

What is Mediation?

Mediation is a short-term process designed to help people raise and discuss specific situational concerns, interests, and needs safely and openly in order to resolve related disagreements collaboratively and favorably.

Mediation is a voluntary, private meeting, or series of meetings, expertly facilitated by an *impartial, compassionate, and well trained* mediator, who conducts each meeting using a fair, respectful process and clear ground rules, including strict rules of confidentiality.

Mediation is not therapy. However, to some participants it may have valuable, seemingly therapeutic effect. By applying a problem-solving approach that helps parties improve and open lines of communication, they can co-explore and create workable strategies for resolving disputes. This typically leads to better and more durable solutions, reduced costs, improved satisfaction, strengthened relationships, and greater peace of mind.

In addition to family members, mediation sessions may also include other outside professionals, such as legal, financial, or healthcare service providers, in order to help ensure effective outcomes. Every situation is unique based on many factors.



Grandpa Bernie and his caregiver, Mary

The peace of mind that can potentially result when elders, family members, care-givers, and related service providers come together to discuss and resolve important life issues based on the core principles of *informed consent and self-determination* cannot be understated. It matters to those we love and speaks to our own humanity.

COVENIA invites you to come to the table for valuable reasons.



MEDIATION and FACILITATION SERVICES for Elder Adults and Families



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*Serving communities in the Tidewater area,
conveniently located in Chesapeake, Virginia*

Are you worried about your current or future personal care needs or those of a loved one?

Are you concerned about your family's estate or distribution of related assets, or the future well-being of your family legacy, or other end-of-life related issues?

Are family members struggling with critical decisions that might impact their future relationships?

Gaining greater control and needed relief concerning decisions that effect **YOUR FUTURE is possible . . .**

COVENIA CAN HELP YOU . . .



Call us today to determine if your situation is suitable for mediation or other available options.

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What types of issues can possibly be addressed through mediation?

With the help of COVENIA's **mediation and facilitation expertise**, elders and their families may wish to address the following subjects of potential consequence, among other concerns:

- Caregiver roles and responsibilities and concerns related to the care of a frail or elderly parent or relative
- Housing transition issues, conflicts about moving a loved one to a new setting, or the sale of a family home or property
- Long-term care concerns, such as level of care choices or facility selection issues, and other end-of-life options and preferences
- Healthcare proxy and/or guardianship concerns
- Estate-planning matters, conflicts regarding estate finances, and/or distribution of tangible family assets
- Intergenerational issues and related tensions among parents, grandparents, siblings and other family members
- Issues related to preserving family legacy, values, traditions, and/or sibling relationships
- Various community conflicts impacting quality of life such as lifestyle differences, neighbor-related issues, or landlord/tenant concerns

Some Benefits of Mediation

- Mediation is a **non-antagonistic process** that increases the role of senior adults in decisions that impact their quality of life and that of their families into the future.
- Mediation **empowers families** to discuss and resolve important issues based on the interests and needs of all parties.
- Mediation **improves understanding and relationships** between senior adults and other important people in their lives.
- Mediation **helps decrease the high stress of conflict** associated with life's challenges.
- Mediation **promotes collaboration** with caregivers and other service professionals to help ensure appropriate levels of care and related professional support.
- Mediation is a **highly satisfying and cost-effective** alternative to destructive fighting or expensive, unnecessary litigation.
- Mediation is **confidential** and allows for greater personal and family privacy.
- Mediation **promotes end-of-life dignity** while ensuring that issues which matter to loved ones are resolved proactively.

