

***QUESTIONS FOR YOU TO THINK ABOUT OR ASK OTHERS REGARDING:**

1. Financial, Legal, and General Planning

- Have I spoken to the people who love and care about me regarding how I want my life to unfold if/when I need help with everyday living activities?
- Are there others besides family that will be part of my support team needed for my advanced age or disability?
- Does my family or support team have the resources it needs to take care of my needs?
- Have I talked with my family or support team to determine the amount and type of support they are willing to provide?
- What other resources will they require to take care of my needs?
- Where do I turn if I cannot keep up with health care costs?
- How do I pay for housing and other basic needs on a fixed income or when I run out of savings?
- Do I have enough insurance?
- What is a reverse mortgage and is it right for me?
- What should I consider about substitute decision making and when should I make these plans? Before I retire? Before I become incapacitated?
- Have I talked with my support team about decisions addressed in a living will?
- Who can help me with legal concerns?
- What should I consider when hiring a lawyer?
- Should I establish special needs trusts and other trusts for family members in my will?
- Have I made funeral plans?

2. Types of Long Term Care

- Is my community a good fit for my needs?
- How can I change my home so it is easier for me or my loved one to get around?
- Have I thought about my preferences for a living situation if/when I can't live independently?
- What are housing alternatives and who pays for them?
- What do I know about In-Home Supportive Services? Adult Day Care? Care Management? Residential Care Facilities? Skilled Nursing Facilities?

3. Healthier Living

- Am I living a healthy life and making healthy lifestyle choices?
- Do I know and follow the advice of my support team and health care providers?
- Do I know and follow the nutrition guidelines for my age group?
- Do I exercise, do strength training, and stretch on a daily basis?
- If not, what prevents me from doing this?

4. Emotional Well-Being

- Do I regularly interact with my support circle of family and friends?
- How do I make the best of retirement and really enjoy the best years of my life?
- How can I make sure I don't become isolated and depressed?

5. Civic Engagement

- How can I get involved and “give back” to my community?
- Have I thought of a part-time job after retirement?
- Have I thought of volunteer work?
- How will I know I make a difference every day?

6. Caregiving

- Who will I help provide care for?
- Who will help me?
- If someone is helping me, who will support them when I cannot?

7. Resource Finding

- Do I know where to turn when I need help, say, with a ride to my doctor or the bank?
- Do I know where to call and what help/services to ask for?
- What if my mom in San Diego needs services and I am in Iowa?

*These questions have been adapted from Iowa's Aging and Disability Resource Center, www.lifelonglinks.org