



Welcome to Fireside Chat # 419

October 30, 2014

1:00-2:30 PM EST

Planning for Later Life Transitions *...Essential Conversations*

Amy D'Aprix, MSW, Ph.D.



Step #1: Teleconference

All Audio by telephone

- If your line is 'bad' – hang up and call back in
- Participant lines muted
- Recording announcement



Step #2: The Internet Conference (via 'ADOBE CONNECT')

No audio via internet

- SEE the PowerPoint being shown.
- Post your comments/questions.
- See postings from your colleagues.
- Join in the interactive polls.



Difficulties?

You can still participate! (use the back up PowerPoint - post your comments via email)

Step #3: Back up PowerPoint Presentation

WWW.CHNET-works.ca



For assistance: animateur@chnet-works.ca

How to post comments/questions during the Fireside Chat



Joining in by Telephone +
Adobe Connect Internet
Conference

*Use the Adobe Connect
text box*



Joining by Telephone + Back
up PowerPoint?

RSVP via email:
Respond to the 'access instructions'
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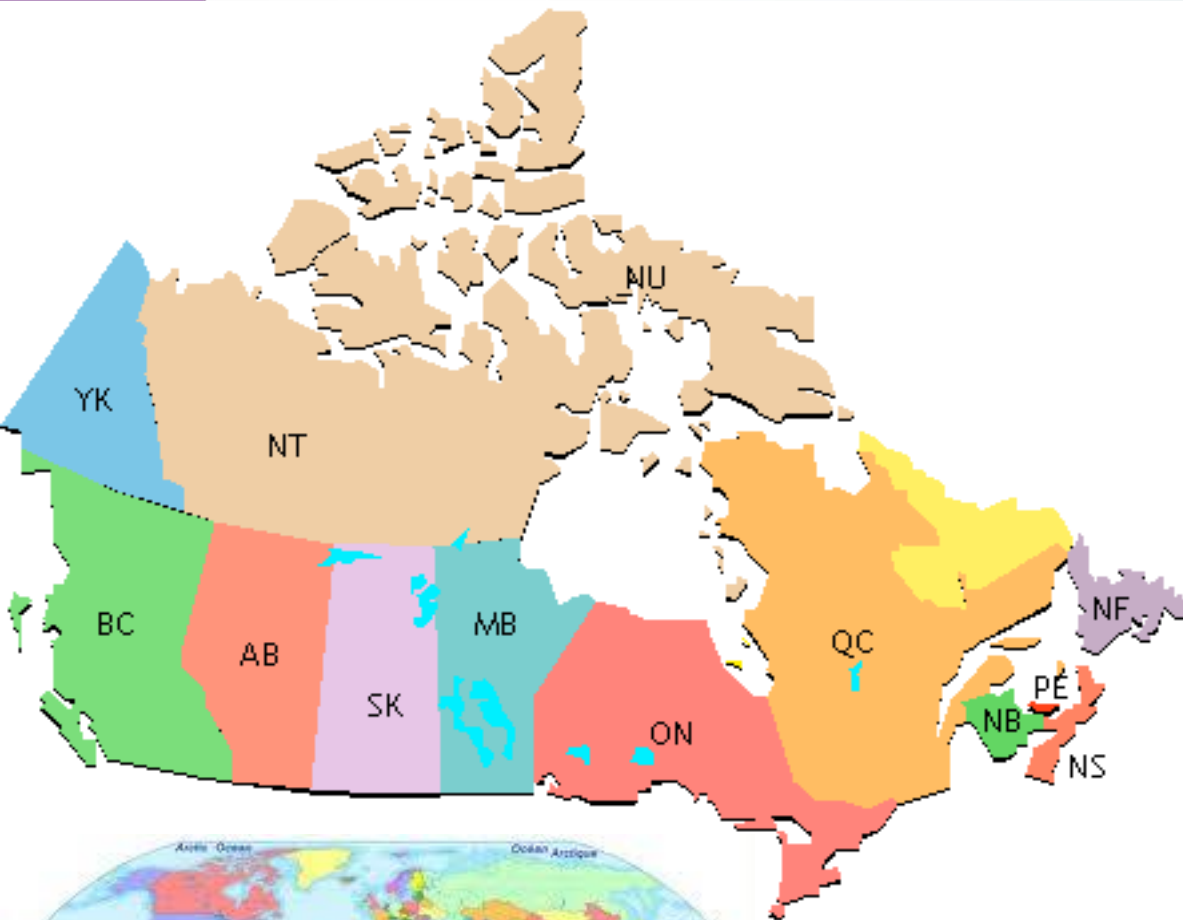


Please introduce yourself!

- *Name*
- *Organization*
- *Location*
- *Group in Attendance?*



What province/territory are you from?



Answer via Adobe Connect :

Poll

OR RSVP to access instruction email

- BC
- AB
- SK
- MB
- ON
- QC
- NB
- NS
- PEI
- NL
- YK
- NWT
- NU
- Other



Who is joining in?

**RSVP via Adobe Connect Poll
OR email**

√ **What sector are you from?**

- √ **Public Health**
- √ **Education**
- √ **Research**
- √ **Govt/Ministry**
- √ **Health practitioner**
- √ **NGO**
- √ **Other?**



Presenter



Amy D'Aprix, MSW, Ph.D.
Life Transition Expert

Purpose of Session

We will discuss....

- Life transitions in mid-life and beyond
- Key factors that impact the effect of life transitions
- Planning and life transitions
- How to encourage people to plan
- For those who haven't planned: how do we help them?

Life Transitions in Mid-Life and Beyond

- Retirement
- Caregiving
- Health and mobility challenges
- Loss of Driver's License
- Widowhood
- End of life care

Key Factors that Impact Life Transitions

- Urban vs. rural
- Finances
- Health and mobility
- Social support
- Awareness, knowledge, and availability of resources
- Essential Conversations

Planning and Life Transitions

- Goal: Choice, control and freedom
- Why is planning more important now than in earlier years?

Planning Considerations for Retirement

- Social support
- How to sustain meaning
- Housing
- Health
- Finances

Planning Considerations for Caregiving

- Information/Education
- Services/Products
- Emotional and family issues
- Balancing Work and Care
- Social support
- Finances

Planning Considerations for Health and Mobility Challenges

- Medical care
- Care options and choices
- Housing
- Transportation
- Social support
- Finances

Planning Considerations for Widowhood

- Creating a “new normal”
- Social support
- Own care needs: now and in future
- Housing
- Finances

Planning Considerations for End-of-Life Care

- Determine choices: Speak Up website
- Complete necessary Powers of Attorney
- Talk to Health Care Proxy
- Talk to Doctor
- Talk to all pertinent family and friends

Questions

- In your experience, what do you see as being the most challenging conversations to have?
- Where do people struggle the most?

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Encouraging People to Plan

- How do we encourage people to plan?
- Awareness
- Motivation
- Tools for planning
- Information about resources to explore

Increasing Awareness

- About life transitions
- About potential issues during life transitions
- About benefits of planning



Increasing Motivation to Plan

- Share goal of choice, control and freedom
- Explain benefit of separating practical and emotional
- Discuss why you can delay but not avoid situation
- Explain idea creating a “Plan B” for peace of mind

“If there were a shift in my health or mobility, or the health of mobility of someone I love, what might I do differently?”

Helping Someone Who Hasn't Planned

- Assess the factors that impact life transitions
- Provide information/access to resources
- Help them mobilize their social support network
- Encourage planning for future transitions/changes

Importance of Essential Conversations

- Talking to the most important people about the most important things in our lives
- A marriage between the practical and the emotional
- This is not just about reaching a decision...it is about acknowledging and honouring the emotional components of decision-making

Goals for Essential Conversations

- Making a decision/resolving the issue
- Maintaining or enhancing the relationship
- It is possible to accomplish both!

Questions

- Why don't people do planning together, as a family?
- What makes these conversations so difficult?

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Challenges

- Transitions always involves loss
- Frequently different perspectives, expectations and goals
- Conversations always involve emotion – even when concrete issue

Encourage Essential Conversations

- Normalize difficulty of these conversations
- Explain importance
- Encourage between family members
- Encourage with appropriate professionals – medical and legal

Thank you!



Webinar Evaluation

Did you find this webinar helpful to your work?

YES – SOMEWHAT - NO

Did you gain new knowledge today as a result of this webinar?

YES – SOMEWHAT - NO

Would you recommend this webinar to a colleague?

YES - NO

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