



Navigating As We Age: Changes & Choices

Frequently Asked Questions:

Updates to www.riderwoodlife.org are ongoing. Search Caring Connections and check back often. **Fall 2020 class will be via ZOOM**

1. Why should I take this class?

This class offers an education on the basic guidelines for managing the medical, legal, emotional and financial decisions we all will face as we age. The class gives you the questions to ask as you develop your own personal answers. Everyone should consider their own choices, make and document decisions and communicate them to loved ones and allies/agents ahead of the need to do so.



is a joint effort of RWV Resident Services and Continuing Education Committee.

2. Who should take this class?

Everyone. Reality is you should take this class before you need to access the information. Take it while your options are broad and your mental ability to manage them is sharp. Both singles and couples are welcome. One partner can attend if the other is not able or ready. Some aspects of aging must be addressed in advance. Waiting until something happens can mean it's too late. You need to be comfortable with the computer to access the materials and do individual follow-up. **For the ZOOM class, you also need access to a tablet, smart phone or computer with a camera. As long as the class is via ZOOM, a couple can register as only one participant.**

3. What is the cost?

There is no tuition; however, there is a materials fee of \$30 covering the binders and extensive handouts.

The required text is an additional cost of \$12- \$15 depending on which of the two options you select. The class covers the basic issues well. For individual or advanced questions, participants will be guided to do independent follow-up

research. Any additional consultations or services with staff or community experts may require a fee, so inquire.

4. What if I cannot attend all sessions?

Please try to attend all classes. All sessions' handouts will be available at www.RiderwoodLife.org under Caring Connections and in your Binders.

This access means you can make up classes you've missed, review the content later on and share your decision making process with loved ones.

5. What about my privacy during the class?

Privacy is a serious concern. These classes may be recorded as back-up for speakers, but not every class will be recorded. Zoom classes are not recorded. To join the class, you must grant permission to be recorded or photographed. During class, all participants are cautioned to reserve personal questions and more advanced questions for break time or afterwards. Expert speakers come from the community and RWV. The speakers will be resources for private consultations and additional services if needed. These may involve a fee, so remember to inquire.

6. Can my family members attend with me?

Space in class is limited, however your family members are vital parts of this process. They can also access the handouts on www.RiderwoodLife.org. Search for Caring Connections, so they can follow what was presented in class.

7. Can I get the materials and guidance without the class?

RWV offers many programs about these important subjects, one topic at a time throughout the year. They will also be recorded and listed for you on Riderwood TV as well as on www.RiderwoodLife.org by topic. This class offers an organized way to integrate and deal with multiple aspects of aging with the support of experts. Class handouts are available for all, including family members on www.RiderwoodLife.org, Caring Connections. Plus, the neighborhood library at Village Square has a section where you can borrow additional books on some aspects of this course. See the Caring Connections section, there. It's by the windows.

8. Why should I attend if I've already taken care of these matters?

First, congratulations. Documents like your will and Power of Attorney may need to be reviewed and shared with others and answers to your questions may have changed over time. Many decisions have multiple right answers so your classmates' and your experiences will enrich the discussion of options. Some other reasons: Have you planned for technology like your passwords to be available to your survivors? Where are they listed? What are the security questions? (No one but you usually knows the name of your favorite teacher in grade school!)

9. How much homework is there?

It depends. You may select one of two texts. Both are easy to read. *The Other Talk: A Guide to Talking with Your Adult Children About the Rest of Your Life* by Prosch focuses on senior couples and families. *Aging Alone, A Candid Guide to Money, Health and Living for Single Seniors* by Ruth Alvarez focuses more on singles. Both give background information and the implications of issues we all will face. Both also list To Dos keyed to your own decisions. **Single Aged without children must identify agents and advocates outside of the traditional support of a family.**

If you have already completed important documents in the past, congratulations! You can skip that part. If you have not completed them, or even thought about some of them, the class will point you to your own next steps. Considering / completing them will be your main homework. The class is spread over many weeks, long enough for you to start, to practice, and to course-correct as you move through the material.

In addition, some recordings of past speakers or international experts may be assigned as pre-session homework. This allows the class to focus on answering your questions and delving deeper. **Homework is an important component of your commitment to this class.**

10. Why do I need to be computer literate?

Communications, accessing the recorded materials and individual research will be online. The class will guide you through the basic issues and their implications. Our website www.riderwoodlife.org (Select Clubs and Organizations, then Caring Connections) will offer recommended websites, videos, articles that you may want to research depending on your needs. The Village Square Library has a special Caring Connections Section with research books to borrow. Up to date information in some areas subject to fast changes is more reliable online and in consultations with experts.

11. What help is there for Singles?

The content is geared toward both Singles and Couples. Couples may attend together or singly. One text *Aging Alone, A Candid Guide to Money, Health and Living for Single Seniors* by Ruth Alvarez focuses specifically on singles. Single Ager is defined as an individual who by choice or circumstance cannot rely on the support traditionally provided by family.

12. What level of content is addressed? What about more advanced questions?

Individual questions on the foundational level will be covered in class. Time for more advanced or more personal questions is available in breaks or after class. Speakers are either RWV or local community experts. Any private consultations for additional services may require a fee, so ask.

The best place to start for answers on your personal issues is always with the Social Worker in the Resident Services Department in your neighborhood. They will assist you to connect to the varied services in the RWV Support Network.

13. I'm still relatively young and healthy. Why should I attend now?

Now is the time for you to plan and to anticipate choices and changes before health crises or unexpected events block your choices later on. This process takes time and involves help from many other people. Get started now.

14. What resources will the class give me that I don't already have?

Everything the class covers is available in many places and formats. The advantage of the class is its organization of information on numerous issues into a cohesive whole. The class will not cover the specifics of individual situations but will point you to research and RWV/community assistance options you may need. The library at Village Square has a section with additional books and materials to help.

Note: Medical, financial and legal information is very subject to change. Research those matters online from reliable sources, not from books which may be quickly outdated.

15. When will the class be offered again? How do I register?

The class will be offered regularly during the year. Watch for Reporter articles and Bulletin Board posters on repeat classes. Look for  logo which will identify all pertinent information.

Go to www.riderwoodlife.org  Caring Connections in Search Box. A calendar there posts all relevant future events and registration information/forms for the next series. Class size is 20, first come, first served. **When necessary, the class will use the ZOOM format. Then the class size is 12.**

16. Is this part of the SAGE Program with Prince George's Community College?

No. This class is independent of PGCC and is a joint effort of the RWV Resident Services and the Continuing Education Committee. This important collaboration is called

