

The Sandwich Generation: Supporting Aging Parents while Raising Children



Worried about your aging parents.

Not sure how to broach the subject of their longevity?

Too busy ... yet wondering what you need to do and when to do it.

How can adult children encourage and support their parents' independence while helping them maintain safety, understand risks of aging, and plan for end of life?

There are no easy answers.

Capitol Hill Village is hosting a four-part series for adult children who are concerned about their aging parents, neighbors, friends – whether they live nearby or far away. Come to share your concerns, get resources, and learn strategies about how you can support their family to ensure that loved ones are planning for their future.

WHEN: Tuesdays: March 6, 13, 20 and 27; 7:00-8:30 pm
– on Capitol Hill. Free of Charge.

Session 1: *The basics* about aging in our society and the sandwich generation – you are not alone

Session 2: *If I Go There Could Be Trouble...* Thinking about household decisions. Moving, staying, safety, and when to ask for help.

Session 3: *When an Apple A Day Doesn't Cut It:* Getting real about healthcare

Session 4: *The OTHER Talk:* How to approach family conversations, and work within dynamics, and what a "successful" discussion looks like.

Session format

- Presentation of current information and best practices.
- Case studies to address and discuss as a group and reflect on individually
- Discussion of legal documents, resources and tools
- Small group problem solving issues sharing about particulars

Enrollment is limited

Meet with and Learn From Others



www.capitolhillvillage.org

For more information or to register:

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This event is free and open to the public but registration is required.