

# Navigating Life Transitions

Allegany County Fall 2010 FREE Family Caregiver Series

Wednesday Evenings  
5:30-7:30p.m.  
The Whitney Cafe  
40 Schuyler Street  
Belmont, New York 14813

## Who Should Attend

This fall's six-week series is FREE and designed to provide practical information, advice and support for those caring for loved ones. Feel free to attend only sessions that best meet your caregiving needs.



### **Reservations Required;**

### **Complimentary Dinner Provided!**

*Allegany County Office for the Aging*

**Phone: 585.268.9390**

### **September 29, 2010- Home Sweet Home**

*Center for Inclusive Design and Environmental Access at University of Buffalo*

Home is where the heart is and Universal Design is at the heart of Aging in Place. With the growing trend of seniors wishing to stay in their homes, caregivers face the challenge and costs of making this dream a reality. Learn the fundamentals of Universal Design and how to make your home a place to grow up and grow old.

### **October 6, 2010- Your Dream Kitchen**

*Center for Inclusive Design and Environmental Access at University of Buffalo*

The best new trend in kitchen design has everything to do with function. Using universal design, it's all about making kitchens adapt to all the people who use them, instead of the other way around. This session will focus on kitchen size and layout, appliances, convenience features, ergonomics and storage.

### **October 13, 2010- Bed, Bath & Beyond**

*Center for Inclusive Design and Environmental Access at University of Buffalo*

Bathrooms need to be designed for accessibility and function. An all-ages, all-abilities approach to space planning can help shape the home of your dreams. Before you remodel your bathroom, learn how Universal Design now can save you time and money down the road.

### **October 20, 2010- All the Comforts of Home**

*Allegany County Office for the Aging*

Experienced Care Coordinators will provide information on services to keep older individuals independent and safe in their own homes. Services discussed will include information for Veterans, Medicaid and Medicare recipients and those in need of end-of-life care.

### **October 27, 2010- The Family Guide to Long-Term Care Settings**

Ombudsman Coordinator, Lynn Oyer, will discuss advocacy for residents living in Long Term Care Facilities. Manor Hills Administrator, Kathryn Nugent, and Highland Health Care Center Administrator, John Alvarez, will introduce you to culture change in the facility setting and walk you through what to expect when you or your loved one transition from short-term rehab to what may be a long-term stay.

### **November 10, 2010- A Life to Remember**

*Local Healthcare Professionals*

Funeral Director, John Embser, will show you the latest in funeral choices, what to expect from your funeral director and how to pre-pay for your funeral as part of long term planning.

***Don't Miss the WNY Alzheimer's Association Caregiver Conference, Thursday, November 4, 2010!  
For further details, please contact Lisa Theurer at 716-626-0600.***

*Program is sponsored by:*

*Allegany County Office for the Aging*

*Allegany/Western Steuben Rural Health Network, Inc.*

*Allegany County Caregiver Coalition*

*Allegany County Community Partnership on Aging*

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