



# THE FUTURE IS NOW

future planning sessions for families with an older caregiver

The Future is Now is a multi-part series designed to help older caregivers and their family members make plans for the future. Throughout the series, families get help to create a letter of intent. A letter of intent is a non-legal document that captures family desires and goals for the future. Creating a letter of intent can help families gain peace of mind that comes with having a plan.

Each session offers an opportunity to learn about an important topics to create the Letter of Intent:

1. Naming hopes, dreams, and worries for the future
2. Strengthening and expanding personal networks of friends and supporters
3. Identifying the desired future living arrangements
4. Making the most of public benefits over the lifespan (SSI/SSDI/Social Security)

**OPTION #1** Two Saturdays, April 14 **AND** 21 from 9 A.M. to 4 P.M.  
at Starfire, 5030 Oaklawn Drive, Cincinnati, OH 45227

**OPTION #2** Four Thursdays, June 7, 14, 21, **AND** 28 from 6 to 8:30 P.M.  
at Starfire, 5030 Oaklawn Drive, Cincinnati, OH 45227

**OPTION #3** Two Saturdays, September 15 **AND** 22 from 9 A.M. to 4 P.M.  
at Community Matters, 2104 St. Michael St, Cincinnati, OH 45204

**Join us for the FREE sessions!**

To register, contact Dawn at (513) 559-6814 or [dawn.freudenberg@hamiltondds.org](mailto:dawn.freudenberg@hamiltondds.org)

## WHO CAN ATTEND?

These sessions are specifically designed for families that include a member with disability whose caregiver is age 60 or older. All members of the family are encouraged to attend, including caregivers, the family member with a disability, siblings, and close family friends.

## HOW WILL IT WORK?

Sessions will be hosted by a family member and a person with a disability who have had training and experience planning for the future. Participation will be limited to ten families.

Breakout sessions, co-led by an advocacy team will be offered for the family members with a disability. Caregivers will have their own session. An expert speaker will present each session on the topics listed above. Family members will have a chance to ask questions and interact with one another.