

MOM and DAD, WE NEED to TALK

*Advanced Planning for You
and Your Parents*

Having trouble having "the talk" with your parents about their future? Arm yourself with facts! Learn some of the strategies and options you have for making sure your parents are prepared for their golden years, and how to cope with the many different situations you may face. Topics covered will include a discussion of capacity vs. competency, how to make sure your parents' rights and interests are protected, and how to cope with making difficult decisions.



Wednesday, January 29, 2020

5:30pm – 6:30pm

Dr. Olivia Domczewski, PsyD, HSPP
Barrington Behavioral Health and Wellness

A graduate of Northwestern University in Downers Grove, IL, Dr. Domczewski has specialized in the field of clinical health psychology. Dr. Domczewski completed her postdoctoral fellowship at the University of Mississippi Medical Center's Department of Family Medicine, with a focus on primary care and health psychology.

Throughout her training, Dr. Domczewski has worked with individuals and their families to help them cope with chronic medical conditions such as heart and kidney failure, hypertension and diabetes and cancer, as well as utilizing evidence based practices for weight management, behavioral pain management, and sleep hygiene.

Dr. Domczewski has worked in various settings including; community mental health, primary care, and general medical and psychiatric hospitals. Dr. Domczewski realizes that your healthcare does not stop when you leave the hospital or doctor's office and wants to help you become as successful as possible with managing your physical and mental health on a day to day basis.

Please join us for this important topic!
Reservations are requested.



**Elderwerks Education and
Resource Center**

**251 E. Northwest Hwy
Palatine, IL 60067**

847-462-0885 | Events@Elderwerks.org

www.Elderwerks.org