



## *SANJ Education Forums*

Many seniors are unaware of the options available when facing a health related crisis. Often they are guided by people who have limited knowledge or understanding of services available. Our seniors are typically given brochures (or a list) to make a quick decision based on very little information. They are confused by the costs, Medicare coverage, expectations and more. This can be very frustrating and difficult.

In light of this, the Society on Aging will be holding Senior Education Forums at local Senior Centers and Active 55+ Communities through out New Jersey. These forums will feature a panel of experts in Geriatric Health who will speak on their area of expertise. The purpose of this is to educate seniors on services available should a crisis present itself. Our presenters are from Home Care Agencies, Nursing Homes, Assisted Living Facilities, Hospice Groups, Physical Therapy, and more. This is not a “Sales Pitch”, as our speakers will be speaking from a neutral standpoint, providing vital information to the seniors before there is a need. This will enable them to make an educated decision when the time comes.

Each forum will last approx. 2 ½ hours and will go as follows:

- 30 mins – Vendor set up
- 1 hour – Meet vendors/Health Screening
- 30 mins – Panel Presentation (3-4 speakers/7-8 mins per speaker)
- 30 mins – Q & A/Wrap up

Along with the panel, each forum will also provide:

1. Health screening (Blood pressure/balance check)
2. Light refreshments
3. Door Prizes
4. Up to 10 vendors, providing information on services

SANJ is committed to educating seniors and their families, so that when the time comes to make a decision, they can do so knowing fully what to expect.

If you are interested in hosting a forum, please contact your County Director. The list of Directors is on our website [www.sanjonline.com](http://www.sanjonline.com). Thank you in advance for your support