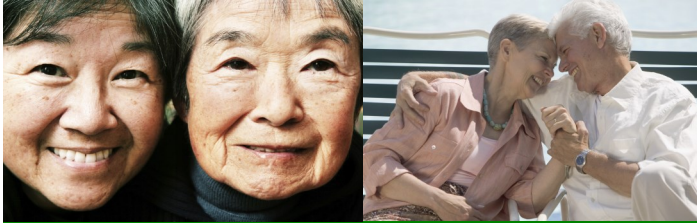




Saturday, September 27, 2014
9:00 AM—3:00 PM
 Central Lions Seniors Recreation Centre
 11113 113 Street, Edmonton, Alberta

SENIORS' HOUSING FORUM



FREE Event - Register Today!
 Limited seating • FREE Lunch & parking
 Free Hearing Health Checks On-site!
 Pre-registration requested
780.423.5510 ext. 310
 or email jlparenteau@mysage.ca

9:00 AM—3:00 PM
 Doors open, view information booths until 2pm

10:00 AM—11:15 AM Session options to attend:
A. Home & Independent Living: Health and Home:
 • Seniors' housing options - apartments, condos, and houses • Health supports in your home

B. Safe Home Design:
 • Fall Prevention • Technology & Home Monitoring

C. Legal Documents You Should Have:
 • Guardianship • Trusteeship • Wills • Co-Decision Making • Personal Directives • Power of Attorney

Breakout Session: Transportation:
 • Public & private options • Develop a transp. plan

11:30 AM—12:30 PM Session options to attend:
D. Supportive & Facility Living: Health and Home
 • Supportive Living • Facility Living
 • Designated Supportive Living • Health supports

E. Caregiver Support & Family Dynamics:
 • Caregiver supports during home transition
 • Managing family dynamics & moving stress

F. Financial Literacy and Housing:
 • Planning finances to support housing choices
 • Income supports & other financial benefits

Breakout Session: Transportation:
 • Public & private options • Develop a transp. plan

12:30 PM—2:00 PM Viewing of displays in Gym
 Lunch Break — FREE lunch, coffee and tea.

2:00 PM—3:00 PM Session options to attend:
G. Community Resources:
 • City-wide seniors' services & resources to help you age-in-place

H. Preventative Health:
 • Recreation Programs and Seniors Centres
 • Technology & Active Aging

I. Supports and Accessibility in the Home:
 • Private home care options • Hiring reliable contractors
 • Affordable accessibility renovations

Breakout Session: Transportation:
 • Public & private options • Develop a transp. plan

3:00 PM Wrap-Up, Prizes in all rooms

Major Sponsors Include:

