

# Are You Caring for an Elderly Parent or Adult?



One in four Americans are responsible for the care of an older or aged loved one. These responsibilities range from preparing meals and arranging doctor appointments to managing finances and providing 24 hour supervision. Maintaining this level of responsibility can be emotionally, psychologically, and physically demanding.

Many of our employees here at the University of Akron are dealing with these issues now, or soon will be. To help offer relief and support to our employees, HR's Learning, Development and Communications Department has invited representatives from the Area Agency on Aging to provide information on resources that are available to those caring for an elderly adult as well as offer practical tips on managing the demands that often accompany such a challenging responsibility.

Date: 9/26/2008 and 9/30/2008

Time: 11:15 am—11:45 am  
12:15 pm—12:45 pm  
1:15 pm—1:45pm

Three sessions are offered each day at these times to allow greater flexibility for our employees to attend.

Location: 9/26 Student Union 314  
9/30 Student Union 316

Representatives from the Area Agency on Aging will be providing information on the following topics:

- **When to help**—Know the warning signs that someone you love might need help.
- **Communication**—How can you talk with your parents or older adult loved one about their mental or physical decline.
- **Planning for the future**—Know what to expect as older adults age.
- **Caring at both ends**—How do you manage care for your children as well as your parent(s)?
- **Divided loyalties**—What is your priority? Your job, your spouse, your children, or your parent?
- **Stress**—Learn the warning signs and how to manage stress as well as burnout and depression.
- **Education**—What programs and services are available to assist you and your family in giving the needed care to an aging loved one.

The sessions are open to ALL University of Akron employees. To register, please go to [www.uakron.edu/seminars/](http://www.uakron.edu/seminars/)