

Caring for aging family members

So many difficult decisions must be made when caring for a family member. That's why it's important to have a financial strategy in place when the situation arises.

- ☐ While family members are still lucid, talk to them about their wishes concerning:
 - ☐ Long-term care coverage
 - ☐ Living arrangements
 - ☐ Medical care
 - ☐ Living wills
 - ☐ "Do not resuscitate" order
 - ☐ Estate planning
- ☐ Gather these important documents and keep them in one place so they're available when needed:
 - ☐ Medicare card
 - ☐ Social Security card
 - ☐ All health insurance ID cards
 - ☐ Copy of birth certificate
 - ☐ Will, living will and powers of attorney
- ☐ Gather this additional information:
 - ☐ Names, phone numbers and addresses of doctors, along with specialty of each doctor
 - ☐ List of health conditions
 - ☐ List of current medications and their dosages
 - ☐ List of food and medication allergies
 - ☐ Name and contact information for attorney
 - ☐ Copies of insurance policies, including life and long-term care
 - ☐ Information about finances, including the name and contact information for financial professional and accountant

- When family members start having difficulty with any of the following, it may be necessary to determine together what their future living arrangements will be (in their home, in assisted living, with you, etc.):
 - Are there any difficulties with activities of daily living (bathing, dressing, toileting, eating and transferring from place to place)?
 - Are they able to handle day-to-day tasks like shopping, laundry, cooking, housekeeping, managing finances and transportation?
 - Are there any significant changes in memory, judgment or the ability to make decisions?
- If parents plan to continue living on their own, develop a written plan to make sure everything is covered — things to include, along with who will be responsible, are:
 - Housekeeping — household paperwork, cleaning and laundry
 - Transportation
 - Companionship
 - Cooking or meal delivery
 - Health care — monitoring medication, filling prescriptions, scheduling and taking to doctor appointments and nursing care, if needed
 - Personal care — assistance with personal hygiene, medical equipment, dressing, bathing and exercise

Continuously monitor your strategy and make modifications as needs change.

Notes:

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