



The University of Massachusetts Boston, Office of Human Resources
Invites All Faculty and Staff to a
Series of Ceridian LifeWorks Seminars

■ **Talking with Your Parents About Their Future**

September 30, 2011, 11:00 a.m. – 12:00 p.m., Chancellor's Conference Room

This seminar is designed for adults who want and need to talk with their parents or older relatives about their future plans. It's wise to begin planning early, even if your parents or relatives are healthy, active, working, and far from being elderly.

As a participant in this seminar, you will be able to:

- Clarify the importance of long-term planning.
- Learn a process for initiating and conducting a conversation about planning with parent(s) or older relative(s).
- Identify barriers to effective conversations.
- Learn strategies to ensure a positive dialogue.
- Indicate the areas to consider when planning with your parents or older relatives for their future.

■ **An Overview of Legal Issues for Older Relatives**

October 6, 2011, 2:00 p.m. – 3:00 p.m., Chancellor's Conference Room

As caregivers, we need to be informed about the choices that can help, and it's important to plan ahead. Legal planning preserves an older relative's independence, dignity, and range of options, and it lessens caregiver anxiety.

Participants will learn to:

- Pinpoint three categories of decisions people need to make for their future.
- Describe the legal tools that assist older people when others must make decisions for them.
- Identify how and when to utilize various tools to serve the needs of your older relatives.
- Create a list of items to discuss with your older relative's attorney or help your relative prepare to meet with his/her attorney.

■ **Caregiving as a Family**

October 4, 2011, 11:00 a.m. – 12:00 p.m., Chancellor's Conference Room

It's not uncommon for one family member to manage the majority of caregiving responsibilities when an older relative needs assistance. But sole responsibility can leave that person frustrated and physically and emotionally exhausted, so it's important to engage other family members so that the tasks are shared.

This seminar is designed to help you:

- Identify caregiver rights.
- Make the connection between family history and the caregiving role.
- Clarify barriers to caregiving as a family.
- Learn how to create a family team approach to caregiving.
- Learn strategies for managing conflict and problem solving with older relatives, siblings, and other family members around caregiving issues.

If you would like to attend any of these seminars, please email heather.batherwich@umb.edu.