Deep Dive Series:
Preparing for Aging

One of the most important strategies for aging well is to have a plan.

We are all familiar with financial planning, but life planning and organization are equally important to ensure that you, your family, and your loved ones know what you want and where all your important information is.

Whether preparing legal documents like a will, advanced directives, and health proxies, or simply getting paperwork organized, setting things up in advance will make it easier for you and the important people in your life to help you when needed and focus on what is important.

Join NJAAW for a virtual series, “Preparing for Aging” on Thursdays, September 18, 25 and Friday, October 3, 1-2pm.

September 18th - Speak for Yourself: Planning Ahead for the Care You Want
Katie Bisaha, NJ HCQI

September 25 - Organizing Your Life for Your Next of Kin
Diane Vitillo, MS, OTR, CAPS, ECHM, CLIPP™ , Home Heart Beats, LLC

October 3 - Understanding Solo Agers
Adrian Allotey, You Are Not Alone Elder Care Shana Siegel, Norris McLaughlin, P.A and Carl Archer, Archer Law Office



These sessions are free and open to all New Jersey residents - older adults, professionals in the field of aging, friends and relatives helping people organize their lives. Please join us and share this invitation with others who may be interested.

Register for all 3 sessions here: Registration

Deep Dive Series: Preparing for Aging

Thursday, September 18 at 1pm: The Conversation of Your Life
Katie Bishaha, NJ HCQI

As you age, you prepare in many ways: organizing finances, downsizing, or completing legal paperwork. But one of the most important and often overlooked steps is planning for your future health care. None of us can predict what will happen, but you can prepare by making sure those who matter most know what you would want if you are ever unable to speak for yourself due to a medical emergency or serious illness. You will learn how to:

- Choose and talk with a health care proxy
- Reflect on and communicate what matters most to you
- Access tools and resources to document and share your wishes
-

This session is part of Conversation of Your Life (COYL), a New Jersey Health Care Quality Institute initiative that empowers you to discuss, document, and share their health care priorities with those who matter most. The goal is to make sure your voice is heard if you are unable to speak for yourself due to a medical emergency or serious illness.

Thursday, September 25 at 1pm: Organizing Your Life for Your Next of Kin
Diane Vitillo, Home Heart Beats, LLC

The challenges of aging present an opportunity for us to re-think, reimagine and embrace a forward-thinking mindset as it pertains to educating older adults on factors that will impact not only their lives, but the lives of their family and friends that care for them. Learning how to organize for the next of kin can reduce stress, relieve emotional challenges, and help us remain confident that our thoughts and wishes have been put to paper and are now in a safe place to be accessed by their next of kin. For those we leave behind, there is nothing more disheartening than being named as “Executor” without having any guidance on what the decedent wanted and where to find important documents and other pertinent items that are needed to close the last chapter of their life.

As an Occupational Therapist and Aging in Place Professional, Diane Vitale has worked with many clients/patients to facilitate open dialog about leaving clear instructions regarding end-of-life wishes, funeral arrangement, or estate distribution can ensure that their dignity and end of life decisions are respected and honored.

Thursday, October 3 at 1pm: Understanding Solo Agers
Adrian Allotey, You Are Not Alone Elder Care; Shana Siegel, Norris McLaughlin, P.A; Carl Archer, Archer Law Office

Most aging decisions require a trusted person to act on their behalf, something solo agers often lack. With intentional planning and active community involvement, solo agers can lead fulfilling, independent lives while mitigating the challenges of aging alone.

This panel will bring the perspectives of elder care lawyers and practitioners on strategic planning and proactive choices for long-term security and well-being. It will also describe the Four Seasons Framework, which offers solo agers a clear, compassionate roadmap for navigating the emotional, practical, and spiritual stages of aging with dignity and connection.