

THE TALK

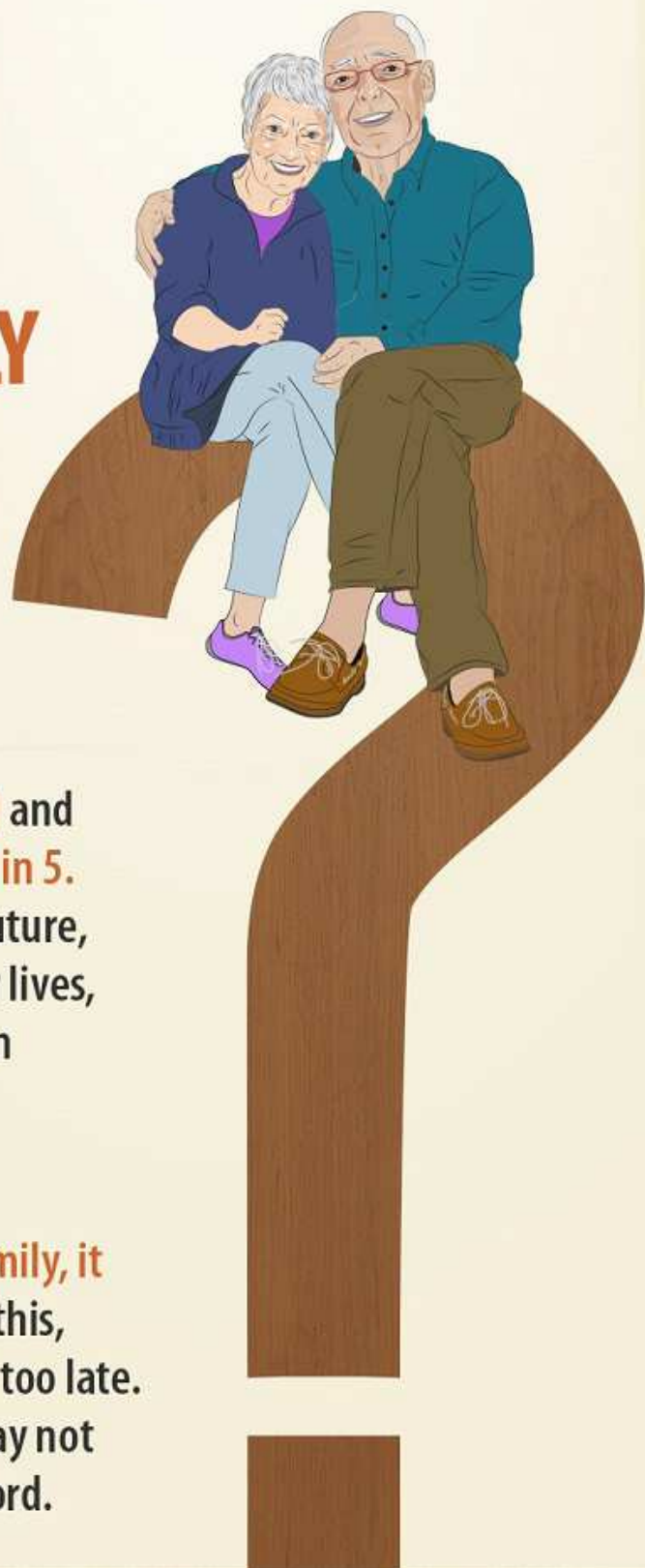
EVERY SENIOR MUST HAVE WITH THEIR FAMILY

30 QUESTIONS SENIORS SHOULD ASK TO PLAN FOR THEIR FUTURE

Currently, **1 in 7 Americans are Seniors (Age 65+)** and by 2040 that number is expected to **increase to 1 in 5**. As more and more Seniors make plans for their future, they will need to make decisions that affect their lives, and the lives of their families. These decisions can affect everything from where they live, to their financial future, to their overall quality of life.

When talking about matters that impact your family, it can be hard to know where to begin. Because of this, many of these conversations are put-off until it's too late. Not only does it mean that your future wishes may not be honored, it can also lead to future family discord.

These **30 Questions** were designed in association with a licensed gerontologist, and are designed to encourage conversation, and help you talk to your family about the future.



LIVING AT HOME

For seniors, the choice to stay in their home is often emotional as well as practical. Being able to live in their home provides a sense of purpose, self-reliance and community.



- Can I get around comfortably in my home, even if my health declines?
- Does my home have health and safety issues that need to be addressed?
- Am I able to perform routine maintenance tasks and upkeep?
- If I'm on a medication schedule, can I keep it myself or do I need assistance?
- Will I be able to cook nutritious meals for myself?

87

- Percent of adults age 65+ who want to stay in their current home and community as they age.¹

STAYING ACTIVE & STAYING SOCIAL

Studies have shown that regular exercise and social interactions are critical to the health of Seniors. Access to these should be a part of any long-term decision making process.



- Are there opportunities for me to stay active during the day?
- During the winter, are there indoor fitness facilities available?
- Do I have a network of friends in the area where I live?
- Are there regular social activities available in my area that I can access?
- Are there opportunities for me to be involved with my community, faith-based organizations, volunteering and lifelong learning.

29

Percent of Seniors who report engaging in regular physical activity.²

MANAGING FINANCES

As we get older, we are more susceptible to fraud and financial abuse. Seniors should be able to protect their finances from con-artists, aggressive salespeople, caregivers and irresponsible family members.



- Am I able to pay important bills such as home and utility bills in a timely manner?
- In the event that I am unable to manage my own finances, is there a trusted family member or professional who I have empowered to take responsibility, with my permission?
- Does my family have access to all necessary assets such as property deeds, legal documents, account information and safety deposit boxes?
- Do I have an updated will, and have I made a clear accounting and division of my estate?

2.6
Billion

Dollars lost to fraud by one million elders on an annual basis in the U.S.³

DRIVING AND TRANSPORTATION

The ability to drive may be crucial for Seniors living in areas without public transportation. While the rate of accidents for Senior drivers has declined, they are still at greater risk in an accident due to physical frailty.



- Do I drive my car enough to justify the cost of ownership, compared to the cost of taxis or ride-shares?
- Have I been involved in two or more accidents this year?
- Are there public transportation options available?
- Am I taking any medications, or do I have any health conditions that impair my ability to drive?
- Is my current car equipped with airbags and other safety features?

25

- Percent of drivers who will be 65+ by 2025.⁴

LIVING WITH ADULT CHILDREN

Over the past ten years, the number of families with three or more generations living together has been on the rise. This can be due to financial pressures and longer life-spans putting stress on retirement savings.



- Will I have enough privacy?
- If I am living with Grandchildren, what role will I have in helping to raise them?
- Will I be dependent on my children for care and transport?
- Will I be expected to contribute financially?
- Will I need paid help at home?

50
Million

Number of Americans living in multi-generational homes.⁵

RESIDENTIAL AND ASSISTED LIVING

For some Seniors a residential living or assisted living community may be the best option. While costs can seem high, it's important to compare the monthly costs of a facility against the total cost of staying in one's home.



RESIDENTIAL CARE

NURSING CARE



- Can the facility provide the level of care that I need?
- Can I afford a facility in my current community?
- What services are included? What expenses are out of pocket?
- Do I need to stay where I am now, or can I take advantage of lower costs in other areas?
- What options exist if I start to lose my memory?
- Will I have to move from the community if my health declines?

735,000

Number of people living in Assisted Living Facilities in the U.S.⁶

REFERENCES

- 1) AARP <http://www.aarp.org/livable-communities/info-2014/aarp-ppi-survey-what-makes-a-community-livable.html>
- 2) Stronger Seniors <http://www.strongerseniors.com>
- 3) MetLife Insurance Study <http://www.metlife.com/mmi/research/broken-trust-elder-abuse.html#findings>
- 4) AARP <http://www.aarp.org/home-garden/livable-communities/info-11-2011/Aging-In-Place.html>
- 5) As You Age <http://www.asyouage.com>
- 6) National Center for Assisted Living <http://www.ahcancal.org/ncal/resources/pages/residentprofile.aspx>