

[Employer Name]’s Employee Caregiver Program Series

AARP has partnered with Workable Concept to bring us a set of live, virtual programs that will help our team members balance their work and caregiving needs. Join us for our program series! Register at {add your link here}. Questions? Email {add your contact name and email here}

Topic	What We’ll Cover
<p data-bbox="111 448 569 483">Preparing to Become a Family Caregiver</p> <p data-bbox="111 513 258 602">Date: Time: Meeting Link:</p>	<p data-bbox="783 448 1934 537">Most of us will need to care for an aging loved one or an ill partner during our career. Often, we don't have much notice. Join us to learn how to prepare to take on a caregiving role for a parent, partner, friend or loved one.</p> <p data-bbox="783 566 1948 656">This session will help us plan for and navigate the role of caregiving. You’ll leave with AARP’s <i>Prepare to Care</i> resources you can use together with your care recipient, and plenty of ideas for creating broader communities of support so it doesn’t all rest on your shoulders.</p>
<p data-bbox="111 688 407 724">Preparing to Age at Home</p> <p data-bbox="111 753 258 842">Date: Time: Meeting Link:</p>	<p data-bbox="783 688 1766 712">Are you or a loved one planning to age at home? If so, we can help make it safer and easier.</p> <p data-bbox="783 742 1948 831">Join us to learn how to create a safe, decluttered physical space, a support network, and a care plan that can make aging in place a safe, enjoyable and affordable experience. You’ll leave with AARP’s full suite of <i>Home Fit Guide</i>, decluttering resources and other tools to help you prepare to age in place.</p>
<p data-bbox="111 863 569 899">Self-care for Working Family Caregivers</p> <p data-bbox="111 928 258 1018">Date: Time: Meeting Link:</p>	<p data-bbox="783 863 1940 888">When we are caring for kids and/or adults in our lives, we often put our own well-being on the back burner.</p> <p data-bbox="783 917 1948 1006">Join us for a conversation about how to take actions both big and small to enhance your own well-being—so you can protect your own financial, physical, social and mental health even as you care for your loved ones. You’ll leave with a suite of AARP resources and your own plan for steps you can take towards self-care.</p>
<p data-bbox="111 1039 684 1075">Financial Wellbeing for Working Family Caregivers</p> <p data-bbox="111 1104 258 1193">Date: Time: Meeting Link:</p>	<p data-bbox="783 1039 1829 1063">The average family caregiver spends over \$7000 annually on out-of-pocket care related expenses!</p> <p data-bbox="783 1092 1948 1247">Join us to learn how to anticipate caregiving costs, have productive financial conversations with your loved ones, and find resources to help. We’ll also discuss the financial implications for caregivers who are considering pulling back or quitting their job due to their care responsibilities—and some ideas on how you can navigate those pressures to protect your own long-term financial health. You shouldn’t have to risk your own financial health to care for your loved ones.</p>
<p data-bbox="111 1279 359 1315">How to Pay for Care *</p> <p data-bbox="111 1344 258 1433">Date: Time: Meeting Link:</p>	<p data-bbox="783 1279 1934 1369">Whether aging at home or planning to move to a residential community, the costs of providing for care add up. For many families, coming up with a plan to pay for care is stressful. Working family caregivers feel the pressure to find the solution—or be the solution.</p> <p data-bbox="783 1398 1940 1487">Join us to learn about options for how to pay for the care most people need as they age. You’ll leave with AARP resources you can use to explore support from government, health system, community and employer resources that your entire care team can explore.</p>

<p>Legal Topics for Family Caregivers *</p> <p>Date: Time: Meeting Link:</p>	<p>We all know that our loved ones (and we ourselves) should have our legal plans and documents in place for medical emergencies or the end of life, but most people are overwhelmed at the thought. Most of us have family members who need help getting their affairs in order, too.</p> <p>Join us to learn the basics of which legal documents and issues are most important, how to create them, and how to use them when they are needed. You'll leave with AARP resources you can use to guide these conversations with your care recipient, and you will be able to more confidently navigate the legal landscape of caregiving.</p>
<p>Medicare Basics for Working Family Caregivers *</p> <p>Date: Time: Meeting Link:</p>	<p>Do you or a family member need help navigating Medicare, but don't know where to start?</p> <p>Join us for an overview of the different parts of Medicare, coverage, costs, and options for Medicare plans. We'll also talk about how and when to enroll. You'll leave with resources, tools, and a better understanding about how to make Medicare decisions</p>
<p>Decluttering: Workable Plans for Working Caregivers *</p> <p>Date: Time: Meeting Link:</p>	<p>Your loved one may have spent a lifetime accumulating treasures, trinkets and memories, but now it's time to declutter. Whether to create a safer place to age at home, or to prepare for a downsizing move, the process of decluttering is on nearly everyone's "to do" list. For many working family caregivers, it feels overwhelming.</p> <p>Join us to learn how to approach decluttering with your family member. You'll leave with AARP resources you can use to handle not just the logistics, but the conversations, emotions, health and safety considerations, and time management you need—because you don't want to use your valuable PTO to clean out the garage (again!)</p>
<p>Sandwich Generation at Work: Caring for Kids and Adults</p> <p>Date: Time: Meeting Link:</p>	<p>Workers who are caring for both child(ren) and an adult are in the Sandwich Generation—feeling pressed from the needs of both generations. Join us to learn how to anticipate and navigate this journey, and how to keep your professional life and relationships thriving while you honor your caregiving responsibilities.</p> <p>We'll pay special attention to how the life stage of caregiving intersects with your career phase. Sandwich Generation workers can be just starting their career or planning to ramp towards retirement. They may be caring for a newborn and a grandparent, a teenager and a spouse, or a college student and a 90-year-old parent. Regardless of your own scenario, you'll leave with ideas and resources to ease your stress.</p>
<p>Supporting Early Career Working Family Caregivers *</p> <p>Date: Time: Meeting Link:</p>	<p>Among the fastest growing groups of working family caregivers are those early in their career. Many are taking on long-term caregiving roles for family members while navigating the big opportunities that can shape their careers for years to come. They are also the least likely of any employee group to tell their supervisor about their caregiving roles.</p> <p>Whether this is you, or someone on your team, join us to learn about the unique needs of young working family caregivers and discuss ideas to help them thrive at work and in life. You'll leave with a set of AARP resources to help young caregivers find support for both caregiving and career</p>
<p>Navigating my Workplace as a Working Family Caregiver</p>	<p>A whopping 44% of working family caregivers don't tell their supervisors about their caregiving responsibilities. That doesn't need to be you!</p>

<p>Date: Time: Meeting Link:</p>	<p>Join us to talk about how to navigate your work and your relationships with your managers, peers, and loved ones so you can thrive in your career while balancing caregiving responsibilities. There's no one-size-fits-all plan, so you'll leave with your own personalized action plan to help you manage both the risks and opportunities of being a working family caregiver.</p>
<p>Making the Most of My Benefits as a Caregiver</p> <p>Date: Time: Meeting Link:</p>	<p>Most working family caregivers don't have the time to navigate and use all the employer benefits that can support them as family caregivers and parents.</p> <p>Join us for a tactical look at the workplace benefits and policies that can support caregivers and/or parents. We'll have a guest speaker from AARP who can highlight benefits caregivers often don't fully use—and why they should. We'll also have a special guest from our HR team to share the details and field Q&A about our organization's support.</p>
<p>Leading a Caregiver-Inclusive Team</p> <p>Date: Time: Meeting Link:</p>	<p>Since 73% of workers are caring for a child, an adult or both, nearly every manager has caregivers on their team.</p> <p>Join us to learn best practices for leading a team where employees can thrive during career phases when they have care responsibilities. We'll also discuss how a caregiver-inclusive workplace can benefit your team's productivity, retention-- and your own career as a leader. This session is geared to people managers but is valuable for everyone.</p>
<p>Caregiving as a DEI Challenge and Opportunity</p> <p>Date: Time: Meeting Link:</p>	<p>If we look hard at where current DEI efforts plateau, we're likely to find aspects of our workplaces where employees feel they have to choose between caring for those they love and doing the work they love.</p> <p>Join us to learn what the data tells us about how and why specific employee populations experience family caregiving-related obstacles at work. We'll discuss how to leverage DEI work, ERGs, manager training, and corporate culture to create a more caregiver-inclusive workplace.</p>
<p>How Every ERG Can Support Working Family Caregivers</p> <p>Date: Time: Meeting Link:</p>	<p>Every Employee Resource Group likely has family caregivers among its membership, since 1 in 5 employees provides part-time care for an adult.</p> <p>Only half of working family caregivers tell their supervisors about their caregiving, so ERGs can become a valuable place for caregivers to find community, support and resources. Join us to learn five ways every ERG can support its caregivers. You'll leave with AARP's <i>Caregiving ERG Toolkit</i> to make it easy for your ERG to take action.</p>

Topics with * are available to book now for program delivery dates starting April 1, 2024

This program series is brought to us through a partnership of [AARP](#) and [Workable Concept](#). For questions on how to host a series for your team, [email](#) us.



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