



## TOPICS FOR SEMINARS, PODCASTS, INTERVIEWS, AND GENERAL EDUCATION

### ● THE LAST THINGS WE TALK ABOUT

Based on the book of the same title, the seminar will cover exploring meaning and purpose, writing your story, understanding support systems, making wishes known, living arrangements, understanding the medical universe, continuum of care, legal and financial inventories, planning with the end in mind and the dying process along with general principles on grief and loss.

### ● TEN THINGS OUR CLIENTS NEED TO KNOW BEFORE THEY DIE

This course allows practitioners to assist patients/clients in prioritizing issues of spiritual, medical, financial, and social issues, encourage practitioners in helping patients in their life review, and legacy plans, and inspires patients to utilize practical communication skills to share their wishes with family and loved ones.

### ● TEN THINGS TO KNOW BEFORE YOU GO: ESSENTIAL TASKS FOR END OF LIFE

Topics include goals of care, advance directives, telling your story, advocating for your care and planning ahead, creating inventories, making every visit count, understanding chronic and terminal illnesses, saying goodbye, what happens when we die, and understanding grief.

### ● BUT HOW WILL YOU MANAGE? AGING IN PLACE

Explore the options for housing, personal and specialized care, medical needs and plan of care, advance directives for health care, aging in place and navigating the medical universe, home care, and avoiding scams.

### ● AGING AND DEMENTIA

By exploring the distinctive characteristics of aging and the different forms of dementia, participants will understand the symptoms of normal aging vs dementia, progressive behaviors, treatment, and specific ways to support the caregiver.

### ● GRIEF AND LOSS

Topics include Denial is not a river in Egypt, shock and bargaining, frustration and anger, getting unstuck, developing goals and reallocating time, and moving into you 2.0.

### ● HOW TO HAVE A MEANINGFUL VISIT

Visiting someone in the hospital or home can be a daunting task. What to say, how to prepare, what to bring or not to bring? Discover creative ways to make the visit memorable.



### ELIZABETH T. BOATWRIGHT, DMIN, BCC-PCHAC, CFP®

As a Chaplain and Pastor, and Certified Financial Planner® Elizabeth (Libby) Boatwright has counseled families on end-of-life issues, loss, and grief, composed countless memorials, worked alongside lawyers with estate plans, and educated people with coping skills in the midst of crises. In her latest book, *The Last Things We Talk About*, Boatwright offers ways to put together an inventory of all the materials a family will need when one passes on their legacy.