Strategies for Caring for a Loved One at Home

Time: 1:00 PM - 2:30 PM
Location: Pittsfield Township Senior Center
701 West Ellsworth, Ann Arbor, MI
(734) 822-2117

In the next decade increasing numbers of families will be faced with decisions about how to care for a loved one who can no longer live independently. These decisions often arise suddenly as a result of an illness or injury. Assisted living and nursing facilities are expensive, and beyond the reach of many families. Caregiving for a loved one at home may be an option, but can also be overwhelming at times with new and unfamiliar roles and when faced with new care challenges. We will discuss strategies for successful, sustainable caregiving at home, which can be one of life’s greatest privileges.

Speaker: Jack Baker, Volunteer, Housing Bureau for Seniors

For more event information, visit www.med.umich.edu/seniors.
Open House Schedule

**Wednesday, September 19**
- 12 PM - 5 PM Silver Maples of Chelsea

**Sunday, September 23**
- 2 PM - 4 PM Hillside Terrace Retirement Community

**Monday, September 24**
- 1 PM - 5 PM Cambrian Village of Brighton
- 1 PM - 6 PM Cambrian Senior Living South Lyon
- 2 PM - 4 PM Vibrant Life Senior Living, Superior Township

**Tuesday, September 25**
- 12 PM - 4 PM Brookhaven Manor
- 1 PM - 5 PM StoryPoint
- 3 PM - 6 PM University Living ~ Senior Housing Community

**Wednesday, September 26**
- 11 AM - 3:30 PM Virtual Dementia Tour* By Appointment Only
  Atria Park of Ann Arbor
- 12 PM - 5 PM Silver Maples of Chelsea
- 1 PM - 6 PM The Cedars of Dexter
- 2 PM - 6 PM Chelsea Retirement Community
- 2 PM - 6 PM The Pines Senior Apartments
- 5 PM - 7 PM Vibrant Life Senior Living, Superior Township

**Thursday, September 27**
- 9 AM - 12 PM Huron Woods
- 9 AM - 12 PM St. Joseph Village
- 1 PM - 3 PM Glacier Hills

**Friday, September 28**
- 2 PM - 6 PM Cambrian Senior Living Tecumseh
- 2 PM - 6 PM Linden Square Assisted Living Center

**Saturday, September 29**
- 11 AM - 1 PM Vibrant Life Senior Living, Superior Township

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**Workshop Schedule**

**Saturday, September 22** - Senior Living Week Expo
Morris Lawrence Building
Washtenaw Community College
4800 Huron River Drive, Ann Arbor

- 9 AM - 10:30 AM Downsizing Made Easy
- 10 AM - 11:30 AM The Impact of Tax Reform on Your Retirement Income & What You Can Do
- 11 AM - 12 PM Aging in WHAT Place? Panel 1: Independent Living
- 12:30 PM-1:30 PM Aging in WHAT Place? Panel 2: Assisted Living
- 12:30 PM-2:30 PM AARP HomeFit Program

**Monday, September 24**
- 3:30 PM - 5 PM Letting Go of Clutter

**Tuesday, September 25**
- 11 AM - 12 PM Brains & Balance for Seniors
- 4:30 PM - 6 PM Cultural Humility in Healthcare

**Wednesday, September 26**
- 4:30 PM - 6 PM LGBT Older Adults: A Step Forward in Understanding

**Thursday, September 27**
- 1 PM - 2:30 PM Strategies for Caring for a Loved One at Home

**Friday, September 28**
- 10 AM - 11:30 AM In-Home Care and Senior Residences

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Workshop registration is encouraged! Please call 734-998-9338 to register.

(734) 998-9338 • housingbureauseniors@umich.edu • www.med.umich.edu/seniors