

# EVENT OUTLINE

**8:00-8:30**

Sponsors and Exhibitors set up booths, which will be assigned prior to the day of event.

Continental breakfast will be provided in the sponsor and exhibitor lounge.

**9:00-10:00**

Doors open to participants.

Booths open for viewing until 1:30pm in Gym.

**10:00-10:15**

Room moderators welcome participants in all rooms.

Overview of sessions.

**10:15-11:15**

Three concurrent sessions in Large Auditorium, Small Auditorium and Atrium.

**11:30-12:30**

Three concurrent sessions in Large Auditorium, Small Auditorium and Atrium.

**12:30-1:30**

Lunch break

Exhibitors and Sponsors will receive two complimentary lunch tickets.

Booth viewing in Gym.

**1:30-2:30**

Three concurrent sessions in Large Auditorium, Small Auditorium and Atrium.

**2:30**

Wrap up, prizes in all rooms.

Exhibitor booths will be open for viewing to participants until 1:30pm.  
We ask that your display remains intact until 1:30pm, when the last session begins.

# CONCURRENT SESSION TOPICS

## SENIORS' HOUSING FORUM

### **A: Home & Independent Living: Health and Home**

This session will focus on seniors' housing options for home living in apartments, condos and houses, and will also discuss home living supports, such as day programming and personal care services.

### **B: Future Housing Models**

This session will include a panel that explores a variety of innovative housing models that are being considered for and/or under development in Edmonton in the future. The benefits and challenges of these exciting initiatives are considered.

### **C: Financial Literacy and Housing**

This session provides information on strategies for planning finances to support housing choices. Guidance will also be offered on accessing income supports and other financial benefits.

### **D: Supportive & Facility Living: Health and Home**

This session will provide an overview on supportive living, facility living and designated supportive living options to help address the questions and concerns seniors face when choosing the optimal environment in which to live beyond independent living, as well as health supports available to complement these environments.

### **E: Landlord & Tenant and Condo Rights**

Knowledge of your rights and obligations as a landlord, tenant and condo owner can greatly impact your enjoyment of your home and your financial security. This session provides an overview of key issues and legislation.

### **F: New Government Initiatives**

Municipal, provincial and federal governments are working with communities to address seniors' housing needs. This session explores new policy direction, initiatives and trends as it relates to the role of government in seniors' housing.

### **G: Community Resources**

This session will give an overview of some practical resources that allow seniors to age in place and receive support in the community. It will describe city-wide services offered by senior-serving organizations that provide resources designed to help seniors live safely and independently.

### **H: Caregiver Support and Family Dynamics**

This session outlines supports available to families and caregivers as seniors transition from one housing environment to another. Strategies for handling family dynamics, positive transitions, caring for the caregiver and stress related to moving will be discussed.

### **I: Downsizing/Managing Your Move**

This session will provide an overview of things to consider when downsizing and planning your move; resources available to assist with this process, considerations for what to bring to your new home; and practical ways to minimize the challenges and stress associated with this transition.