

A ROADMAP for the SANDWICH GENERATION

Mission

The Council on Aging - Orange County promotes the independence, health, and dignity of older adults through compassion, education, and advocacy.

Vision

Through the efforts of the Council on Aging - Orange County, our community will realize a better aging experience in which older adults are treasured, and everyone can find solutions to the aging issues they face.

Values

- Compassion
- Integrity
- Quality
- Responsibility

Council on Aging-Orange County and AARP Foundation are offering monthly seminars to educate you on your Care Giving journey and providing a planning guide for families: Prepare to Care.

Topics covered:

- **Prepare to Talk**
- **Form Your Team**
- **Assess Needs**
- **Make a Plan**
- **Take Action**
- **In-Home Care Management**
- **Assisted Living and Skilled Nursing Facilities**



This seminar is designed to help you and other family members discuss and create a care giving plan for yourself or an aging parent, other relative, or close friend or neighbor. Council on Aging -Orange County and AARP Foundation can guide you on this journey.

WHEN:

The Second Saturday Monthly

TIME:

10:00 am to Noon

WHERE:

Council on Aging-Orange County
1971 East 4th Street, Suite 200
Santa Ana, CA 92705

Please call to Confirm Dates and RSVP
(714) 479-0107 ext 270 or (800) 434-0222 ext 270
***Bring a friend!**

A \$20 donation is suggested but all are welcome!
Please make all donations payable to:
Council on Aging - Orange County
TAX ID # 95-2874089