

HEALTHY AGING

AN ELDERCARE EDUCATION SERIES

Presented by the UAB Employee Assistance & Counseling Center and Senior Care Authority



Are You Prepared for Your Loved One to Age in Place?

Right at Home Community Educator Jay Jones will share insights and strategies to consider when the plan is for an aging adult to remain in the home. The discussion will include pros and cons of aging in place, strategies that make it possible to remain in the home, planning for financial and legal challenges and dealing with the emotional factors of aging in place, and how to discuss it with your loved ones. *Eldercare Resource Fair follows the presentation.*

WHEN & WHERE:

**Tuesday, June 18,
noon to 1:15 p.m., via Zoom**

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate household.

REGISTRATION:

Go to go.uab.edu/EACC-Calendar and select "Healthy Aging" to register. *To request disability accommodations, email HRAWARE@uab.edu.*