



Navigating Life's Journey
Take the wheel & control how you feel!

*The Emotion
Roadmap™*



*Family
Relationships*

***The Emotion Roadmap™ to Successful
Eldercare, Caregiving and Aging***

An Online Program

By

Charles J. Wolfe Associates, LLC



The Emotion Roadmap™ to Successful Eldercare, Caregiving and Aging

*The Emotion
Roadmap™*



*Family
Relationships*

Navigating Life's Journey

Journey begins with happiness – experience joy & sadness – ends with acceptance





Charles J. Wolfe Associates, LLC

Vision: *make a positive, meaningful difference in the lives of others.*

Purpose: *improve professional and personal outcomes by helping people manage emotions in themselves & others.*



Charles J. Wolfe Associates, LLC

***Talent:** Our expertise includes transformation leadership, executive coaching, working with teams, talent management & development, performance improvement, & managing organization & individual change.*

Contact information

Web: www.cjwolfe.com

Email: cjwolfe@cjwolfe.com

Phone: (860) 658-2737



The Emotion Roadmap to Successful Eldercare, Caregiving and Aging **Program Objectives and Format**

“We don’t receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.” Marcel Proust 1871 – 1922

“While we each must take life’s journey on our own, we can learn from others who have taken similar journeys, who have mapped their own pathways, and who can inform us about the emotional terrain we are likely to encounter.”

Chuck Wolfe

Explore with us the emotional challenges associated with aging and find ways through the Emotion Roadmap™ to improve managing your emotions and your emotional relationships. Consider the implications ahead of time of sharing responsibilities for eldercare with siblings, spouses and children. Aging challenges include such issues as where someone lives after home is no longer an option, providing for rides when driving becomes dangerous, planning for who gets Mom’s jewelry, Dad’s sports memorabilia and so forth, recruiting and selecting home care aides and nurses, living wills, funeral and burial decisions, etc.

These issues and many others are emotionally draining and discussing them, even with the best of skills, often results in hurt or angry feelings. This online program provides a strategy, the Emotion Roadmap™, to help you to generate the best possible outcomes for managing relationships with immediate and extended family members, and with all those involved with caregiving for loved ones.



The Emotion Roadmap to Successful Eldercare, Caregiving and Aging *Program Objectives and Format*

1. In this program Chuck Wolfe provides an introduction to the Emotion Roadmap to help adults and their parents manage challenging emotional situations related to eldercare & caregiving.
2. Chuck and Kathy Lucas demonstrate the difficulty with having conversations about aging related issues and how these conversations can be improved using the Emotion Roadmap™. The examples include:
 - When your parents can no longer live alone
 - When your parent(s) should no longer drive
 - When you give feedback on performance to a hired caregiver



The Emotion Roadmap to Successful Eldercare, Caregiving and Aging *Program Objectives and Format*

3. At times you will be asked to pause the video to consider your answers. Please familiarize yourself with your media controls for pause, stop and play. The program video runs approximately 45 minutes. With some stopping to consider how to respond to the situations you will see demonstrated, the program will take approximately one hour.
4. The program is copyrighted by Charles J. Wolfe Associates, LLC. It is intended for use by one family only. You can play the program as often as you like. However any attempt to distribute or resell the program is punishable by law.



The Emotion Roadmap to Successful Eldercare, Caregiving and Aging
Program Objectives and Format

5. If you are interested in the PowerPoint slides featured in the presentation, send an email to cjwolfe@cjwolfe.com with your name and a quote that can be used to promote the program, and we will send you the slides.
6. Special thanks to John Krebs for his quality work on the video production, Kathy Lucas for her excellent role playing, Jay Larsen for his ongoing creative support for my website, my family for their love and support, and to my Mother and Mother-in-law who inspired this work.
7. Click the link below to purchase the program for \$49.95.

[Purchase Now - http://www.cjwolfe.com/Prod1.htm](http://www.cjwolfe.com/Prod1.htm)
8. Once you have purchased the program you will be sent a link by email to take the program. Your link will become inactive at the end of the month you purchase the program.