



The Arizona Age-Friendly Network Presents:

Feed Your Mind Webinar Series

February 2, 2018, 12:00-1:00 p.m.

Caregiving: What Communities Need to Know

Speaker: Dana Marie Kennedy, AARP Arizona State Director

Here is the good news: people are living longer than ever before. According to a recent AARP survey, more than two thirds of people plan to remain living in their community, or aging in place. Here is the challenge—as people live longer, they may need help from family, friends and neighbors to continue living independently at home. When older adults can stay in their homes, they can continue to volunteer and support their neighbors. This mutual support builds strong, age-friendly communities.



Caring for a family member or close friend is one of the most important roles a person plays. It may start with driving a loved one to get groceries or going to the doctor. As time goes by, one may find themselves taking more time off from work, preparing meals or handling bills. This can impact a caregiver's job, involvement with their community, and the time they have to take care of younger generations.

Increasingly, the effects of caregiving will be felt by families and communities. No matter where people are in the journey of family caregiving—just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time—having a good framework to help guide both caregivers and communities will make the process easier. This presentation will help communities adapt to the needs of family caregivers and offer resources to support people aging in place.

To participate on the live webinar: <http://azmag.adobeconnect.com/caregivingwhatcommunitiesneedtoknow/>

To view the recording of the webinar after February 2, 2018 visit: www.Connect60Plus.com **CONNECT60+**



Speaker Bio:

Dana Marie Kennedy is the State Director for AARP Arizona. Ms. Kennedy has more than 25 years as a leading advocate for working families, retirees, and women at the local, state and national levels. As State Director, Kennedy is making AARP the go-to organization for Arizonans who are 50 plus, working on issues that matter most to families such as healthcare, employment security and retirement planning. Her focus includes helping people age in place—living independently in their homes for as long as possible, helping to keep energy costs affordable and partnering with aging community on issues important to older Arizonans.

This work is made possible with the support of partners and funders including Virginia G. Piper Charitable Trust, Grantmakers in Aging, Grantmakers in Health, the Pfizer Foundation and MetLife Foundation.