**NASA CARES: Understanding the Legal and Emotional Dimensions of Caregiving – Part 1**

**Date / Time:** July 24, 1:00 – 2:00 PM ET  
**Speakers:** Stephen J. Lacey (Attorney)  
**POC:** Hanna Bogner ([hanna.l.bogner@nasa.gov](mailto:hanna.l.bogner@nasa.gov))   
**Host:** The Office of the Chief Health and Medical Officer (OCHMO) Mission: HEALTH Team

Caring for a loved one is one of life’s most rewarding yet complex responsibilities. Legal decisions, emotional labor, and future planning all converge in ways that can feel overwhelming without the right guidance. Join OCHMO’s Mission: HEALTH Team for NASA CARES – Understanding the Legal and Emotional Dimensions of Caregiving, a three-part series aimed at helping current or future caregivers navigate the legal and emotional components of caregiving with confidence!

Leading the first two sessions is attorney Stephen J. Lacey, who brings decades of experience in estate planning, elder law, and caregiving advocacy. He’ll walk us through foundational topics like wills, trusts, powers of attorney, and long-term care options – what they are, why they matter, and how to get started.

**Part 1 (7/24/25): Estate Planning – Wills, Trusts, and Taking the First Step**

This session will provide a clear overview of estate planning fundamentals, including the distinctions between wills and trusts, how to avoid probate, and an overview on the advantage of Medicaid Preplanning.

**Part 2 (7/31/25): Long-Term Care Planning – Powers of Attorney and Caregiving Decisions**

This session will examine the various types of powers of attorney and how each one may be utilized properly in order to avoid guardianship.

**Part 3 (8/7/25): EAP Panel – Caregiving: Legal and Emotional Perspectives**

In the final session, Stephen Lacey will join a panel of NASA Employee Assistance Program (EAP) representatives, Daisy Wei (JSC EAP) and Porter Pryor (SSC EAP) to address your questions on the emotional impact of caregiving, relevant legal considerations, and available support resources.

If you have questions you'd like to ask anonymously, please visit our [Ask-Ahead Questions page](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fpages%2Fresponsepage.aspx%3Fid%3DWNQFcL5FrkiBQNQ9qW3Re0OBsRpEwv5Arxl0ViN8Sc1UQVdPR0E1WkMwRlJFTVM2TjNCRlZFT0M4Si4u%26route%3Dshorturl&data=05%7C02%7Cporter.j.pryor%40nasa.gov%7C0042b16a9df145612ab808ddbfbb7d33%7C7005d45845be48ae8140d43da96dd17b%7C0%7C0%7C638877534303369345%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bF0hqIzQwMwukGC5M9KBxVnQMhdxvn8GHBYekns76lc%3D&reserved=0) on the Health4Life website. Questions submitted anonymously will be addressed during the presentation.

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