



Are you ready for your “care-years?”

Our “care-years” is a time in our lives when we need a combination of support services so we can live as independently as possible. Are you ready?

1. I know that my retirement years consist of 2 parts: the well-deserved, relaxing, independent years and the changing health, increased dependency care years...and I have an understanding of the needs of 'both' stages...(yes / no)
2. I have a good grasp of my financial, legal, and insurance affairs. I feel confident that all my necessary documents are up-to-date and in order...(yes / no)
3. I have made my end-of-life wishes known (e.g. written a will and discussed services with a family member)...(yes / no)
4. I feel confident that I have a good retirement plan in place because it takes into consideration the financial impact from my changing health needs...(yes / no)
5. I know at least one government agency in my community with the responsibility for seniors' health needs and I am aware of one of the programs offered through that department...(yes / no)
6. I know what to look for and how to elder-safe my home (inside and out) in order to reduce potential accidents...(yes / no)
7. I understand the medications I am taking and I have asked about many of the possible side effects related to those medications and the signs to watch for.....(yes / no)
8. I know what to do during health emergencies and I am familiar with some of our local hospital's special resources for seniors...(yes / no)
9. I am aware of some of the subtle signs of dementia to watch for in my family members (e.g. the need for routines)...(yes / no)
10. I am aware of the various care-programs in my community (e.g. at-home services, rehabilitation services, nursing services, adult daycare options, assisted living complexes) and know how to request these...(yes / no)
11. I understand many of the costs associated with the care-years (e.g. at-home services, therapy costs, medications, cleaning services, special equipment...) and realize that there is now a special insurance policy available to help me cover certain care costs when needed...(yes / no)
12. I am confident that there will be 'few surprises' for my family to contend with during my senior years because my house is in order...(yes / no)

For more information on in-home living assistance services please call us or visit our website at: www.beckncallhomecare.com