

SENIORS: NAVIGATING NEXT STEPS

Our later years present us with new problems. Possible solutions can be unfamiliar and unappealing. What are our alternatives? What resources are available to help?

Rothwell United Church, in partnership with the Eastern Ottawa Resource Centre and the Geriatric Psychiatry Community Services of Ottawa, host two presentations, each beginning at 7 pm on the date shown. **Everyone is welcome.**

OCTOBER 28TH, 2019

PRESENTER: CHANTAL JOLICOEUR
OF THE EASTERN OTTAWA
RESOURCE CENTRE



When asked about their futures many older adults express a desire to remain in the own homes and maintain their independence. Your health care dollars contribute to a whole network of service providers who strive to keep you well, independent and safe at home. Find out how and where to access these services and how to help others maintain their wish to stay at home.

NOVEMBER 4TH, 2019

PRESENTER: JENNIFER CAVANAGH
OF GERIATRIC PSYCHIATRY
COMMUNITY SERVICES OF OTTAWA



Older adults may experience a number of changes as they age: declining physical health, changes to brain function, loss of friends and family, loss of control and independence. These changes can lead to reduced cognitive function and/or declining mental health. Understanding what is happening can help you respond to changes in mood, personality, and cognition. How do you talk to someone you are worried about? How do you help when someone is confused, or depressed, or not receptive to help?



VENUE: ROTHWELL UNITED CHURCH, 42 SUMAC STREET, OTTAWA