

AEGIS LIVING LAKE UNION PRESENTS

How to Help Your Loved One When They Don't Want Help

Join us as we welcome Nicole Amico Kane, Director of Care Management at Aging Wisdom, a consulting practice in Seattle that helps seniors and their families navigate aging and find the right care. Nicole will share helpful strategies for those tough conversations when your fiercely independent loved one is resisting the care they truly need.

Many adult children are finding themselves in the driver's seat, helping their parents navigate the twists and turns of aging and determining the best choices from an abundance of options in support, care, and housing. You don't need to do this alone. In this presentation, Nicole will share how you can balance ensuring the safety and well-being of your loved one while respecting their desire for independence and autonomy.

In this presentation, Nicole will cover the following:

- Signs your loved one may need help and why they don't see it
- Practical tips around how to have a tough conversation about needing more care
- Preparing for resistance and how to address it
- Steps for planning for the future and getting ahead of a crisis situation



Nicole Amico Kane, MSW, LICSW, CMC, Director of Care Management, Aging Wisdom. Nicole brings two decades of experience to her work as a care manager. She meets with new clients and facilitates consultations with adult children who are seeking guidance on how best to navigate the complexities of supporting an aging parent.

Event location:
Aegis Living Lake Union
1936 Eastlake Ave E
Seattle, WA 98102

Refreshments will be provided.

TUESDAY, MARCH

19

4:00 - 5:00 PM

FREE IN-PERSON EVENT

RSVP

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