

I Promised Mom I Would Always Take Care of Her

Thursday, April 9, 6:00-7:30 PM

**offered free of charge at the
Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State Street, Ithaca**

Speaker: Maria Motsavage, RN, LNHA

Older adults generally want to age in place in their familiar homes for as long as possible, and their spouse, adult children, and other family caregivers want to support them in doing so.

In the workshop, Maria Motsavage will discuss challenges faced by family caregivers in helping loved ones be cared for safely at home, and concerns and decisions caregivers face when a loved one is no longer able to be cared for safely at home. She will also discuss the supportive role of family caregivers after a transition to assisted living or nursing home, should that become necessary.



Ms. Motsavage is currently the Elder Care Coordinator for the law firm of Levene, Gouldin and Thompson, LLP and a former nursing home administrator.

To register for this workshop, or for more information,

**Call the Office for the Aging (274-5492),
or email dstoyell@tompkins-co.org.**