

**i know** how to get to my doctor's appointments without asking for help. **i know** the difference between forgetful and early stage dementia. **i know** where to find in-home care for someone I love. **i know** where to find someone to sit with my husband. **i know** when to start the conversation about a new living arrangement. **i know** how to get mom to bridge club without worrying about her driving. **i know** where to turn when the stress gets too much. **i know** how to keep up with my friends so we don't lose touch. **i know** all the services out there for seniors and those with disabilities. **i know** who supports adult children caring for aging parents. **i know** the best time to start estate planning. **i know** how to stay busy after we retire. **i know** how to approach dad about a living trust. **i know** how to make sure i leave my family secure.

**i know. do you?**



**EXPERT ANSWERS TO LIFE'S  
CHANGING QUESTIONS.**

On one day, in one place, scores of experts on aging well and coping with disabilities will share what they know – and you need to know. View exhibits, chat one-on-one and attend informative presentations on everything from housing, healthcare and insurance, to legal and financial planning, to caregiver self-care, to living well and staying active. The more you know, the better you can weather the changes time brings. So the years to come are as good as the years gone by.

**EXPERT ANSWERS TO LIFE'S  
CHANGING QUESTIONS.  
ONE DAY. ONE PLACE.**



**April • 27 • 2014**

Lexington Center

12 - 5 pm

Free admission

[iknowexpo.org](http://iknowexpo.org)



So caregivers and companions can freely explore all the **iKnow expo** has to offer, Christian Care Communities will provide a safe, quiet, supervised space for your loved one during the event. Space is limited so reservations are required. [ChristianCareCommunities.org](http://ChristianCareCommunities.org)

**Free admission** compliments of our  
sponsors and community partners.

**ITNBluegrass**  
Digitized transportation for seniors



Commission  
for Citizens  
with Disabilities



SANDERS-BROWN  
CENTER ON AGING

**AARP**  
Real Possibilities

ITNBluegrass.com 1206 N. Limestone St. Lexington, KY 40505