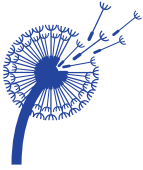


A Menu of Educational Programming

Do you have an upcoming event, or educational series that we can help with? These visual presentations can be used in a variety of community settings, like libraries, churches, senior centers, health fairs and others, to help teach various audiences about important topics related to aging, retirement planning, healthcare coverage and more. Contact your Community Liaison or e-mail Outreach@healthalliance.org to schedule a presentation for your organization!



ABCs of Medicare – This course teaches the basics of the federal Medicare program and introduces options, like Medicare Advantage, Medicare Supplement and prescription drug plans. Attendees will learn about Medicare timelines, requirements to qualify, ID cards, enrollment methods and more. At the end of the course, they should know key Medicare terms and have a better understanding of the healthcare coverage options available to people who qualify. Great for individuals 65+ who are aging in to Medicare and as a refresher course for current Medicare members. Approx. time 30-45 minutes with audience questions and participation.



Advance Directives – This course provides an overview of key discussions people can have with their loved ones and caregivers. It also highlights documents they can sign to make sure their healthcare wishes are carried out when the time comes. Approx. time 30-45 minutes with audience questions and participation.



Celebrating You – This course discusses certain times of year to celebrate senior citizens and grandparents. It also offers celebration ideas and ways to pass along knowledge to other generations. Approx. time 30-45 minutes with audience questions and participation.



Don't Call Me Old – The Baby Boomer generation is turning 65. Our nation's largest generation is rewriting the rules regarding aging and what those golden years look like. How do companies market to this group? This presentation offers some interesting statistics and helpful tips to catch the ear of this large segment of our population. Approx. time 30–45 minutes with audience questions and participation.



Downsize and Declutter – This course teaches audiences the benefits of downsizing and decluttering and walks them through the process with helpful tips and encouragement along the way. Approx. time 30-45 minutes with audience questions and participation.



Fraud Prevention – In 2013, Americans over the age of 60 lost about \$2.9 billion to financial abuse. Do you know your risk factors? In this session, we will examine the many forms that senior fraud can take and how people can protect themselves from falling victim. Approx. time 30–45 minutes with audience questions and participation.



Health Advocacy – This course teaches audiences the importance of speaking up when talking to doctors about their health care. It also explains what health advocates are and how they can help people get answers to their questions about their healthcare concerns. Approx. time 30-45 minutes to an hour with audience questions and participation.



Healthy Aging – An estimated 92 percent of aging adults have at least one chronic disease, and it's estimated that 75 percent of all money spent on health care each year goes toward treating chronic disease. How can all of us keep our minds and bodies active, cut down our risk for chronic disease, save money and live longer, fuller lives? Approx. time 30-45 minutes with audience questions and participation.



Insurance Basics – Why do you need health insurance? In this session, we will explore the basics of health insurance and explain how the Affordable Care Act helps keep people healthy. We will also provide definitions of the components of insurance, like premiums, deductibles, copays and coinsurance. Approx. time 30-45 minutes with audience questions and participation.



Medicare vs. Medicaid – This session teaches the basic components of Medicare and Medicaid and will explore the purposes of both entitlement programs and who qualifies for each. Approx. time 30–45 minutes with audience questions and participation.



Medicare Supplement vs Medicare Advantage – This course will educate audiences on the basic principles of Medicare Supplement and Medicare Advantage. Participants will learn what these programs are, how they are similar, how they differ, and pros and cons of signing up for one or the other. Approx. time 30-45 minutes with audience questions and participation.



Planning for Retirement – This overview will help attendees think about the questions they will want to answer before retirement. What are your retirement benefits? Do you plan to work part-time? How does working affect your Social Security benefit? How much will you be spending on housing and health care? Is now a good time to downsize? Approx. time 30-45 minutes with audience questions and participation.



Retirement Planning – Health Insurance Options – This presentation offers an overview of healthcare coverage options after retirement. It explains the types of plans people can get before turning 65 and the options they have once they reach 65. Approx. time 30-45 minutes with audience questions and participation.



Understanding Your Care Options - This course showcases several different types of care, including skilled nursing facilities, assisted living facilities, nursing homes, care in your own home and hospice care. Approx. time 30-45 minutes with audience questions and participation.



Time of Your Life – This course brings attention to some important decisions you need to consider as you age. Topics include deciding when it's time to stop driving and when to stay in your own home or consider a move. Approx. time 30-45 minutes with audience questions and participation.