

## *Adult Development and Aging Educational Programs*



### **Advance Health Care Planning in Kansas**

Advance Health Care Planning in Kansas introduces the process and documents involved in preparing for your future medical care, should you become unable to speak for yourself. Through this program, you can learn about: Durable Power of Attorney for Health Care, Living Will, HIPAA Authorization, and Pre-Hospital DNRs.



### **Keys to Embracing Aging**

No matter your age, you can take steps now to age well into the future. Keys to Embracing Aging is an interactive program that highlights 12 healthy lifestyle behaviors aimed at helping you age healthfully, successfully, and with increased longevity.



### **Alzheimer's 101**

Education and awareness of Alzheimer's disease is crucial to bettering the lives of those who are currently facing the disease or will face it in the future. This program educates participants on Alzheimer's, its warning signs, the benefits of early detection and diagnosis, and steps to bettering your overall brain health.



### **Simple Home Modification**

Many people want to stay in their homes for as long as possible, and there are several steps to ensure that your home will be suitable for 'aging in place'. This program will help you assess your living space, prioritize modifications, and ultimately help you live independently for a longer period of time.



### **Gray for a Day**

Gray for a Day aims to educate participants on age-related sensory and functional challenges some adults might face through various simulations that reflect daily routines, simple tasks, and leisure or social activities.



## Elder Abuse and Neglect: What You Should Know

No one is immune to elder abuse — it can happen to anyone, at any time, and anywhere. Often a silent problem, elder abuse can rob older adults of their dignity and security and leave them feeling fearful and alone. This educational program discusses the warning signs and risk factors of abuse, how to prevent elder abuse, and the steps to report suspected abuse.



## Tips for Managing Life After Retirement

Tips for Managing Life after Retirement introduces four key themes that have emerged from research on living a successful, healthy retirement. Participants will learn about how retirement affects relationships, physical and emotional health, and ability to live independently for longer periods of time.



## Senior Health Insurance Counseling for Kansas

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering Kansans the opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues.



## Powerful Tools for Caregivers

Powerful Tools for Caregivers has shown to improve self-care behaviors, management of emotions, self-efficacy, and use of community resources. This is a program that has proven to make a positive difference in the lives of caregivers.



## Essential Living Skills

Essential Living Skills -- Essential Living Skills is an educational series designed to support individuals in managing stress, setting goals, and to achieve success in day-to-day living skills. Each component of the series includes tools, learning opportunities, and encouragement to simplify daily life. Some components in the series are: food, nutrition, and physical activity, healthful aging, home maintenance and time management. Essential Living Skills series can help you make the best of every day.

*For more information about Adult Development and Aging Educational Programs, contact:*