

Aging your way

Senior Care Resources

STAGE 1:

Legal and Financial Planning

- Designate Power of Attorney (POA) for both Medical and Financial decisions
- Establish an advance healthcare directive or living will
- Update your will to reflect current wishes
- Pre-plan funeral or memorial service preferences
- Decide on a mortuary and preferred burial arrangements or donations to science
- Communicate your wishes with all family members and encourage support amongst them
- Document personal legacy stories or record family history
- Organize essential documents: birth certificate, marriage certificate, Social Security Card, property deeds, insurance policies
- Create a list of Usernames/Passwords for phones, email accounts, and Online accounts
- Create a list of all financial accounts
- Create emergency contact lists and set up medical alert systems
- Ensure all final arrangements are documented and accessible to your chosen Power of Attorney
- Establish a specific location for storing the important documents mentioned above
- Identify and reduce non-essential payments/donations that deplete finances
- Stay informed about common scams targeting seniors and learn preventative measures

Health, Wellness, and Safety

- Maintain an up to date list of current medications and dosages
- Request a safety inspection to identify risks and implement necessary safety modifications
- Keep mobility aids (canes, walkers, scooters) in good condition
- Explore in-home care or mobile services as needs evolve
- Explore senior transportation services or ride-share options
- Request the Fire Department to install a key lock box for quick access during emergencies
- Utilize your adult children/neighbors for assistance with tasks that involve heights and ladders
- Consider 24/7 virtual safety or medical alert monitoring as needed

Social and Emotional Wellbeing

- Seek out volunteer opportunities in your community
- Join community centers and clubs
- Engage in hobbies, creative activities, or lifelong learning opportunities
- Explore respite care options for caregivers

Detailed information and links are available on the website



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STAGE 2:

Living Arrangements

- Be realistic about potential changes that will need to be made
- Understand the difference between group homes, assisted living, and retirement communities
- Consider downsizing or relocating closer to family or healthcare services
- Choose pets whose needs and companionship will align with your stages of life
- Ensure a strong support system when deciding to age in place

Living with Dementia

- Understand Dementia and its progression
- Learn effective communication strategies when living with dementia
- Utilize resources such as adult day care services or memory cafes
- Utilize resources such as respite care to avoid care giver burn out

Hospice Care - When is the right time and what are the benefits

- Hospice Care provides long-term benefits and supports individuals when curative medical treatment is no longer an option or desired.
- Request assessment and begin accessing resources as soon as curative medical care is no longer an option or desired
- Hospice Care is covered 100% by Medicare
- Patients have the right to choose which Hospice Company cares for them
- Understand no referral is needed to begin Hospice Benefits
- Recognize that all Hospice providers must meet the same government requirements, however they do not all offer the same level of service.
- Understand Hospice covers a wide range of services, such as some medications, medical equipment, along with access to medical staff 24/7.
- Hospice Care is available whether you are in your own home or a facility

When a loved one passes

- Implement the appropriate steps outlined in your Stage 1: Legal and Financial Planning
- Complete necessary paperwork such as filing for a death certificate, terminating Social Security benefits, and closing bank accounts
- Find a grief support group to assist you in effectively navigating the grieving process

Detailed information and links are available on the website

