

Planning for Future Care Needs of Aging Parents

A Workshop for Children of Aging Parents

Presented by: Lynne Coon, M.S.

Many adults with aging parents struggle with how to talk to their parents about concerns they have for them.

An Aging Plan provides the structure and questions to speak with your parents about important and sensitive issues related to aging. It includes: financial, health, legal and safety elements—beyond the usual paperwork.

This workshop will give you the tools to help you succeed in talking to your parents about the delicate topic of aging:

Part One:

Learn how to...

- Identify and address barriers to these discussions
- Handle specific circumstances: divorced parents, second marriages, dysfunctional siblings, estranged families...
- Prepare yourself before you approach your parents
- Approach your parents in a way that will increase the chance your requests to talk will be accepted
- Use non-threatening ways to talk with your parents so they can "hear"
- "Plan" for parents who won't engage in an Aging Plan discussion

Part Two:

- Walk through a basic Aging Plan
- Learn how to personalize it for your specific needs
- Leave with an Aging Plan you can continue to develop and skills that will help you in this discussion with your parents

Part Three:

- Q&A: attendees will have time to ask questions about their specific situations

Aging Plans improve the quality of life for adult children and aging parents. They reduce the worry of adult children about what they should do to help their aging parents and of older adults about how their needs/wants will be met.

Planning for Future Care Needs of Aging Parents

\$75 before June 1, 2009 (\$100 after this date)

9-noon, June 6, 2009

Kairos-Milwaukie United Church of Christ, 4790 S.E. Logus Road in Milwaukie

See reverse for registration information.

Planning for Future Care Needs of Aging Parents

A Workshop for Children of Aging Parents

\$75 before June 1, 2009 (\$100 after this date)

9-noon, June 6, 2009

Kairos-Milwaukie United Church of Christ, 4790 S.E. Logus Road in Milwaukie

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone: _____

Payment Method: (please check one): _____ **Payment Amount:** _____

Check

(make check payable to Lynne Coon and mail to: 1020 SW Taylor #630, Portland, OR 97205)

Visa, MasterCard, Discover, or American Express

(you'll receive an email from me sent through PayPal to make your credit card payment)

You may also register by email: Please include all of the contact details above and your payment method.
(Your registration won't be complete until payment is received.)

Refund policy: Requests received prior to 5pm, June 3rd, 2009, will receive a refund, less a \$25 handling fee. No refunds will be given after this date/time.

About Lynne

Lynne Coon earned a M.S. in Community Counseling at Portland State University and has a Certificate in Geriatric Mental Health from the Washington Institute for Mental Illness, Washington State University. Lynne counsels older adults, children with aging parents and other adults on age-related issues. She spoke at the Oregon State University 2007 Gerontology Conference on the topic of "Aging Plans: Family Planning for Future Care Needs of Aging Parents."

Lynne Coon, M.S., Counselor

1020 SW Taylor, #630, Portland, OR 97205

p: 503-243-2283

e: lynne@lynnecooncounseling.com

www.lynnecooncounseling.com