

Your Questions, Answered: Mapping Out Your Future

Roz Kalb, PhD,
Matthew Sacco, PhD, SLP





OCTOBER PROGRAMS

JUMPSTART – Oct 8
Taking Care of Yourself this Winter

COACHING – Oct 13
Managing Your Winter Blues

JUMPSTART – Oct 21
*Tools in Your Toolchest: Mindfulness,
Self-Awareness, and Positive
Psychology*

COACHING – Oct 26
Using Mindfulness to Manage Stress

**Introduction
from our
coaches**



**Your Questions Answered!
Our Plan for Today**

Ask:

- Raise your hand or type your questions in the chat box
- We will address one question at a time

Tips for Building a Financial Safety Net

- **Financial planning in the face of unpredictability can feel very stressful**
- **Planning for the possibilities that worry you the most helps you feel more prepared and less vulnerable**
 - Inability to do your current job?
 - Inability to remain in the workforce?
 - Inability to remain in your current home?
- **Working with disability attorneys/financial planners is helpful**
 - Assets, insurance, entitlement programs, Society Security
 - Expenses: current, anticipated, and unanticipated
- **Developing other helpful relationships can help you feel less alone**

Mood & Cognitive Challenges

- **Stress and anxiety can lead to a head-in-the-sand approach**
- **Grief and depression can sap your motivation for planning**
- **Problems with attention & concentration; information processing; planning & prioritizing; decision-making; memory can make it difficult to:**
 - Manage finances month to month
 - Communicate, engage in shared decision-making
 - Plan proactively and prioritize
- **Mental health professionals can help you manage your moods**
- **Speech/language pathologists and psychologists can help you identify and address cognitive issues**



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THANK
YOU!



Genentech
Novartis Pharmaceuticals
Sanofi Genzyme

EMD Serono