

COMMON COMPONENTS OF AN AGING PLAN:

- An estate plan
- Long-term care insurance
- Choosing a long-term care provider
- Remodeling or purchasing a home that is age friendly
- Informing adult children and responsible parties about legal and financial matters
- Funeral & burial plans
- A wellness strategy to improve fitness and health
- Advance health care directives
- Durable Power of Attorney
- Minimizing risk as one ages to promote the longest healthiest life possible
- Financial planning
- Development of meaningful hobbies
- Career and work plans as one ages