



AGING & END-OF-LIFE DECISION SUPPORT

Some of life's most important decisions deserve time, information, and a voice.

Aging can bring questions about independence, health, caregiving, housing, family roles, priorities, and what a good life means now. End-of-life planning adds decisions many families postpone until a crisis. Today Transitions creates a calm, structured place to think and talk before everything has to be decided at once.

What This Work Is—and Is Not

The purpose is not to make decisions for you. It is to help you become clearer about what matters, better prepared for conversations with professionals and family, and more confident participating in decisions that affect your life.

Individual & Family Support

- Clarifying values and priorities as needs change
- Preparing for healthcare appointments and difficult conversations
- Thinking through independence, caregiving, housing, and changing family roles
- Identifying questions related to advance care planning and healthcare preferences
- Helping families prepare for conversations about serious illness and end-of-life wishes
- Considering quality of life, acceptable tradeoffs, and what matters most
- Organizing options and identifying what additional medical, legal, or financial information is needed
- Supporting decision-making when there is uncertainty or family disagreement

Workshop Menu

BEFORE THE CRISIS: CONVERSATIONS WORTH HAVING

How to begin talking about values, healthcare preferences, caregiving, independence, and future decisions before urgency takes over.

HELPING FAMILIES TALK ABOUT END-OF-LIFE DECISIONS

Practical ways to start and sustain conversations people often avoid, including how to listen when family members see things differently.

WHAT MATTERS MOST?

A values-based framework for thinking about aging, health, independence, quality of life, and future choices.

BEING AN EFFECTIVE HEALTHCARE ADVOCATE

How to prepare questions, organize information, communicate priorities, and participate more confidently in healthcare decisions.

Professional Foundation

Susan brings nursing, patient-advocacy, coaching, communication, and leadership experience to this work. Her Doctor of Nursing Practice project focused on “Preparing Nurses for Roles in End-of-Life Decision-Making,” providing an especially relevant professional foundation for values-based decision support.

Formats & Fees

Offering	Format	Fees
Individual coaching/support	60-minute session or 3-session engagement	Discuss during introductory call
Family decision conversation	75–90 minutes when appropriate	Custom quote
Workshop / organization	60–90 minutes; half-day option	Custom quote

Fees and format are discussed during the complimentary introductory conversation.

Professional Scope & Referral

Today Transitions provides coaching, education, and patient-advocacy support. It does not provide medical diagnosis or treatment, legal advice, estate planning, or financial advice. Advance directives and other legal documents should be completed with the appropriate state-specific guidance and professional advice when needed.

When a client's needs require psychotherapy, psychiatric treatment, medical diagnosis or treatment, legal advice, financial advice, or crisis services, Today Transitions will encourage the client to work with the appropriate licensed or qualified professional.

Don't Wait for an Emergency

You do not have to wait for a crisis to have an important conversation.
Start with a complimentary 20–30 minute introductory Zoom conversation.