

AARP Speakers Bureau



For over half a century, AARP has been the nation's leading social change organization defending, representing, and advancing the needs and wants of people 50-plus. Our mission is to enhance the quality of life for all as we age and we envision a society in which all people live with dignity and purpose, and fulfill their goals and dreams. We may be able to assist you by providing a speaker for your next event; this is a free community service offered by AARP.

Downsizing and Decluttering: You Can't Take it With You

Having too much stuff can impede people from relocating or getting health care into their homes. This fun interactive presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Cleaning out your house while you can is a gift and inheritance you can leave your children. Learn how to get started!



The Six Pillars of Brain Health

It's never too late to take charge of your brain health! In this interactive session, you will learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others. This session is a good overview for anyone interested in improving their brain health and will provide you with actionable steps you can take along with resources to learn more.

HomeFit Workshop: Modify Your Home for Safety and Comfort

The AARP HomeFit Workshop provides information to participants on how to decide what type of home modifications are needed to stay in their home as they age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their home.



Medicare 101: Understanding Your Benefits

Are you eligible to enroll in Medicare but don't know where to start? This hour-long session will give you an overview of the different parts of Medicare, coverage and costs, and your choices of Medicare plans; it is a good overview for anyone interested in Medicare and will provide you with resources and tools to learn more.

Protect Yourself from Fraud and Identity Theft

Con artists don't care how hard you worked. They steal billions from Americans like you every year. We're fighting back with the AARP Fraud Watch Network. In this session, we will share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim.

Caregiving 101: Creating a Plan

No matter where you are in the journey of family caregiving – just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time – having a good framework to help guide both you and your loved one will make the process easier. During this session, we will share a framework to help you make plans to care for friends, family members, or loved ones. You will have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available to you and your loved ones.

Social Security: Understanding Your Benefits

Social Security is one of the most successful and effective social insurance programs in our nation's history. In this session, we will explain the facets of Social Security (retirement, survivors, and disability benefits), discuss the options for when to claim your retirement benefits, and cover implications of working while collecting benefits. This session is a good overview for anyone interested in Social Security, and is especially useful for people considering their retirement benefit claiming options.



Sorting Fact from Fiction Online

Do you believe everything you see online? There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This presentation will equip you with valuable tools and resources to help you stay safe online.

How to Request a Speaker

Submit your request online at states.aarp.org/speakerrequest or contact AARP Virginia at aarpva@aarp.org or toll-free 1-866-542-8164.

A guarantee minimum of 15 people is required for each presentation. Presentations are scheduled pending the availability of our volunteers; not all presentations are available statewide.

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D20424 (06/21)