



Senior Care Planning Webinars

If you care for — or may one day care for — an aging parent or relative, register for one or more of these free Care.com senior care planning webinars. See below for additional ways Care.com can help make your life easier.

February 6

(10 am - 11 am PT)

Plan Ahead: Strategies for Caregivers

Your parents may be healthy and independent now, but as they age, you may find yourself in the role of caregiver. Planning ahead and talking with your parents before a crisis occurs can help you avoid common pitfalls. Learn about proactive planning, options for care and the cost of long-term care, as well as how to decrease resistance if your loved one rejects the idea of help.

Register Now

May 8

(10 am - 11 am PT)

Aging Well

As life expectancy is on the rise, so is interest in improving the health, well-being and independence of adults as they age. While many seniors remain active and vibrant into their 80s and 90s, others suffer from age-related disabilities and chronic illnesses. This webinar explores ways for seniors to remain active and engaged, cope effectively with chronic conditions and maximize quality of life.

Register Now

August 7

(10 am - 11 am PT)

Caught in the Middle: How to Cope as a Sandwich Generation Caregiver

Are you juggling the care of your parents and kids while trying to focus on your job, too? If so, you are probably in the caregiving sandwich and you're not alone. Nearly half of working adults ages 40-59 are caring for both an aging parent and a child. If you're caught in the middle, this lively and dynamic webinar will teach you important caregiving strategies and ways to care for yourself as well.

Register Now

November 6

(10 am - 11 am PT)

Managing Stress in the Workplace

We all encounter some form of stress every day — commuting, difficult coworkers, caring for children and parents and all those emails in our inbox! When not managed properly, stress can cause physical and emotional harm, and balancing work and caregiving can be especially stressful. Learn the warning signs of overload and how to stay calm when the going gets tough.

Register Now

Register at [AECOM.care.com](https://www.aecom.com/care.com) to:

- Find local senior care resources and services, including in-home caregivers, assisted living facilities, transportation services and more.
- Connect with Master's-level social workers who can help you create a customized care plan and provide advice about care coordination.
- Research helpful information about senior care and learn how to cope with the demands of this important responsibility.

Care.com benefits are available to all regular full-time and regular part-time employees in the U.S. and Canada. Temporary staff, variable hourly staff and craft employees are not eligible. Benefits may differ for employees covered under a union plan, SCA, collective bargaining agreement or other contract. For questions regarding eligibility, contact your Human Resources representative.

