



Fall 2009 Elder Care Workshops

CARE Services Elder Care Program is offering the following workshops. Registration is required through **UCB Learning Center**. Log on to Blu Portal (<http://blu.berkeley.edu>) and click on UCB Learning Center at the bottom of the “Self Service” column on the upper left hand side of the page. For workshop or registration questions, call (510) 643-7754.

Financial Management of Elders

Tuesday, Sep. 22, 12:10-1:30 pm, Tang Ed Center

This workshop will provide information about how you and your elder can plan for financial management of assets and property, both now and when they are no longer able to make decisions.

Karen Eng, LPL Financial

Older and Wiser: Basic Legal Knowledge for Living Well to the End

Thursday, Oct. 15, 12:10-1:30 pm, Tang Ed Center

This informative workshop will address legal needs of elders and boomers. Power of attorney, advance health care directive, the basics of wills, trusts, and probate avoidance, and ways to maintain control over finances and well-being will be addressed.

Sara R. Diamond Ph.D., Attorney at Law (accepts ARAG)

Fall Prevention in Older Adults

Wednesday, Nov. 18, 12:10-1:30 pm, Tang Ed Center

Lack of strength, medications, reduced vision, chronic health problems, unsafe environments, and habits learned over a lifetime all contribute to falls. Learn how you can assist in reducing the likelihood of a fall, and what to do if an elder does fall.

*Coleen Campbell, Area Agency on Aging, Alameda County
Arthur Hoffman, Vital Link Emergency Response Systems*

Maintain Your Brain

Thursday, Dec. 10, 12:10-1:30 pm, Tang Ed Center

Scientific research on brain health shows a connection with lifestyle choice. This interactive workshop, designed for caregivers concerned for themselves or an elder, will provide advice on nutrition and lifestyle, and strategies to keep memory sharp.

Alzheimer's Association of Northern California