



Are you or someone you know caring for an aging loved one?

# Virtual Learning Series

## Navigating Seniors Housing & Care during COVID

There are so many options when it comes to seniors housing and care. Navigating the variety of offerings can be time consuming, overwhelming and often confusing. Solva can help you save time by answering your questions.

Join us for a **free** webinar where we'll answer some of the most common questions about seniors housing including:

- What is the difference between retirement homes and long term care?
- Are there options for independent and active seniors?
- How much does seniors housing cost?
- What are the differences in services and care levels?
- Are there waiting lists?
- Who owns these residences and is there governance?
- What is seniors housing doing to keep residents safe during COVID?
- Why do seniors want to move and why do they have to move?

**Date: Wednesday, October 14th at 11am**

For questions or to register please contact [info@solvaseniorliving.ca](mailto:info@solvaseniorliving.ca) or call 613-421-6073

## Aging at Home - What you need to know!

So many seniors want to remain at home as they get older; this is Plan A. To be able to effectively do this, you need to prepare in advance and understand what services or supports you may need.

Join us for a **free** webinar where we will answer some of the most common questions about aging in place including:

- What services or programs are available to me in the community?
- Are any funded or subsidized?
- How do I find a private caregiver?
- Is a live-in caregiver an option?
- What are the costs associated with remaining at home?
- Is there anything that can be done to prevent a fall at home?
- What programs or strategies are there to help with groceries or meal preparation?
- Is there anything to help keep an individual with dementia stay safe at home?
- Are there any strategies, products, or programs around medication reminders? and more..

**Date: Wednesday, October 21st at 11am**

For questions or to register please contact [info@solvaseniorliving.ca](mailto:info@solvaseniorliving.ca) or call 613-421-6073

**How does our webinar series work?** Simply register for the event you are interested in and we'll send you a link to log in from your own computer on the date and time requested. For all those who register but miss the session, we'll send you a recording after the webinar is completed. You will be able to watch the recording at your convenience.