

2020 Aging Empowerment Series Dates and Topics:

January 8 - Moline January 15 - Bettendorf	<p>Getting Your Ducks in Order</p> <p>A practical discussion of what you need as you grow older to get your “stuff” in order: Legal documents, finances, insurance, healthcare and family - and why it’s all important.</p>
February 12 - Moline February 19 - Bettendorf	<p>Aging Solo - For Those Aging Alone or with Limited Support</p> <p>Learn practical strategies to strengthen your social and support networks. Know how your life, estate planning and living arrangement decisions matter as you age.</p>
March 11 - Moline March 18 - Bettendorf	<p>Veterans Benefits</p> <p>Discover benefits available to Veterans and surviving spouses for Long-Term Care and how you may qualify for Aid & Attendance. Learn the steps to apply and pitfalls to avoid disqualifications.</p>
April 8 - Moline April 15 - Bettendorf	<p>Advanced Medical Directives</p> <p>Discuss the importance of Advanced Directives and what they really mean. Learn how they can make a difference during a medical crisis and end of life from a non-attorney perspective.</p>
May 13 - Moline May 20 - Bettendorf	<p>It’s Not Zero to 100</p> <p>A discussion of options for care as you age from homecare and independent living to nursing home facilities. Learn the differences, what you can expect and different ways to pay.</p>
June 10 - Moline June 17 - Bettendorf	<p>Elder Abuse Awareness</p> <p>Learn how to identify and prevent elder abuse including hazards within institutional settings. We will discuss how to report abuse, inform you of your rights and give resources for assistance.</p>
July 8 - Moline July 15 - Bettendorf	<p>Medicaid, the Spenddown and Asset Preservation</p> <p>An overview of Medicaid for long term care: Definition of terms, Medicaid criteria for Iowa and Illinois, how and when to apply and what to expect after applying.</p>
August 12 - Moline August 19 - Bettendorf	<p>The Importance of Advocacy</p> <p>Learn about the role of the advocate and how you can make a difference for your loved one. Get practical tips to ensure your loved one is receiving all that is available to them.</p>
September 9 - Moline September 16 - Bettendorf	<p>Aging in Place - Staying Home as you Age</p> <p>Get resources to stay home longer. Learn about ways that you can avoid nursing care too soon by getting the help needed and how you will know when it’s time to leave home.</p>
October 14 - Moline October 21 - Bettendorf	<p>Benefits: Insurance and Medicare</p> <p>Learn about how understanding your insurance (Long Term Care, Life Insurance and Medicare) can help optimize your savings options and impact your long-term healthcare planning.</p>
November 4 - Moline (Moline event held during 1st week this month due to Veteran’s Day) November 18 - Bettendorf	<p>Hospice: What Does Hospice Really Mean?</p> <p>An open discussion about what hospice “is” and what it “is not.” Learn the benefits of comfort care, when to seek hospice services and how it can benefit the whole family.</p>
December 9 - Moline December 16 - Bettendorf	<p>Family and the Holidays</p> <p>Learn how you can maximize your time with family, get tips for the difficulties that may arise and learn what signs to look for in aging family members.</p>

**Our Aging Empowerment Series is offered at no cost to you!
For more information visit us online at www.goldercare.com**