

Home for the Holidays

Warning Signs to Watch For in Aging Loved Ones

Free Seminar for Adult Children & Family Caregivers — All Are Welcome!

WHEN

Saturday, Nov. 5th, 10-11:30am

WHERE

1304 Pacific Street
San Luis Obispo, CA

MORE INFORMATION PLEASE CALL HOSPICE SLO COUNTY (805) 544-2266
Refreshments will be served. Hospice SLO County has plenty of free parking on Pacific Street or behind the building. Come as you are!

It's time to take a closer look ...

Holidays are not only a chance to enjoy family, it's a chance to look more closely at aging parents and loved ones. Things might have changed. At this free seminar, you'll learn:

- Crucial mental, physical, financial, social and environmental warning signs to watch for that might indicate your elder needs help
- What resources are available to give your parent the best care possible
- How to start a conversation with your parents about their wishes at end of life
- What important documents are needed to protect your loved ones
- How to stay sane when you're suddenly thrust into the role of a caregiver

You'll come away with practical tips to use now so you can avoid a crisis later!

Co-Sponsored by:

HOSPICE
SLO COUNTY
A Volunteer Hospice

Age Alliance
CARE MANAGERS AND QUALITY OF LIFE ADVOCATES

**To register, please visit: hospiceslo.org/workshops
or call Hospice SLO County at (805) 544-2266**