

# *Bridging the Generation Gap (You and your aging parents) Workshop*

*Saturday, March 6, 2010*

*Grey Bruce Health Unit, Owen Sound*

## *AGENDA*

- 9:00 – 9:15      **REGISTRATION**
- 9:15 – 10:15    **WHAT'S IN STORE FOR ME? A primer on normal aging**
- Myths
  - What is normal aging?
    - True aging changes and age related changes
    - What age related changes can be expected (vision, hearing, cardiac etc.)
  - How do we adapt to change?
  - Chronic conditions: management and other aging issues
  - Cognition/Driving
  - Understanding health and care needs (observing change/advocating)
- 10:15 – 10:30    **BREAK**
- 10:30 – 11:15    **I KNOW WHAT ITS LIKE TO BE YOUNG. I DON'T KNOW WHAT ITS LIKE TO BE OLD.**  
**(Understand Generational Differences)**
- Aging parents and you – an evolving changing relationship
  - Importance of family life
  - Dependence on adult children
  - Balancing work and family life
  - Sharing responsibilities with other family members
- 11:15 – 12:00    **I'M NOT A MIND READER. (Caregiving)**
- Can be stressful
  - Need to respect and listen to each other
  - Making wise decisions
  - Feeling disconnected
  - DNR
- 12:00 – 12:30    **LUNCH**
- 12:30 – 1:45     **LOOKING TO THE FUTURE (Lifestyle planning)**
- Powers of Attorney: Personal Care and Finance/WILLS
  - Taking care of business (bill paying etc)
  - Conversations on end of life care
  - Staying at home
  - Moving in with family
  - Senior's apartments
  - Retirement homes
  - Long term care
  - Downsizing and making the move
- 1:45 – 2:00      **BREAK**
- 2:00 – 2:45      **FINDING HELP**
- Informal and formal caregivers
  - Importance of family and friends
  - Resources
- 2:45 – 3:00      **WRAP UP**