

ESSENTIAL PLANNING FOR SOLO AGERS

When planning for your future, engage an Aging Life Care professional to provide clarity, expert guidance, and peace of mind.



TIPS TO ENSURE A HEALTHY, SAFE, AND SUPPORTED FUTURE

Nearly one-third of adults who are 55 and older are aging solo, navigating aging without a life partner or children. Top of mind for many solo agers is who will advocate for them when they need assistance. Proactive planning is essential.

- **Legal documents.** Make this your first step. Not having basic legal documents in order can easily and unnecessarily complicate everything else. Consult an elder law attorney and explore options for professional fiduciary/power of attorney designations.
- **Finances.** Understanding how your finances will support your future care goals is crucial.
- **Home.** Is staying in your home most sensible, or is it time to consider a move?
- **Health and Well-Being.** What can you do now to ensure a healthy future? Start with your primary health care provider.
- **Community: Family, friends, neighbors.** Drawing on social networks & a community where you feel safe contributes to well-being & quality of life.
- **Transportation.** Plan needs to help maintain independence, mobility, and support your goals to live and age well.
- **Hire a Professional Advisor and Advocate.** As Aging Life Care Professionals, we help you navigate and plan for what you need to live well and grow older with confidence.

OUR PROACTIVE APPROACH

Step 1: Proactive Planning session to strategize around your top concerns and goals.

Step 2: Thoughtfully curated recommendations and individualized resources that become your planning road map. We help you move forward on all key priorities, as stated earlier.

Step 3: Expert guidance and solution-focused support as additional questions and decisions arise.

By engaging Aging Wisdom, you benefit from our collective expertise. We'll help you understand your options, strategize for your unique situation, and guide you in your decision-making. We look forward to partnering with you.

Visit our website -- agingwisdom.com -- and click on **SCHEDULE A CALL** to learn more about **Proactive Planning for Solo Agers.**



Aging Wisdom inspires hope through creative solutions so our clients live well, care well, and age well.