

Care-giving is very difficult without a plan

If you are struggling with these signs of aging, with an older loved one...

Join

Dr. Norstand's Presentation for Answers

Gain beneficial tips on:

- Evaluating the situation - when to step in?
- Starting tough conversation topics without drama
- Navigating a collaborative plan
- Awareness of community services & resources

Worried about tough family conversations?

Scared of Un-safe driving?

Noticing unsteady walking or balance?

Concerned about a looming crisis?

Signs of frustration, or lack of interest?

Free light meal & program
Tuesday May 23 5-7pm
at BaTV, 395 Boston Road

Dr. Julie Norstand has her master's and PhD in Social Work from Boston College and a master's in clinical psychology from Drexel University. She is the founder of Help My Aging Parents, is on the Board of the Newton Council on Aging and facilitates caregiver support groups.

Brought to you by the Friends of the



To reserve a seat:
Call the BCOA
at 978-671-0916