



The Pre-Work: **Reflect**

The Why

It has been said that those who know their "why" in life can bear almost any "how." **So what's your why?**

Ask yourself, **What is important to me as I need more care and support?** To avoid imposing on family members for my care? To be able to remain with my spouse? The main thing is to keep the main thing the main thing.

Can you pinpoint your top three goals for a chapter in your life where you may need care?

The How

As you consider your "why" and your major goals for care in the future, it's also helpful to start reflecting on **how** you'll meet those goals. You can consider the people and context of your future needs below.

Who will you count on for general care and support as you age?

Can you identify any existing expectations or concerns you have about receiving care?





Where are you on your journey?

There are many ways people approach aging. Some feel prepared and confident, while others feel unprepared and unsure. Where do you fall?

Do you feel prepared for your future care needs?

Being prepared means feeling confident, empowered, and in control of your options. If you're prepared, you've thought about what you want, and you know what steps to take should something come up.

If that's not you, you may be anxiously worrying about what the future holds. This can put you at risk for having to make big decisions in times of stress.

The **risk & anxiety zone**

When we opt for a "wait and see" approach to our care needs, unexpected issues (like injuries) can catch us off guard. If you don't know your options and/or you don't have a plan, you or your family may be facing big choices during a time of high stress.

Navigating home care or senior living options for the first time can make anyone a little anxious. And if you're a planner, not feeling prepared ahead of time may give you anxiety about the future.

Spectrum of Attitudes Toward Planning for Care

PREPARED

"I feel confident with the support I have lined up."

"I know my options, my preferences, and where to go when I'm ready."

"I have seen others go through this and I probably know my options."

"I worry about needing support in the future and don't know where to start."

"I'll wait and figure it out when something happens."

"I'm not thinking about where I will age or who will care for me yet."

NOT PREPARED

Risk & Anxiety Zone

Preference Inventory

Thinking about your preferences can help you know which options are right for you. Put a mark through the line depending on where **you find yourself** on the continuum.

←	1	→
I'm thinking about care needs alongside my spouse		I'm thinking about options for myself
←	2	→
I'm very active and healthy		I don't exercise or get out much
←	3	→
I look for a social environment where I live		I don't need to live in a social community
←	4	→
Others (ex:children) will be involved in my care		I'm doing this on my own
←	5	→
I am fiercely independent		I don't mind asking for help
←	6	→
I am a planner		I go with the flow
←	7	→
I want consistency in my care		As long as someone is caring for me, I'll be content.



Where do you imagine living?

As people reflect on their future, they often have a good sense of where they see themselves living. There are benefits of each option, and you will learn about them throughout this guide.

But before we go further, ask yourself:

Where do you picture yourself living later in life?

What questions do you have about living options?