

# The Elder Insider™

**Empowering Seniors with the Knowledge to be their Own Advocate in the Aging Process**

The Elder Insider provides informational presentations to the Boomer and Pre-Boomer generations on options and resources available to aid in the process of aging independently. We offer expert speakers in all areas of aging. We promote self-advocacy and do not sell any products or services.

## **TOPICS / DESCRIPTIONS:**



### **Successful Aging: Understanding the Process of Aging in Place, Your Options and Resources.**

How do we prepare for aging-in-place? What is available to us to enhance our independence as we grow older?



### **Alternative Housing Options: Your Choices!**

Looking to down-size [or] right-size? What are your options? A comprehensive look at all of your options so you can choose wisely!



### **Home Care: What You Should Know!**

There are many choices and resources available for Home Care. You need to understand the differences between all the different home care options. This presentation will explain all of your home care options, questions to ask and what to expect.

See more topics next page

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### **De-Clutter and Organize Your Life!**

Too much stuff! We all have it! Think about how you would feel when you sort through your “stuff” and organized your home, and your life.... You’d feel pretty good! Learn tips on how to start the process!



### **How Pre-Planning keeps you in Control!**

We all pre-plan for certain things in our lives... vacations, replacing old furniture, updating our plumbing..... We should also be pre-planning our future in the aging process to maintain our independence.



### **Preparing for Your Doctors Appointment**

You do not have to be intimidated or feel like you are taking up too much of your doctor’s time when you have an appointment. Learn tips to make the most of your Dr’s appointment so you come out feeling satisfied!

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### **Where's The Care??**

Do you have information overload with no direct answers? An overview of how to access the care you are looking for including all your options for aging independently.



### **The Truth and Myths about Reverse Mortgage**

You've hear a lot about Reverse Mortgages, but you need more answers – one-on-one! This presentation is for you!



### **ASK THE EXPERTS!**

We will provide an expert panel of senior service providers to answer your questions about everything you need to know about staying independent and in control of your future!

See more topics next page

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### **Preparing for Discharge from Hospital or Rehab**

Whether it is an unexpected illness/accident or a scheduled surgery – you need to know what to expect and how to prepare for your discharge back home.



### **Understanding the Importance of Hospice and Palliative Care**

What is Hospice and Palliative Care? How can it make a difference in dealing with terminal illness?

**The Elder Insider, LLC is dedicated to providing education and awareness in quality healthcare practices – resources and options. If you do not see a topic you are interested in listed, please let us know. We are adding many more topics on a regular basis.**

**CONTACT: Jo-Ann Thibault | 508-843-1869 | joann@theelderinsider.com**