



PARENTING AGING PARENTSSM

NAVIGATING THE CHANGES AND THE STAGES

OUR WHY





DID YOU KNOW?

- U.S. Census Bureau estimate: more than 20% of Texas's population will be 60+ by the year 2030 (an increase of close to 25% from 2012.)
- More than 53 million Americans are providing unpaid care for an adult with health or functional needs.
- Experts estimate that 60% of family caregivers of adults age 50+ also work a full -time or part -time job.
- 79% of employers are not yet offering benefits that support caregivers caring for aging loved ones.





Medicare or Medicaid?

Home Care or
Home Health Care?

Skilled Nursing or
Rehab?



????

SNF

OT

PCP

UTI

TBI

MLC

LTC

QOL

ALF

LPN

ALP

LTCI



DO YOU KNOW?

- Mom's iPhone password?
- Dad's cardiologist's name?
- Where is their will? Do they have a will?
- There's more than one Power of Attorney?



5 TIPS TO PREPARE

SIBLINGS

Try to be on the same page



5 TIPS TO PREPARE

HOUSING

Know their desires



5 TIPS TO PREPARE

FINANCES

What can they afford?



5 TIPS TO PREPARE

LEGAL

What do they have prepared?



5 TIPS TO PREPARE

PASSWORDS

Do you know them?





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Finding the Right Place at the Right Time



Financial options: Reverse Mortgages

Parenting Aging Parents



Estate Planning



Navigating Social Security



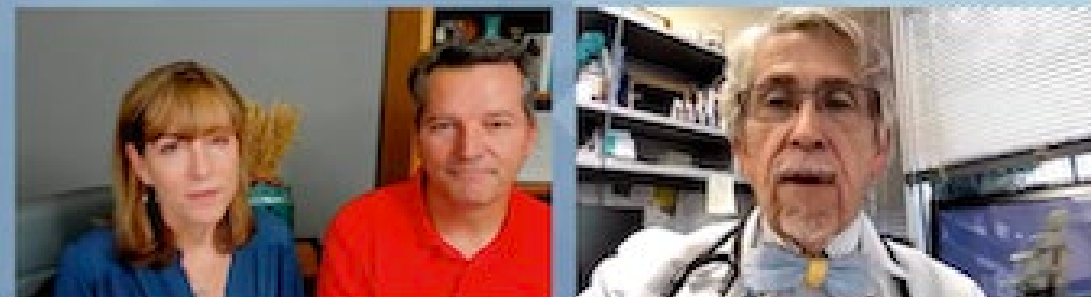
Scams on seniors



Compassion Fatigue



Untangling Alzheimer's & Other Dementias



Seeing your parents over the holidays



WE'RE ALL IN THIS TOGETHER!

This support group is such a blessing to have!

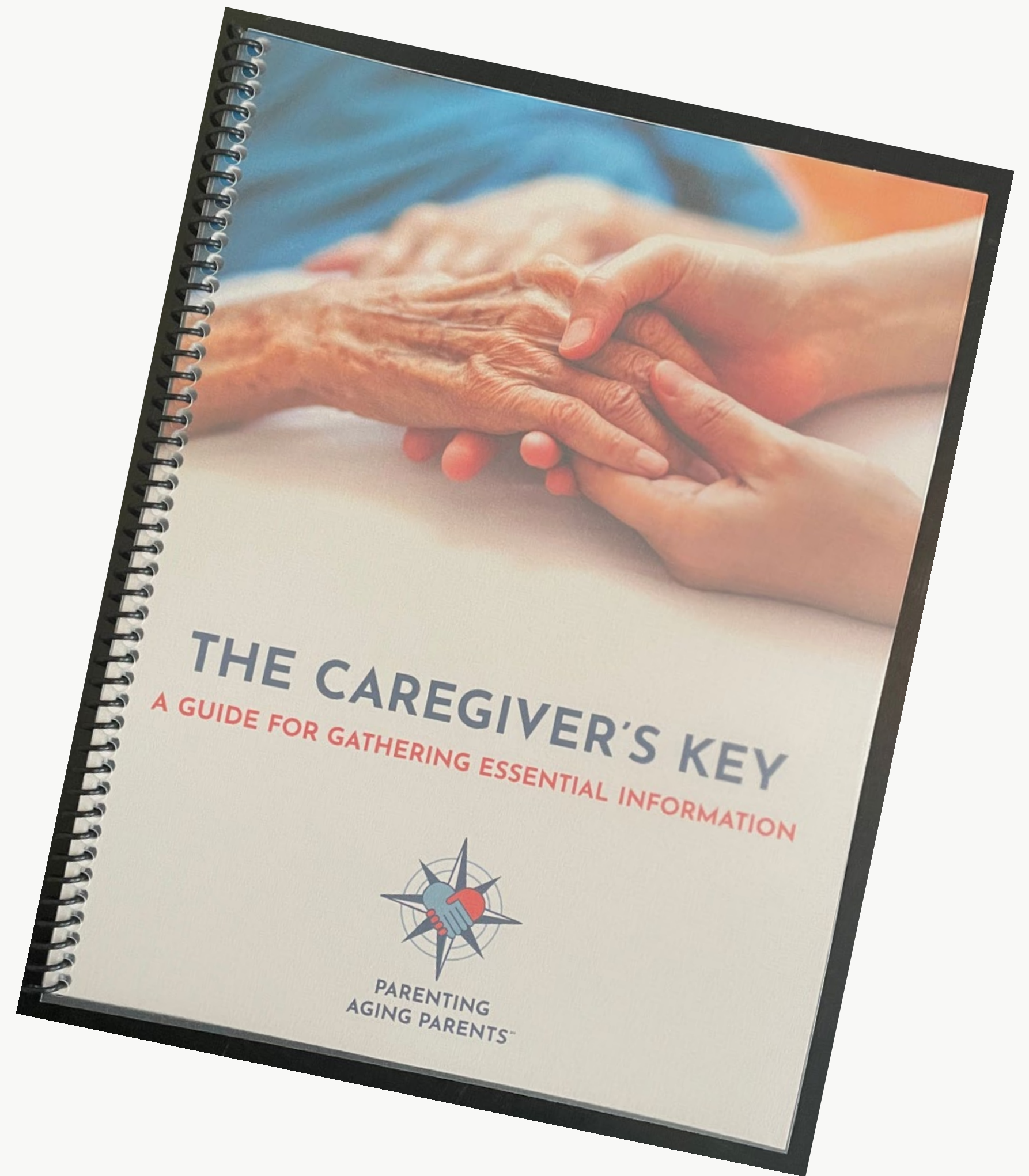
I consider myself wiser and better informed.

It makes me feel less alone knowing you guys are out there!

I'm just overwhelmed. In just a few short minutes, not only do I not feel so alone, but I also have ideas to act upon for solutions.

I actually feel heard, seen and validated...

This group is like oxygen for those of us out of breath caregiving!



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