



## **Faculty and Staff Guidance Seminars Presented by Carebridge Corporation**

All seminars will be held from 1pm to 2pm.  
Bring your lunch, no RSVP necessary!

### **Finding the Services, Elder Parent Needs**

**Tuesday, December 7<sup>th</sup>, 1 p.m. – 2 p.m.; Pryzbyla Center, Room 351.**

Knowing the broad variety of services available to your elderly parent is the key to maximizing her/his quality of life through the aging process. This seminar will detail the continuum of services available for the elderly and the best way to obtain them. Be sure you are fully utilizing everything that can make the elders life better.

### **Eldercare Decision Making**

**Wednesday, January 19, 2011, 1 p.m. – 2 p.m.; Pryzbyla Center, Room 327.**

What happens when your parents can no longer make decisions for themselves? Learn how to arrange and conduct a productive family conference to achieve sibling consensus regarding decisions for your elders. Also, addressing these issues in a long-distance care giving situation will be included. Strategies to foster independence in an older adult, as well as ways to effectively balance the relationship between the elderly parent and adult child, will be discussed.

*For further information, please contact the Office of Human Resource at 202-319-5050.*