



The Elder Care Resource Team

presents

"Safe, Organized, and Well: **Connecting** to the Right Resources As We Age"



Thursday September 29th
10:00 a.m. to 12:00 p.m.

Braille Institute
4555 Executive Drive, San Diego

Topics include:

KNOW YOUR OPTIONS: UNDERSTANDING **LONG TERM CARE**

Amy Abrams, MSW/MPH, CMC

- What do "home health care," "assisted living," and "skilled nursing" really mean?
- What will Medicare cover, and what will it not?
- How should I be planning ahead?

MEDICATION RELATED PROBLEMS: MANAGING YOUR RISK

Stephanie Matinpour, PharmD, CGP

- What steps can I take to reduce my risk of medication-related problems?
- How can I safely store, manage, and dispose of my medications at home?
- What's available to assist those with visual impairments in managing medications?

STREAMLINING YOUR **FINANCES: TECHNOLOGY AND THIRD PARTIES**

Lauren Derstine Humphrey, JD

- Reviewing and analyzing your financial history
- Creating a custom plan and filing system to simplify your finances
- Utilizing online bookkeeping services

TOOLS AND CONCEPTS TO **STAY CONNECTED TO YOUR FINANCES**

Jim Colville, CPA

- Streamlining tasks through technology
- Staying connected through your financial advisor
- Addressing legal and financial needs with compassion

**LIGHT REFRESHMENTS
WILL BE SERVED**

RSVP: (858) 452-1111

Who we are. The Elder Care Resource Team is a group of unaffiliated, independent professionals who are dedicated to educating and assisting the community concerning the complicated issues facing the aging population.

www.eldercareresourceteam.com