



Preston Hollow
Presbyterian Church

PHPC cares about older adults and their families.

The Church Gerontologist is available to you (and to your family, both locally and via phone or email) to discuss topics such as:

- **Activities at the church:** social connectedness, wellness, spiritual and educational outings, Wonderful Wednesday activities, classes, and more
- **Driving:** keeping skills updated; when and if to give up the keys
- **Family dynamics:** differing styles, differing ideas on how to negotiate, long distance caregiving tools
- **Forgetfulness:** what it means, how to navigate for diagnosis and prognosis (depression, dementia, etc.)
- **Health:** acute and chronic needs – how and where to address
- **Hired caregivers:** when and who – experiences of other PHPC families with private caregivers, agencies, and registries
- **Housing:** “stay or move” – ideas to consider and relocation options
- **Medicare (Part D, supplemental “Medigap” plans):** tackling the maze of choices
- **Staying independent and connected:** social support, opportunities and activities
- **Transitions:** hospital to rehab and back, housing and care choices and options along the way, home health choices and hired caregivers

Contact Dee Wadsworth, Church Gerontologist

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