

# One Page Planning for Elder Care

Or Make this page into a Paper Airplane.

**Achieving balance between  
what you have, what you will need, and what you want**

## ASSESS YOUR STATUS

**HEALTHY** Do you get routine health care?

[Healthy as a horse] [Pretty Good] [Concerns] [Some Problems] [Need Help]

**HEALTH LEGACY** What is your family history?

[Long Life ] [Some Problems] [Cancer] [Nerve Disease] [Memory Issues]

**SUPPORT** Have you had the right conversations about your future?

[Spouse] [Significant Other] [Children] [Relatives] [Friends] [Faith] [Alone]

**MONEY** Do you know how much you have and how long it will last?

[A whole lot] [Quite a bit] [A lot ] [Some] [Not much] [None]

**FINANCIAL RESOURCES** How liquid and how much help are they?

[ LTC Plan ] [Life Ins ] [Annuity] [Stock Account] [Bank CDs] [Kids Money]

**CARE CHOICES** The way you want your care

[Care by Family] [Home Aides] [Assisted Living] [Skilled Facility] [Shoot me]

**CRISIS HELP** Where your family can turn

[LTC Plan Coverage ] [Friends and Church] [Local Care Providers] [Medicaid Welfare]

**EMOTIONAL STRESS** You could deal with any of these issues

[Who's in Charge?] [Location] [Who in your family is Stuck?] [Inheritance Fights]

***If you don't talk to me about this stuff, talk to someone. . .***

***. . .The day will come when you'll wish you had.***

**American Long-term Care Academy  
Lou Annacone**