

Communicating More Effectively in Challenging Situations

A Workshop for Caregivers of Adults (age 60+)

WITH ELIZABETH KENT



- How can you talk with your siblings about mom's health or finances?
- How do you ask your grandfather if it may be time for him to stop driving?
- Or tell your family doctor that you don't like talking about your spouse as if he's not in the room?

Knowing when to bring up uncomfortable topics—and how to express your thoughts and feelings—is a challenge. In this interactive workshop, learn some useful communication tools to enable you to share your concerns so people will hear you.

This Four-Part Process Includes How To:

- Ready yourself for a productive conversation.
- Explore the other person's readiness and willingness to listen.
- Plan your logistics and approach.
- Have a conversation using powerful and effective "I" statements.

HILO

Thursday, October 5, 2017

8:30 a.m. to 12:30 p.m.

PRE-REGISTRATION REQUIRED

Majidah: (808) 935-7844 x 3

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WAIMEA

Friday, October 6, 2017

8:30 a.m. to 12:30 p.m.

PRE-REGISTRATION REQUIRED

Gina: (808) 885-5525 x 2

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Suggested Contribution: \$20

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