

Active Older Adults Lecture and Workshop Series

NAVIGATING SOLO: TOOLS FOR CREATING YOUR PLAN FOR AGING WELL



Virtual Workshops
10:30-11:30a.m.

Introduction to Solo Aging

February 3: The Unique Needs of Solo Agers

February 17: Key Elements of Your Solo Aging Plan

Health Care Decision-Making & The Value of Advance Care Planning

March 3: How to Effectively Navigate the Healthcare System

March 17: The Value of Advance Care Planning

Creating, Maintaining and Enhancing Your Support System

March 31: Evaluating Your Support System

April 14: How to Enhance Your Support System

Evaluating Living Options

April 28: What's Available: Aging in Community, Cohousing and Care Communities

May 12: How to Evaluate What's Best for You

Next Steps for Developing Your Solo Aging Plan

May 26: Assessing and Prioritizing What Needs to Get Done

June 9: What Resources Are Available for Solo Agers

Ailene Gerhardt, Board Certified Patient Advocate at Beacon Patient Solutions LLC, will explore the unique considerations and planning needs of solo agers (an adult who, because of choice or circumstance, is without the family support structure of adult children or close family members). Ailene will review specific needs related to healthcare, community, and programs and resources available to support solo agers in these virtual workshops.

Learn more about Ailene's work with solo agers:
<https://www.beaconpatientsolutions.com/solos>

In partnership with Cambridge Neighbors

Cambridge Neighbors (CN) is a membership-driven organization dedicated to helping adults aged 60 and over in **Arlington, Belmont, Cambridge, Somerville, and Watertown** stay in the home and neighborhoods they love. CN seeks to provide its members the opportunities and support necessary to remain an integral part of their communities, giving members peace of mind with practical services, stimulating activities, and a social network to enable successful "aging in place."

REGISTRATION REQUIRED FOR EACH WORKSHOP

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