



Jefferson, Clear Creek
& Gilpin Counties

Aging with Disabilities



A training series to help families age well

WHO SHOULD ATTEND:

Adults with intellectual and developmental disabilities and their families

SERIES TOPICS:

Family Planning and Community Support Networks

Saturday, October 12, 2013
10 AM - 2 PM

Financial Planning & Legal Issues

Saturday, November 2, 2013,
10 AM - 2 PM

Medical Concerns as We Age

Saturday, February 1, 2014
10 AM - 2 PM

Community & Government Resources

Saturday, March 1, 2014
10 AM - 2 PM

Developing an Action Plan: Next Steps

Saturday, April 5, 2014
10 AM - 2 PM

LOCATION:

Training locations will vary. Please register for details.

Between the large generation of Baby Boomers and advancements in modern medicine, more people are living longer than ever before. In fact, people with disabilities are outliving their parents for the first time in history.

For people with autism, cerebral palsy, Down syndrome and other intellectual and developmental disabilities (I/DD), this increased longevity means addressing unique concerns about their own aging process.

For families and caregivers of people with I/DD, it's critical to put plans in place to ensure their loved one's quality of life into the future, in addition to managing their own age-related needs.

The Arc's *Aging with Disabilities* training series is a pilot program specifically for families and adults with intellectual and developmental disabilities (I/DD) to equip them with the necessary resources to age well in the community.

Training participants will:

- access essential subjects, tools, and information;
- learn to set optimal timelines for specific actions;
- and compile a step-by-step plan to secure a critical and sustainable plan for all involved.

The Arc is providing this valuable training at no charge to attendees. Each session includes lunch. Free respite care is available upon request.

For more information or to register, please contact Jo Lynn Osborne by email at jolynn@arcjc.org or by calling (303) 232-1338.