

## Elder Care Lunch and Learn

# Building a Circle of Care at Home



Tuesday, April 16, 2013

11:30 AM – 1:00 PM

Student Union, Santa Rita Room

Join us for a comprehensive, compassionate discussion about how to determine what in-home resources are important to support an aging family member or friend so that they can continue to live with dignity and quality of life. This presentation will include:

- Warning signs that an elder needs assistance
- A **Needs-Assessment Worksheet** to help you identify and organize the right resources at the right time – people, legal, financial, medical, environmental (in-home equipment), time, emotional energy, and spiritual support
- Techniques for encouraging an elder to accept in-home help

Don't miss this opportunity to get valuable information quickly and conveniently!

### Program

11:30 AM -11:45 AM	Browse tables for information, meet other attendees
11:45 AM-12:45 PM	Presentation
12:45 PM-1:00 PM	Q & A

### Presented by:

Suzy Bourque, MSW  
Caregiver Specialist  
Pima Council on Aging

Jan Sturges, M.Ed, LPC  
Caregiving Coordinator  
UA Life & Work Connections

Resource information will be available. Feel free to bring your lunch – refreshments will be provided. Because of limited space, reservations are requested by calling 626-4770 or via email to Jan Sturges, Caregiving Coordinator, at [sturgesj@email.arizona.edu](mailto:sturgesj@email.arizona.edu)

Go to <http://lifework.arizona.edu/ec/> to learn more about elder care services offered by UA Life & Work Connections.

