

PLAN NOW: CAREGIVING YOUR PARENT
ON TV28

PLEASANTON, CA – (07.27.12)- How do you start planning when your elderly parents are in need of support/care? What resources are available? “Plan Now: Caregiving your Parent” provides answers to help individuals plan for and navigate their way through the challenging task of caregiving their parent.

“Plan Now: Caregiving Your Parent” is part of an educational series produced by Tri-Valley Community TV. The “Plan Now” series provides timeless information about various subjects.

In this episode currently being broadcast on TV28, Carol Bush and Luz Maria Saldana, Case Managers from the non-profit organization Senior Support Program of the Tri-Valley, answer questions about how to deal with current situations and also how to start planning. They address such issues as how far in advance should you talk about to your parents about their plans and what do you say? What types of services might my parent be eligible to receive? What is financial Power of Attorney? What do you do when you don’t know where to turn?

“Plan Now is targeted toward someone in the sandwich generation caring for elderly parents on one end and children on the other,” said Rosemary Young, Board Member, Senior Support Program of the Tri-Valley. “What sort of questions may arise and where do you start looking for answers? This show helps provide a vision about planning for lives in transit.”

“Being a caregiver for your aging parent can sneak up on you,” said TV28 Executive Director Melissa Tench-Stevens. “It can be an overwhelming, scary experience. This program provides invaluable information to help viewers start planning to be a caregiver for their parent or ill spouse. The program also supports caregivers who were not planning on taking that path in their lives but have fallen into it and now don’t know where to turn.”

“Plan Now: Caregiving for Your Parents” is scheduled to air on Channel 28 during the following times:

Mondays 6pm

Wednesdays 1pm

Saturdays 8am and 11:30pm

Senior Support Program of the Tri-Valley is an independent, non-profit agency serving seniors over 60 in the cities of Pleasanton, Livermore, Dublin, and Sunol. Founded in 1981, SSPTV includes nine programs which serve approximately 1,600 seniors in the Tri-Valley area as well as about 5,000 information and referral calls and visits. The core of about 100 volunteers, provide over 4,000 visits and 5,000 phone visits to seniors each year.

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