

Conversations:

When Families Get Together



- Personal hygiene
- Unpaid bills
- Home maintenance
- Housekeeping
- Spoiled food
- Legal concerns
- Accumulated mail
- End of life issues

Many families will be gathering (in-person or online) during the holidays. It's often when adult children start noticing something may be wrong with their aging relatives. Those family conversations can be extremely important. Learn what to watch for, what to talk about and how to address critical issues. Understand how to sensitively bring them up, how to address them, what resources are available and how to make the most of your time together.

Online event - - - - No RSVP required

December 3, 2020 (Thursday)
7:00 – 8:00 p.m.

Online:

<https://piercecountywa.zoom.us/j/95869157440>

By phone: 253-215-8782 or 888-788-0099

Webinar ID: 958 6915 7440

December 5, 2020 (Saturday)
10:00 – 11:00 a.m.

Online:

<https://piercecountywa.zoom.us/j/94796969007>

By phone: 253-215-8782 or 888-788-0099

Webinar ID: 947 9696 9007

Free information-only events hosted online and by telephone by

Pierce County
Aging & Disability Resource Center

For additional information call
(253) 798-4600 or (800) 562-0332



Pierce County

Human Services
1305 Tacoma Avenue
Tacoma, Washington 98402

Aging & Disability Resources

Workshop Explores Holiday Conversations with Aging Relatives

Because of time and distance, the holidays often are the only time families get together. This year especially those gatherings may look dramatically different. But the importance of time together this year cannot be underestimated.

Holiday gatherings provide the perfect opportunity for adult children to take a close look at aging parents and relatives and evaluate their continued ability to live independently and safely. Even more important is bringing up issues in conversations that are open, honest and understood by all.

“Conversations: When Families Get Together” is about using those gatherings wisely by helping adult children be alert to major red flags. Among the most pressing topics will be home maintenance, personal hygiene, spoiled food in the cupboard or refrigerator, unpaid bills and more substantial concerns around legal and end-of-life issues. In addition, the webinar will also provide helpful ways to talk about these issues in ways that are sensitive and caring.

“Conversations: When Families Get Together” is an information-only presentation and will be offered twice in December.

- **December 3** at 7:00 p.m. (Thursday)
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Join by Phone: 253-215-8782 or 888-788-0099; Webinar ID: 958 6915 7440
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“These days, isolation can be a critical problem for older adults,” said Aaron Van Valkenburg, manager of Pierce County Aging and Disability Resources. “That makes family gatherings so important, whether they are in person or online. Those gatherings make the perfect opportunity for adult children to be vigilant to current or emerging issues that may limit an older adult’s ability to remain at home on their own.”

The presenters for “Conversations: When Families Get Together” will be Michelle Apodaca with 1st CHOICE Advisory, and Deb Morris, Certified Senior Advisor at Evergreen Elder Concierge. Both Apodaca and Morris have long histories of helping families evaluate the ability of older adults to live independently and more supportive living options in the community. These will be impartial, information-only presentations online. No RSVP is required. Sessions are open to all. For more information about the presentations, call the Pierce County Aging and Disability Resource Center at 253-798-4600 or (800) 562-0332.

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