



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 5

(10 am-11 am PT)

Advocacy in Health Care Settings

While you hope to never receive the dreaded call that mom has fallen or dad had a stroke, knowing the right questions to ask, how to be an effective advocate and what documents to have in place can make a difference. Learn how to navigate the complex health care system by communicating more effectively with health care providers, addressing grievances and identifying helpful resources.

[Register Now](#)

May 7

(10 am-11 am PT)

Important Resources for Family Caregivers

As family caregivers, we are often confronted with many confusing choices. How can you sort out the various senior living arrangements, in-home services and care options to determine what's best for your loved one? How do you find the support you need for yourself? Learn about the long-term care landscape including resources and costs so that you can be an informed and proactive caregiver.

[Register Now](#)

August 6

(10 am-11 am PT)

Alzheimer's Disease and Dementia: Caregiving Challenges and Strategies

In the U.S., more than 5 million Americans are currently living with Alzheimer's disease – and those numbers are increasing fast. Learn about the different forms of dementia and signs your loved one may have the disease. Find out about available support, caregiving strategies and types of care that can improve the quality of life for both you and your parent.

[Register Now](#)

November 5

(10 am-11 am PT)

Maximizing Quality of Life as You Age

Whether retirement seems far away or just around the corner, it's important to maximize quality of life as we age. In order to do that, it's helpful to consider how best to enhance wellbeing, independence and social connection. This seminar will cover topics such as livable communities, in-home supports, technology resources and the cost of long-term care.

[Register Now](#)

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