

Emotional Well-Being and Healthcare Decision-Making Resources

Larimer County Office on Aging: Provides funding to agencies (community partners) for services to seniors in Larimer County, including meals, transportation, legal assistance, caregiver support, direct services and programs to older adults.

Information and Resources (Network of Care website):

<https://larimer.co.networkofcare.org/aging/>

Options Counseling:

<https://larimer.co.networkofcare.org/content/client/1189/OPTIONS2019.pdf>

Advance Directives: If you have not yet completed your Advance Directives, especially naming a person (and at least one alternate) who would speak for you if you became seriously ill and were unable to speak for yourself, now would be a great time to do it! Already completed your Advance Directives? This is a good time to review them and make sure you have shared them with your support team. If you would like to talk through your wishes or concerns or obtain assistance in this, please feel free to contact Kelly Blackwell at (970) 686-1091 or seasonsfourthquarterministry@gmail.com.

Kelly is offering help via telephone or video chat for all persons living with Parkinson's and their care partners FREE OF CHARGE.

UC Health Passport Program: The Patient Passport is a free, convenient, user-friendly tool similar to a travel passport, but for 'travel' through the healthcare system and elsewhere. It helps communicate essential health information to healthcare providers and others.

To create your Patient Passport, contact Kelly Blackwell at (970) 686-1091 or

seasonsfourthquarterministry@gmail.com

or Billie Pawlikowski at (970) 692-7313 or wmpawlikowski@msn.com.

Guided Meditation with Paula Weiner, MSW, LCSW with the Parkinson's Foundation:

<https://www.youtube.com/watch?v=plSh09Kil00>

Take a virtual hike along the Sol Duc Falls Nature Trail in Washington in this gorgeous,

soothing video: <https://www.youtube.com/watch?v=q1m27R0tAKM>

Travel internationally (virtually, of course!) through a Bird's Eye View of Croatia, Europe. This is another long, beautiful, relaxation video with calming music:

<https://www.youtube.com/watch?v=HSsqzzuGTPo>