




LIFESTYLE CARE PLAN: YOUR STORY MATTERS

 AUGUST 15,
10:00AM-11:00AM

 Zoom Link will be sent out the
day before the workshop.

Free, online workshop for family caregivers.

Prior to beginning your journey as a family caregiver, it is important to discuss your loved one's wants, needs, values and preferences. To prepare for your future care and treatment of a loved one, take the time to communicate and learn what matters most to that person before the information may be difficult to communicate or the circumstances change. Through creating a Lifestyle Care Plan, you will be able to get a better idea of the little things that can help increase the quality of life of your loved one.

Join us for an interactive program where you will prepare for your future care and treatment of your loved one by creating a Lifestyle Care Plan. **Lifestyle Care Plan: Your Story Matters** is a free, small-group, online workshop 10:00-11:00am on Monday, August 15, by presenter Kathy Kilpatrick, speech-language pathologist with over 35 years of experience in home health care.

Registration is requested by August 12. To register please contact **Kelsey Haus** by email or phone. Details needed for registration include your email, phone number, and mailing address if interested in receiving a **FREE Powerful Tools for Caregiver's** workbook.

Direct all Questions to:

Kelsey Haus

Communications & Training Coord.

937-341-3020 (voicemail)

khaus@info4seniors.org



Area Agency on Aging

YOUR RESOURCE ON AGING.
937-223-HELP (4357)
800-258-7277