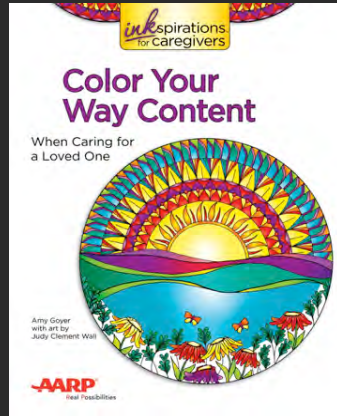


MINDFULLY MAP OUT YOUR FUTURE

Amy Goyer

Juggling Life, Work, Caregiving, Aging...and Grief



I've learned a lot about how to be as prepared as possible for the future

Why plan ahead?

- Older adults who feel more in control of their lives also report feeling younger
- Those who feel younger also show fewer age-related changes in their brains
- Do yourself a favor – more likely to live the way you want to as you age
- A gift to your loved ones – easier for them to know your wishes and work to carry them out

#1 Start the Conversations



Having “The Talk”

- Early and often – change
- Do your homework – understand the options
- Their roles - love, support, care, respect your wishes
- Effective communication
 - “I” statements
 - Ask for their input but be clear about your goals
- Who to contact - if you don't want to tell all

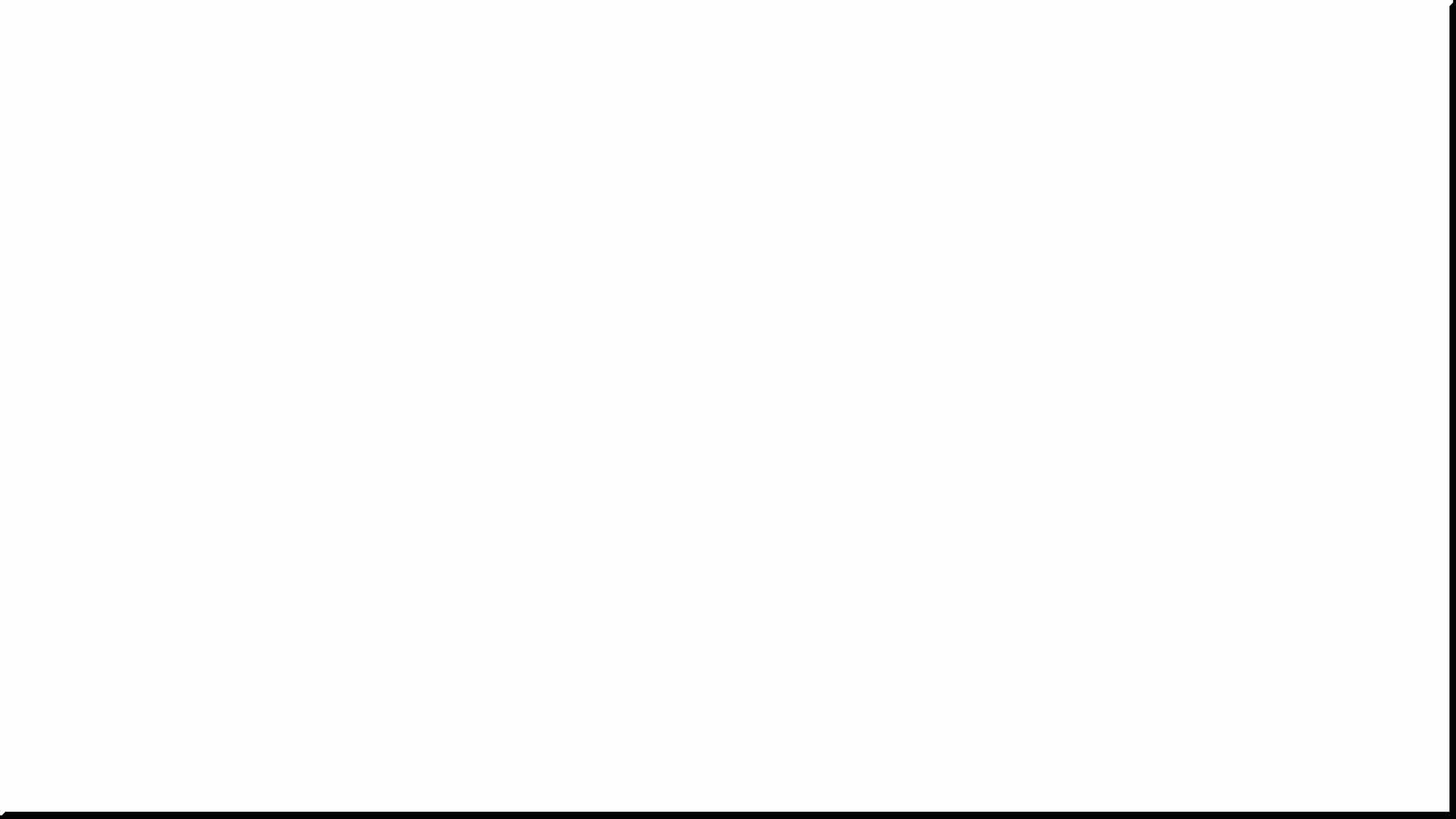
Talk About..Quality of Life

- How you want to live
- Travel, activities, hobbies
- Animals, social, family, friends
- Faith community
- Joy









Talk about...Work

- How long
- What - make a change?
- Where
- Full-time/Part-time
- Volunteer
- Effect on retirement



Talk about...Housing

- Where and when
- Stay, move, downsize
- Family
- Sr. community, independent
- Asst. living, skilled nursing, CCRC, group home



Talk About...Finances & Legal

- Finances – *what* are your resources
 - Insurance, income, debts, benefits, investments, retirement accounts, assets, budget
- Legal – *now* and *future*
 - Estate planning, will, trust, powers of attorney for finances and healthcare



Talk About...Health

- History, current, *future*
- Doctors, medications
- Hospitals
- Insurance



Talk About...Safety

- At home, in community
- Technology
- Personal safety – crime, scams
- Gradual changes
- Driving



Talk about...Transportation

- Family, friends
- Senior transportation
- Uber/Lyft, facility
- Costs
- “We Need to Talk” (AARP)



Talk About...The Stuff

- Where is everything, where do you want it to go, when
- Jewelry, household, photos and videos
- Heirlooms
- Social media/websites, safe deposit box, files, heirlooms,
- If not now, who to ask





Talk about...Care

- Over time, stages
- Caregiver or receiver
- At home or facility
- How to pay
- Who

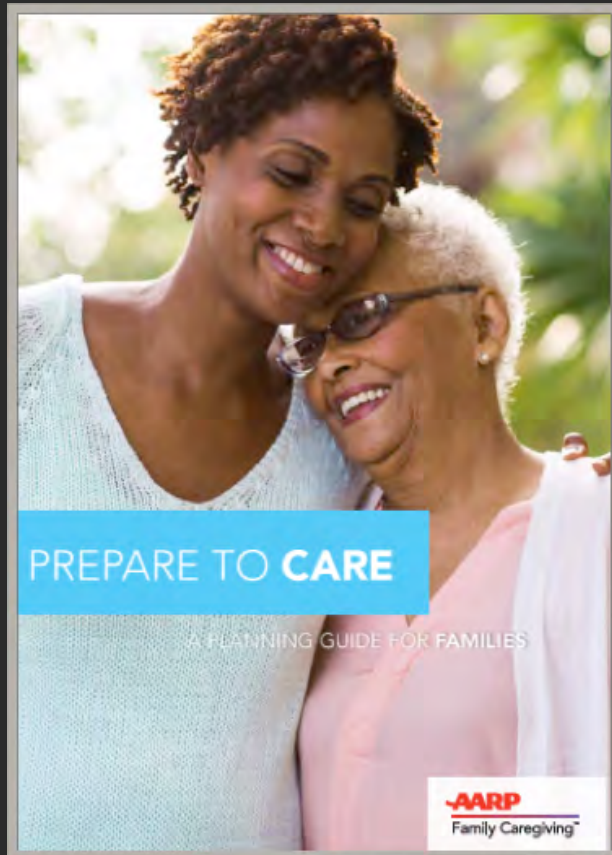


Talk About...End of Life and After

- Your wishes
- Care, treatment
- Quality of life
- Specific funeral plans
- Estate



AARP's FREE Prepare to Care Guide Can Help!



Download or order a free copy at
www.aarp.org/preparetocare

#2 Prepare Your Team

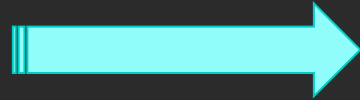


***I CAN DO
ANYTHING
BUT I CANNOT DO
EVERYTHING!***

- AMY GOYER, CAREGIVING EXPERT

Team Roles

- Hands-on
- Hands-off



- Big Picture
- Single resp. team leaders
- Ongoing interactors
- Task-oriented achievers
- One-time contributors
- Back-up players

Who?

- Relatives, friends, neighbors, volunteers, paid
- Realistic expectations: who can you rely on
- Accept personalities and strengths
- Heal relationships now - not in crisis
- What can they manage, afford



How?

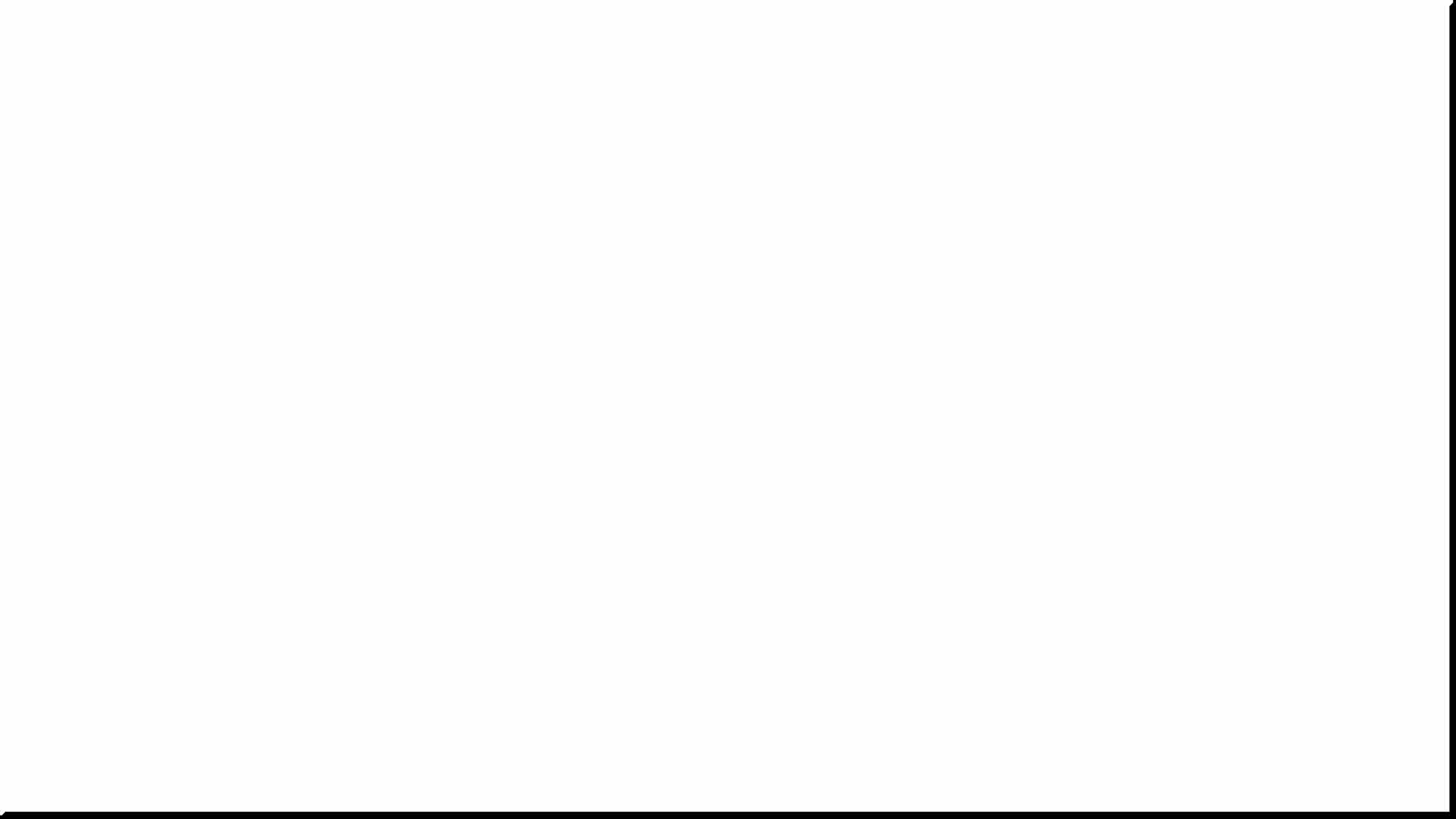
- Do all team members get along, agree?
- Who is the “hub”
- Who will lead, what areas
- Location: Long-distance or nearby
- How to communicate
- Appreciation and reinforcement

Our Team

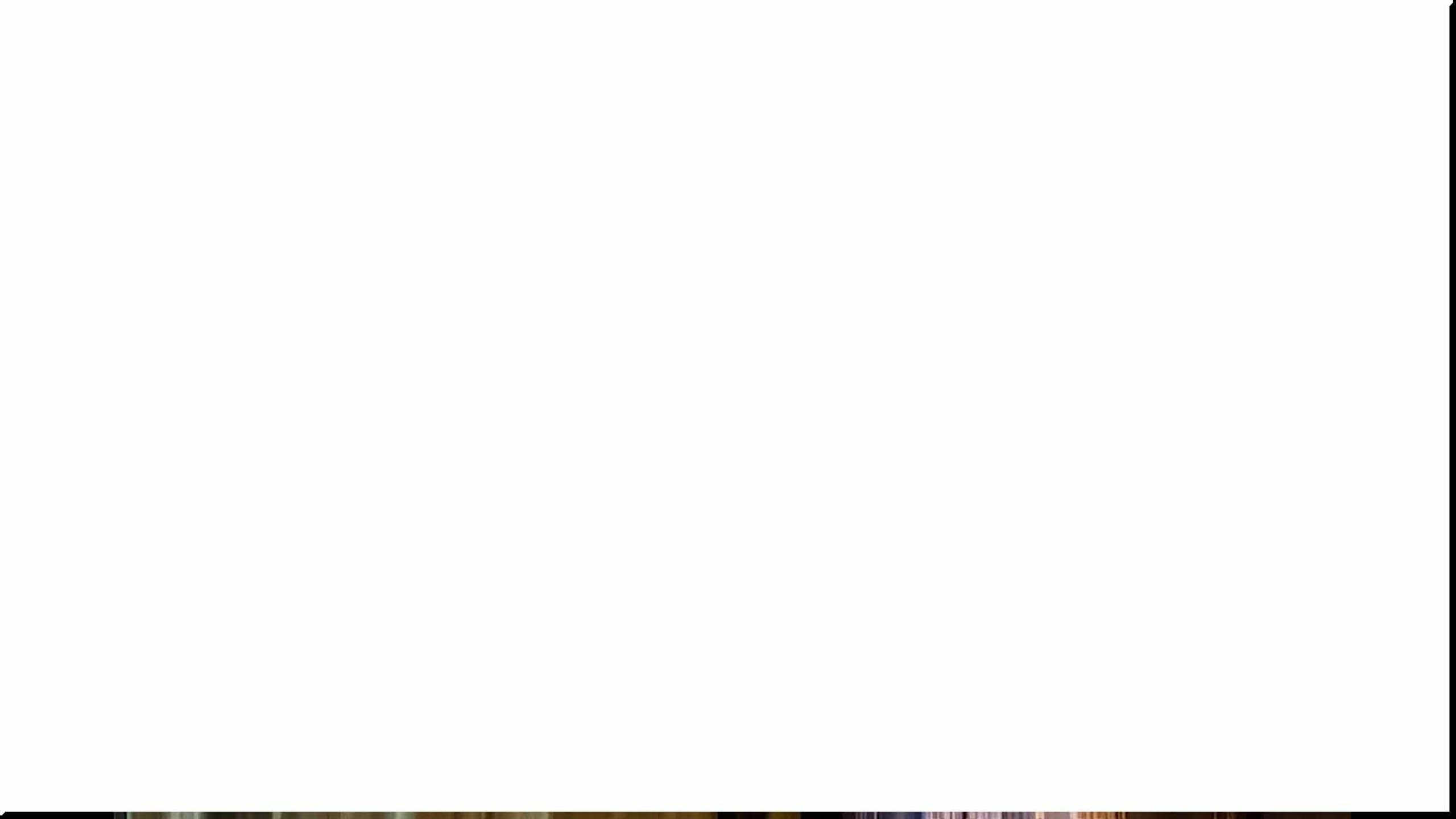
- Family
- Friends/Neighbors
- Respite program
- Faith community
- Paid caregivers
- Volunteers
- Doctors/Pharmacists
- Financial advisor
- Lawyer
- Caseworkers/care managers
- Service Coordinators



- Therapists
- Exercise pros
- Personal care
- Hair stylist, manicurist, masseuse
- House cleaning
- Yard care
- Handy person/chore service
- Support group
- Online community
- Animals







#3 Make a Plan



5 Steps to Your Plan

1. Assess the current situation - YOUR and your TEAM's immediate and future needs, abilities, resources, goals
2. Identify GAPS – what's missing?
3. Determine how to FILL the gaps (what, who, how, when, where) and maintain
4. Create a realistic budget to support the plan
5. Review, revise, repeat – the plan WILL change but you have a framework to go back to

#4 Build Support



In Your Community

- Housing managers
- Mobile health practitioners
- Aging in place specialists to help with home safety
- Home repairs, chores, yard workers



- Home health
- Geriatric care managers or “aging life care experts”
- Social workers
- Therapists – speech, physical, occupational, music/arts
- Support Groups

Howard County Office in Aging and Independence

The screenshot displays the Howard County Maryland website. At the top left, there is a photo of Allan H. Kittleman, County Executive, next to the Howard County Maryland logo. The top right features utility links for GIS Maps, Open Howard, Tell HoCo, RSS, and language flags, along with a search bar. A navigation menu includes 'I Want To', 'Services', 'Departments', 'News', 'Events and Meetings', 'Stay In Touch', 'About HoCo', and 'Branches'. A breadcrumb trail reads: Home > Departments > Community Resources and Services > Office on Aging and Independence. A blue banner labeled 'Departments' is positioned below the navigation. The main content area is divided into three columns. The left column contains 'Howard County Community Resources and Services' with contact information (9830 Patuxent Woods Drive, Columbia, MD 21046, 410-313-6400) and a 'Community Resources and Services Spotlight' section with an 'About Us' link. The middle column features a large heading for 'Office on Aging and Independence (OAI)'. The right column is titled 'News and Upcoming Events' and includes a section for 'HopeWorks presents: Telling This Truth' with a corresponding logo.

HOWARD COUNTY
MARYLAND

Allan H. Kittleman, County Executive

GIS Maps | Open Howard | Tell HoCo | RSS |

Search...

[County Executive](#) | [County Council](#) | [Courts](#) | [Boards and Commissions](#)

I Want To | Services | **Departments** | News | Events and Meetings | Stay In Touch | About HoCo | Branches

[Home](#) > [Departments](#) > [Community Resources and Services](#) > [Office on Aging and Independence](#)

Departments

Howard County Community Resources and Services
9830 Patuxent Woods Drive
Columbia, MD 21046
410-313-6400

Community Resources and Services Spotlight
[About Us](#)

Office on Aging and Independence (OAI)

News and Upcoming Events

HopeWorks presents: Telling This Truth

Veterans Affairs Caregiver Support

caregiver.va.gov or call 1-855-260-3274

The screenshot shows the homepage for VA Caregiver Support. At the top, there is a navigation bar with the U.S. Department of Veterans Affairs logo and name. Below this is a search bar and a site map link. A main navigation menu includes links for Health, Benefits, Burials & Memorials, About VA, Resources, Media Room, Locations, and Contact Us. The page title is "VA Caregiver Support". A sidebar on the left lists various services and resources under the "Caregiver Program" heading. The main content area features a video player showing a couple embracing, with a "Caring for Veterans with TBI" article snippet to its right. At the bottom, there are links for "Caregiver Support Line", "TBI Awareness", and "Staying Strong", along with a "QUICK LINKS" section and a prominent "CAREGIVER SUPPORT LINE 1-855-260-3274" call to action.

Secure https://www.caregiver.va.gov

U.S. Department of Veterans Affairs

Health Benefits Burials & Memorials About VA Resources Media Room Locations Contact Us

VA » Health Care » VA Caregiver Support

VA Caregiver Support

- ▼ Caregiver Program
 - VA Caregiver Support Home
 - Caregiver Services
 - Services for Caregivers of Post-9/11 Veterans
 - ▶ What's New
 - ▶ Staying Strong
 - ▶ Caregiver Toolbox
 - ▶ Help Near Home
 - ▶ Caregiver Connections
 - Additional Resources
 - ▶ More Health Care

QUICK LINKS

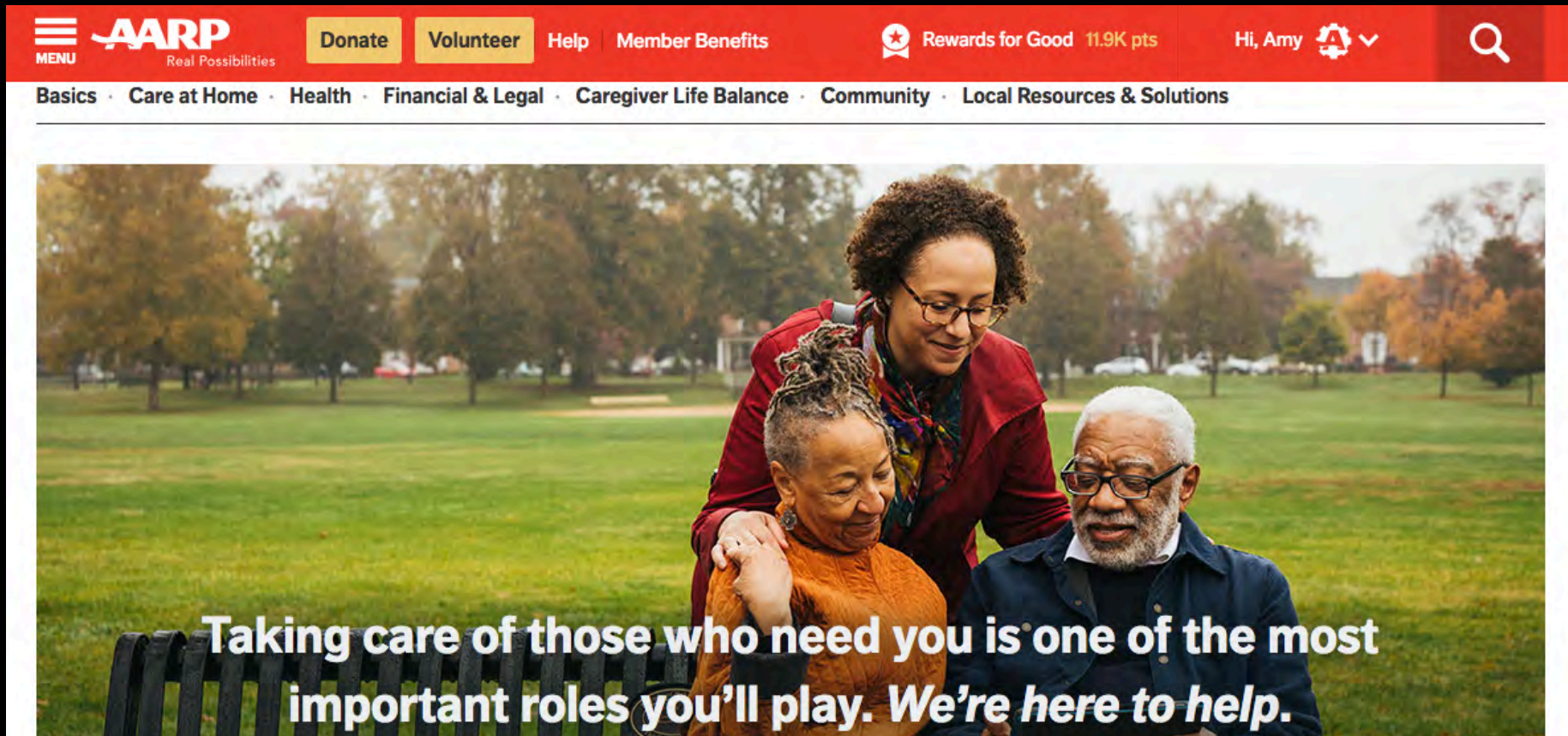
VA values your commitment as a partner in our pledge to care for those who have "borne the battle." We have several support and service options designed with you in mind. The programs are available both in and out of your home to help you care for yourself and the Veteran you love.

CAREGIVER SUPPORT LINE
1-855-260-3274

AARP Family Caregiving Site

aarp.org/caregiving

1-877-333-5885



The image shows the top portion of the AARP website. At the top is a red navigation bar with the AARP logo (three horizontal lines, 'AARP', and 'Real Possibilities') on the left. To the right of the logo are buttons for 'Donate' and 'Volunteer', followed by links for 'Help' and 'Member Benefits'. Further right, there is a 'Rewards for Good' section showing '11.9K pts', a user greeting 'Hi, Amy' with a profile icon, and a search icon. Below the red bar is a white navigation bar with links for 'Basics', 'Care at Home', 'Health', 'Financial & Legal', 'Caregiver Life Balance', 'Community', and 'Local Resources & Solutions'. The main content area features a large photograph of a woman in a red jacket leaning over an elderly woman and an elderly man sitting on a park bench. The text 'Taking care of those who need you is one of the most important roles you'll play. We're here to help.' is overlaid at the bottom of the photo.

Taking care of those who need you is one of the most important roles you'll play. We're here to help.

#5 Care for Yourself



It's not selfish...it's practical

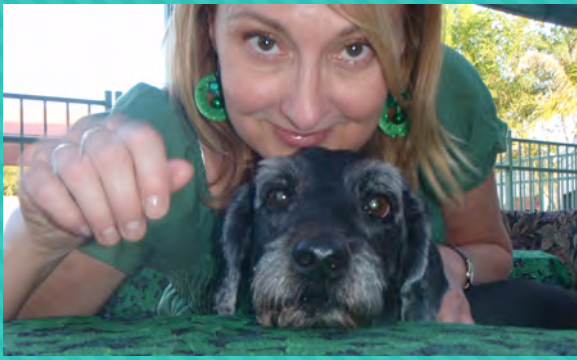


Knocking, no pickup? Running on empty?

Pay attention!

- ✓ Stress
- ✓ Short-tempered
- ✓ Exhaustion
- ✓ Relationships
- ✓ Health
- ✓ Finances





Fill Your Tank



Quick Tank Fillers: Call a friend, hug, moments of joy, walk around the block, sing, dance, be mindful, coffee/tea, animals, grandkids, connect w/friends, text or Facebook, do nothing at all

Premium Fill-Ups: Classes, golf or hike, get creative, TV or movie, dinner out, read, golf, massage, manicure, time with family/friends

Tune Ups: Longer, change of pace, vacation, staycation, retreat, meaningful place, spa

Routine Maintenance: Sleep, healthy food, exercise, health care & preventive, counseling or life coaching, massage, reiki, acupuncture, balance, maintain identity, daily dose of joy



Mindfully Live Your Best Life

At Every Age!

Mind Your Mindset

- Be mindful – Live consciously, here and now
- Meditate - try an app, breathe, rest, get still
- Let go of resentments – they are only hurting you
- Acknowledge challenges; focus on solutions
- Never too old to choose flexibility and positivity
- Adaptability is most important trait for aging!





Combat Isolation



Consciously experience joy!



Do things you love to do



Commit to Engaging throughout your life



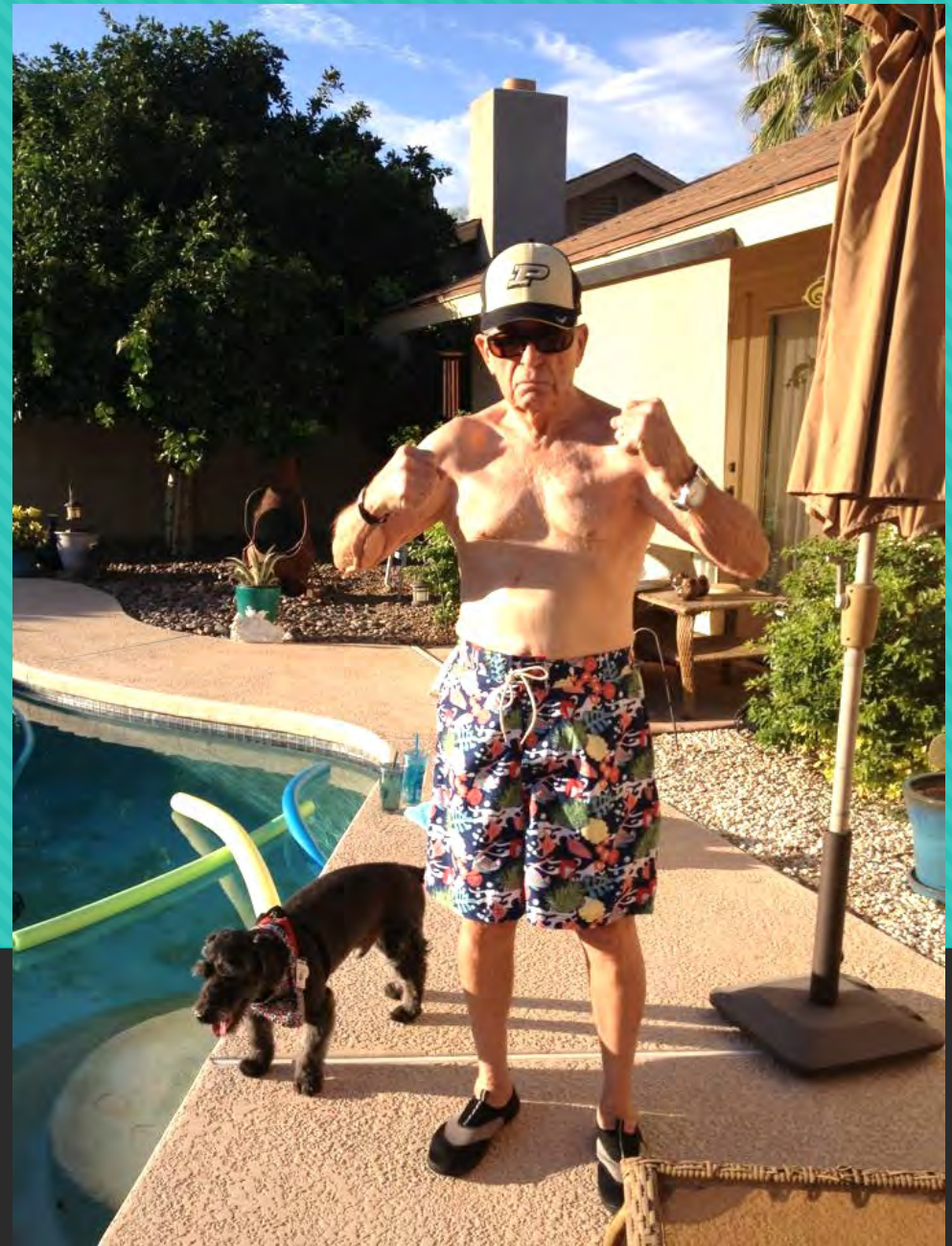
Be aware of what you eat



Keep moving!

There is power in
mindfully mapping out
your future!

Every little thing you do
adds up to create
success.





SUCCESS IS
THE SUM OF
SMALL
EFFORTS
REPEATED
DAY IN AND
DAY OUT.

- Robert Collier

FAMILY CAREGIVING www.aarp.org/preparetocare to download or order print copies

Prepare to Care: A Caregiving Planning Guide for Families

[Basics](#) · [Care at Home](#) · [Health](#) · [Financial & Legal](#) · [Caregiver Life Balance](#) · [Community](#) · [Local Resources & Solutions](#)

Download Our Prepare to Care Guides

Download a brochure? [Take our survey and tell us how you liked it!](#)

[Download English Guide](#)



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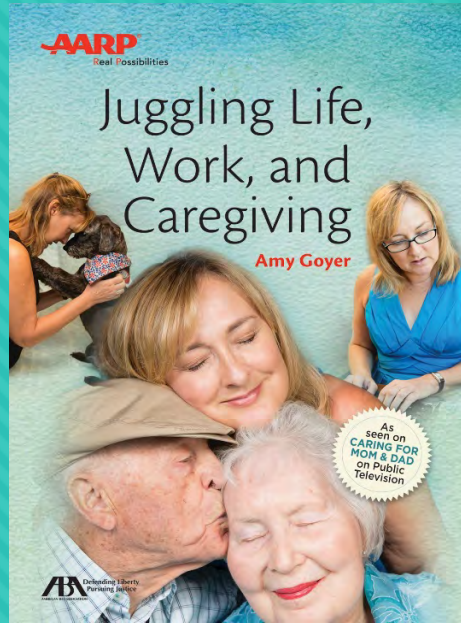




A little advice from Dad...

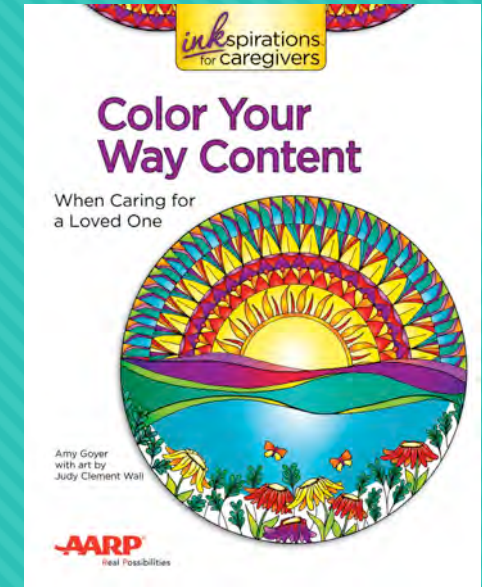
Keep Cool but Don't Freeze!
Just do your best.





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aarp.org/amygoyer
aarp.org/caregivingcommunity



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Twitter, Youtube, Instagram, LinkedIn: [amygoyer](https://www.instagram.com/amygoyer)