

# COMMUNITY PRESENTATIONS

Information sessions on various aging-related topics

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## COMMUNITY RESOURCES

Local resources and organizations that can help individuals remain in the home of their choice.



## MAINTAINING WORK-LIFE BALANCE

Take care of yourself while caring for an aging loved one.



## ECONOMIC ASSISTANCE

Learn eligibility requirements and general information about Medical Assistance, Medicare Savings Program, Food Support, Elderly Waiver, and other ways to help cover the costs of care and home services.



## MEMORY LOSS

Learn about Alzheimer's and other forms of dementia. Discuss warning signs and treatment options. Special presentation also offered about coping with dementia during the holidays.



## HEALTH CARE DIRECTIVES

Learn how to complete a Health Care Directive to communicate your wishes about life sustaining treatment such as resuscitation, artificial nutrition, and life support.



## VITAL CONVERSATIONS

Guidance for navigating the tough but often necessary discussions with your aging loved ones, such as moving to senior living, no longer driving, and more.



## LONG-TERM CARE

Explore information about assisted living, nursing homes, and memory care communities, including how to pay for these services.



## SENIOR HOUSING OPTIONS

Overview of housing types and the factors to consider when deciding whether to stay in your home or move.



**CONTACT DARTS TODAY: (651) 455-1560 or [info@darts1.org](mailto:info@darts1.org)**

It is the policy of DARTS to provide services to all persons who meet service eligibility criteria without regard to race, color, national origin, handicap, sexual orientation, or age. These presentations are funded in part by Trellis as part of the Older Americans Act.