

Be Your Own Aging Advocate

Tips & Tools



WEDNESDAY, MAY 28
CLUBHOUSE 7 MAIN LOUNGE • 2 - 3:30 PM
NO REGISTRATION REQUIRED

Understand common aging challenges and how to advocate for yourself.
Discover tools to navigate the healthcare system.
Get insights on home safety, caregiving, dementia and local resources.

Presenter Kathy Carchidi brings over 30 years of experience as a social worker, healthcare advocate and care manager, guiding families through life's transitions with compassion and support. She co-founded San Clemente Village, part of the national Village Movement, empowering older adults to remain independent through volunteer support. Kathy also spent eight years leading caregiver-focused programs at Alzheimer's Orange County and served on the Orange County Veterans and Military Families Collaborative, advocating for older adults and their caregivers.

CONTACT SOCIAL SERVICES AT 949-597-4267 FOR MORE INFORMATION