



# 2018 Senior Empowerment Series Schedule

By GolderCare Solutions

*Free Monthly Public Education Series*  
*Second Wednesday each month from 10:00 – 11:30 AM*

*GolderCare Bettendorf Office - 1900 State Street, Bettendorf*  
*Quad City Realtor Building*

<b>January 10</b>	<b><i>Aging in Place - Getting Help to Stay Home Longer</i></b> Learn ways that you can avoid nursing care by getting the right help at the right time.
<b>February 14</b>	<b><i>It's Not Zero to 100 - Different Levels of Living and Different Ways to Pay</i></b> In depth discussion of options of care, exploring the continuum of care from homecare and independent living to full scale nursing home. Learn the differences, what you can expect and different ways to pay.
<b>March 14</b>	<b><i>Nursing Home and You...Why You Need Someone On Your Side</i></b> Get practical tips on how to get your loved one all that is available to them if they are in nursing care. It can make all the difference.
<b>April 11</b>	<b><i>Getting Your Ducks in Order</i></b> Practical discussion of what you need as you grow older to get your “stuff” in order: Legal documents, finances, insurance, healthcare and family. Learn why it’s all important.
<b>May 9</b>	<b><i>End of Life - What Does Advanced Directives Really Mean? Having "The Discussion"</i></b> So much information about “advanced directives”. Learn what this means in practical terms. What <u>you</u> need to know.
<b>June 13</b>	<b><i>What to Expect When You Go to the Hospital</i></b> Basic understanding of changes within the healthcare system. Learn how it may impact you should you need to go to the hospital.
<b>July 11</b>	<b><i>How to Talk to the Doctor about Mom</i></b> Key points on how to go about informing healthcare providers about your loved one’s health in a respectful, non-intrusive manner.
<b>August 8</b>	<b><i>Role Reversal with Your Aging Parents</i></b> What does “role reversal really mean”? Tips on how to talk to your parents about critical issues associated with aging while keeping your relationship in balance.
<b>September 12</b>	<b><i>Benefits: Insurance, Medicare and Public Entitlements</i></b> Learn about how understanding your insurance (Long Term Care, Life Insurance, Medicare, Medicaid) can help optimize your savings options and add quality of life.
<b>October 10</b>	<b><i>Medicaid 101</i></b> Broad overview of Medicaid for the Nursing Home: Definition of terms; Medicaid criteria Iowa/Illinois; how and when to apply; what to expect after application; clarification of request for verifications {what, when and how}.
<b>November 14</b>	<b><i>Hospice: What Does Hospice Really Mean?</i></b> Open discussion about what hospice “is” and what it “is not” and the benefits of comfort care.

**Offered at NO COST to you**  
**Call 309.764.2273 for more information**