RCC class explores how to choose senior living options

Emily Butler-Morton, a senior care specialist, will teach “Making Wise Choices about Senior Living,” a Rogue Community College Community Education class.

The class will meet from 6 to 8 p.m. Mondays, March 1-15, in Building F, Room 10 on the RCC Riverside Campus, Medford. Tuition is $58.

The author of Care Enough to Know — Keep Your Parents Safe, Butler-Morton will discuss retirement options and the challenges people face when move from their homes to senior-living arrangements.

“Very often family members or friends are thrust into the middle of the task of sorting through the hazy maze of retirement options for loved ones,” Butler-Morton said. “Without prior knowledge this can be a monumental, overwhelming, and what seems like an insurmountable task. My goal is to make the process a little easier and maybe even enjoyable at times.”

Class topics include questions to ask, who should live in a retirement community, assisted living, skilled nursing, Alzheimer’s/dementia care, the move to senior living, how levels of care are determined, and the perfect retirement community.

Butler-Morton has a bachelor of science degree in psychology and a certificate in gerontology, along with 25 years experience working with seniors, adult children and others involved in making senior-living choices.

For more information or to register by phone, call 541-245-7616.

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