



## **SRC Educational Seminars**

SRC presents **four main educational seminars** by the experts in their field to provide information and strategies to help you successfully navigate the challenges of aging gracefully. Please see the other side for **additional seminars** our professionals can provide to you and your organization upon request.

The best time to explore your options for the future is now, when you have the time and energy to do so. Waiting for a crisis to occur will most likely lead to poor and costly decisions. The sooner you explore and learn about your options, the more control you will have over your future. These seminars will help you get started.

### **Successful Aging Techniques for Remaining at Home**

90 Minutes

**Are you concerned about your ability to remain safely at home or to transition back to home after a hospitalization or rehab stay?**

Learn about:

- The role of exercise in promoting prevention and independence
- Support services through VNA, private duty home care, and adult day health
- Support services available for people living with advanced illness
- The benefits of working with a geriatric care manager

### **Time to Move. What do I do next?**

90 Minutes

**Are you considering downsizing or moving to a more supportive living environment?**

Learn about:

- The right time to make a move
- How to market your home for sale
- 55+ communities, independent living, assisted living, and long-term care options
- Using a geriatric care manager to coordinate the transition
- How to plan a successful and smooth move

### **Legal Issues for Seniors and their Families**

90 Minutes

**Are you aware of the legal tools available to avoid probate, minimize taxes, and protect your assets?**

Learn about:

- Essential documents such as Wills, Trusts, Durable Powers of Attorney, and Health Care Proxies
- Ways to protect your assets from long term care expenses
- The nuts and bolts of Probate

### **Financial Issues for Seniors and their Families**

90 Minutes

**Are you aware of all the latest financial tools available to plan for a life free of financial worry?**

Learn about:

- How to ensure that your personal "corporation" is on solid financial ground
- How to take practical steps to protect your home, your estate, and your lifestyle
- How to minimize risks such as long-term care events and email/phone scams
- How to inventory ongoing income obligations to ensure financial accountability

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## **SRC Educational Seminars continued**

### **Care**

- Don't Go to the Hospital Alone
- How to Advocate for Yourself
- How to Make the Most of Your Doctor's Appointment
- What Is a Care Manager?

### **Financial**

- 3 Roads to Retirement
- Investing Basics: A Primer
- Social Security 101
- Women and Investing: A Primer

### **Legal**

- Asset Protection Planning for Long-term Care Purposes
- Avoiding The Need for Guardianship and Conservatorship
- Dueling Authority: Family Members Competing for Control
- Estate Planning 101 – Everyone Over the Age of 18 Should Have These Documents
- MassHealth: Eligibility, Process and Success Stories
- Planning For Beneficiaries with Special Needs
- Planning Tips for Parents of Kids with Special Needs
- Public Benefit Eligibility and Support
- Successfully Planning for Aging Transitions
- Working with Diminished Capacity

### **Moving**

- Should I Stay or Should I Go?
- The Upside of Downsizing

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