

Values-Based Decision-Making & Communication



By attending this 5-week series, you will learn to apply a values-based approach to decision-making and communication. The first week will present a values-based framework you can utilize when dealing with a variety of issues related to aging and families/loved ones or discussing topics that might feel challenging.

Following weeks cover the topics:

- Exploring living/housing/care options
- Approaching health & legal issues
- Understanding family dynamics
- Advanced care planning & end of life conversations
- Dealing with emotions of self & others

Each session will include a presentation of the topic, discussion and questions, and practical tools and strategies for values-based conversations and decision-making in each area.

Mondays, Oct. 14, 28, Nov. 11, 25, & Dec. 9, 2024
2 to 3:30 p.m.

DeWolf Innovation Center
9000 C Ave. NE, Cedar Rapids

Register by October 7 by contacting the Family Caregivers Center at (319) 221-8866 or email fcgc@mercyare.org. **Registration fee of \$125.00.**

Fee can be paid with cash or check.



Facilitator: Mary McCall, PhD. has a doctorate in Human Development and Aging and has over 40 years of experience helping individuals, couples, and families navigate mid- and late-life issues and planning.

