

Over the Threshold: Helping Yourself and Your Loved One in Seniors Housing



Workshop for Family Caregivers

Saturday March 28, 2009

10:30 -12:30

Capilano Mall Community Room
(up the escalator from Starbucks)
#203-935 Marine Drive

Free

To register please call
North Shore Community Resources at
604-985-7138

Moving to Seniors' Housing is not an event; it is a process that has emotional and practical components. This workshop/seminar will explain the different types of housing available to seniors and how to access them. It will also help you prepare for the emotions and stumbling blocks that may arise as moves are planned and carried out.

The goal of the workshop/seminar is to give you the information and resources you need to make a move as successful and stress free as possible.



Peter Silin, MSW, RSW has worked with seniors and caregivers for close to 30 years. He currently is the Principal of Diamond Geriatrics, a care management company which helps people with issues such as housing, arranging care systems, counseling, advocacy, and help through "the system." Peter is the author of "Nursing Homes: The Family's Journey."

Peter is a frequent lecturer and seminar leader to business, the public, and non- profits.

