



## “AGING IN PLACE” CHECKLIST

Research shows that people prefer to stay in their own home for as long as possible. Successfully “aging in place” requires developing a plan 5 to 10 years ahead of the need. Please spend some time thinking about how you would answer these questions.

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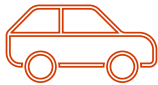
What would you do if something happened to your partner? Would you move? Are there additional services you would need?



Is your home age-friendly? Will it need to be modified? Are there steps to get in? Do you have a bedroom and full bathroom on the first floor? Are the washer and dryer accessible? Is your home well-lit inside and out?



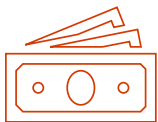
Do you have your maintenance team in place? Do you have a landscaper, snow removal, handyman, cleaning service as these tasks become more difficult?



Is there someone that you can rely on for errands or doctor visits if you are unable to drive? Have you tried Uber or Lyft?



Is there a friend or family member who will be alerted if you fall? Would you consider Life Alert or a digital assistant such as Alexa that could make a call for you in an emergency?



Do you have someone in mind who will manage your finances if cognitive function declines? What event or events would trigger this?



What are the signs that you may need more care? Do you have a plan of when you may need in-home care and/or assisted living?