

PRESENTS



# Caregiving While Keeping Your Job

Saturday January 26th  
11:30am - 12:30

In this presentation, Karen Owen-Lee takes employees through the steps of creating a plan to help a senior relative and not endanger their job. Attendees will learn:

- How to evaluate a senior relative's needs.
- How to get other family members involved by gathering to write a Family Action Plan.
- How to find and use community services to cut down on taking time off to care for your relative.
- How to create an outline of your caregiving plan for your boss.
- How to manage the emotional upheaval of parenting your parent.
- How to care for yourself and avoid caregiver's burnout.

Contact Karen for a free 30 minutes coaching call at [Karen@KarenOwenLee.com](mailto:Karen@KarenOwenLee.com) or call 303-875-4466.

Karen Owen-Lee, BS and MS in Gerontology, is the Senior Care Specialist as well as a radio talk show host, coach, author, consultant, and keynote speaker. She is the founder of Housing Options for Seniors, Colorado Real Estate Lady for Seniors and Creative Results for Seniors. Karen's specialty is guiding baby boomers through the fear and anxiety of dealing with an aging parent. Work with Karen to create a plan that ensures keeping your parent safe and healthy.



THE SENIOR CARE SPECIALIST



303-875-4466

[karen@karenowenlee.com](mailto:karen@karenowenlee.com)

[karenowenlee.com](http://karenowenlee.com)

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