

# CONFIDENT CARING

## ESSENTIALS FOR ADULT CHILDREN

### SUPPORTING AGING PARENTS


#### Interactive Coaching and Expert Guidance via Zoom

Are you an adult child helping manage your parents' aging journey and long-term care needs? Our virtual Confident Caring coaching and guidance series offers expert-led sessions, discussions, and a supportive community to help you navigate these complexities.

#### What You'll Gain


- **Expert Guidance & Insights:** Learn strategies for handling challenges like memory and health changes and resistance to help, plus tips for having difficult conversations from an **experienced professional**.
- **Understand Resources & Options:** Understand local care options, costs, and the **best choices** for each situation.
- **Mutual Support & Group-Based Discussion:** **Connect with others**, share experiences, and get answers in a collaborative, supportive setting.

#### Sessions & Schedule




##### Keys to Effective Planning May 8, 12:00-1:30

Recognizing signs of health and memory issues, and why parents may avoid planning.



##### Aging at Home May 15, 12:00-1:30

Explore services for aging parents at home, associated costs, and when staying home is no longer viable.



##### Alternatives to Home May 22 12:00-1:30

Learn about senior living options, costs, transition strategies, and what to expect.

**Facilitated by: Aging Wisdom, Seattle**  
**Nicole Amico Kane, MSW, LICSW, CMC**  
**Director of Care Management**  
**Cost: \$395**

**To Reserve Your Spot Click**  
**HERE or scan below.**

