



**Saturday, September 26, 2015**  
**9:00 AM—3:00 PM**  
 Central Lions Seniors Recreation Centre  
 11113 113 Street, Edmonton, Alberta

# SENIORS' HOUSING FORUM



**FREE Event - Register Today!**  
 Limited seating • FREE Lunch & parking  
**Free Hearing Health Checks!**  
**Pre-registration requested:**  
**780.809.8604**  
 or email [jlparenteau@mysage.ca](mailto:jlparenteau@mysage.ca)

Major Sponsors Include:



**9 AM—3 PM Doors open, visit exhibitors until 2pm**

**10 AM—11:15 AM Session options to attend:**  
**A. Home & Independent Living: Health and Home:**  
 •Seniors' housing options - apartments, condos, and houses •Health supports in your home  
**B. New Housing Models:**  
 •Village Concept •Co-Housing, Homeshare models  
**C. Financial Literacy and Housing:**  
 •Planning finances to support housing choices  
 •Income supports & other financial benefits  
**Breakout 1: Transportation:**  
 •Public & private options •Develop a transport. plan  
**Breakout 2: Understanding Your Utility Choices:**  
 •Electricity & natural gas options •Door-to-door sales

**11:30 AM—12:30 PM Session options to attend:**  
**D. Supportive & Facility Living: Health and Home**  
 •Supportive Living •Facility Living  
 •Designated Supportive Living •Health supports  
**E. Legal Documents You Should Have:**  
 •Guardianship •Trusteeship •Wills •Co-Decision Making •Personal Directives •Power of Attorney  
**F. Dementia Care:**  
 •Resources & services •Specialized housing options  
 •Aging-in-place technology •Caregiver supports  
**Breakout 1: Transportation:**  
 •Public & private options •Develop a transport. plan  
**Breakout 2: Understanding Your Utility Choices:**  
 •Electricity & natural gas options •Door-to-door sales

**12:30 PM—2 PM Visit exhibitor booths in Gym**  
**Lunch Break — FREE lunch, coffee and tea.**

**2 PM—3 PM Session options to attend:**  
**G. Community Resources:**  
 •City-wide seniors' services & resources to help you age-in-place  
**H. Caregiver Support & Family Dynamics:**  
 •Caregiver supports during home transition  
 •Managing family dynamics & moving stress  
**I. Downsizing/Managing Your Move:**  
 •Moving & downsizing resources  
 •Reduce challenges and stress during your transition  
**Breakout 1: Transportation:**  
 •Public & private options •Develop a transport. plan  
**Breakout 2: Understanding Your Utility Choices:**  
 •Electricity & natural gas options •Door-to-door sales

**3 PM Wrap-Up, Door Prizes**

[seniorshousingforum.blogspot.ca](http://seniorshousingforum.blogspot.ca) • [www.mysage.ca/events/seniors-housing-forum](http://www.mysage.ca/events/seniors-housing-forum)