

City of Carson

Life Planning Classes

October 1 – October 29, 2018

Mondays

Juanita Millender-McDonald Community Center at Carson
3 Civic Plaza Drive, Room 111
Carson, CA 90745

Reserve your spot by calling H.E.L.P. at 310-533-1996 or for more information

Class Dates and Topics:

October 1st Monday 2:00 p.m. to 4:00 p.m.	Staying In Charge of Your Healthcare and Finances	Discussion of powers of attorney for health care and financial matters which allow you to stay in charge should you become incapacitated and unable to speak for yourself.
October 8th Monday 2:00 p.m. to 4:00 p.m.	Staying In Charge of Your Healthcare and Finances	Explanation of the need for wills and trusts and discussion of the probate process and ways to avoid it.
October 15th Monday 2:00 p.m. to 4:00 p.m.	Staying In Charge of Your Healthcare and Finances	Discussion of the different types of long term care (personal and skilled), where you can receive it and potential costs.
October 22nd Monday 2:00 p.m. to 4:00 p.m.	Staying In Charge of Your Healthcare and Finances	Addresses ways to evaluate possible options to finance long term care.
October 29th Monday 2:00 p.m. to 4:00 p.m.	Staying In Charge of Your Healthcare and Finances	This class was created to bring awareness to the growing dependence upon drugs, including opioids, among seniors, and the dangers of drug interactions and combining drugs with other substances including alcohol.



H.E.L.P. (Healthcare and Elder Law Programs Corporation) is dedicated to empowering older adults and their families by providing impartial information, education and counseling on elder care, law, finances and consumer protection so they may lead lives with security and dignity.



Recreation and Human Services

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