care doesn't need to be stressful, it starts with honest, supportive conversations. This presentation helps families talk openly about care preferences, reduce uncertainty, and strengthen well-being for both seniors and caregivers.

Why Attend?

- ✓ Learn how to start meaningful family conversations before a crisis occurs
- ✓ Understand medical, legal, and practical planning topics that protect your wishes
- ✓ Discover common signs of caregiver stress and proven ways to reduce it
- ✓ Gain confidence in navigating care decisions together as a family
- ✓ Explore local resources, support groups, and tools that make planning easier options

Take the first step toward clearer communication, stronger family connections, and a more confident path forward.

Who Should Attend?

- ✓ Seniors who want their wishes understood and honored
- ✓ Adult children preparing to support aging parents
- ✓ Spouses, partners, and family caregivers seeking guidance and relief
- ✓ Anyone looking to strengthen communication and reduce future stress

Empower your family today, because planning ahead protects everyone's well-being.