



MEET DR. AMY D'APRIX

ABOUT DR. AMY

Dr. Amy D'Aprix, MSW, PhD., is an author, facilitator and coach specializing in life transition topics related to aging, retirement and caregiving. She regularly meets with clients and conducts speaking engagements promoting honest and productive discussion.

She is passionate about helping people find meaning and fulfillment as they age, as well as in their role as a family caregiver.

A WORD FROM DR. AMY

I'm excited to be partnering with Chartwell Retirement Residences to help make your journey exploring retirement living easier and more meaningful. Whether you are currently living in a retirement residence, are still in a decision-making process about what is the best next step, or are supporting someone making that decision, I'll offer you expert information and guidance designed to give you more clarity and peace of mind.

I understand and appreciate this stage of life and the significant decisions that are part of it. The issues and questions you are thinking about are likely on the minds of other members of your family, too. Through the thousands of older adults and their adult children I've had the pleasure of knowing, I can say with certainty that aging is definitely a family affair! During times of transition, many of us find that there are difficult emotions we aren't sure how to manage and family conflicts we didn't anticipate. I look forward to walking beside you and your family during this important time of your lives.

FOR MORE INFORMATION

<http://blog.chartwell.com/category/dr-amy/>