

# I AM GETTING OLDER:

HOW CAN I KNOW I WILL I BE  
OKAY?

BY KAREN HENDERSON

FOUNDER

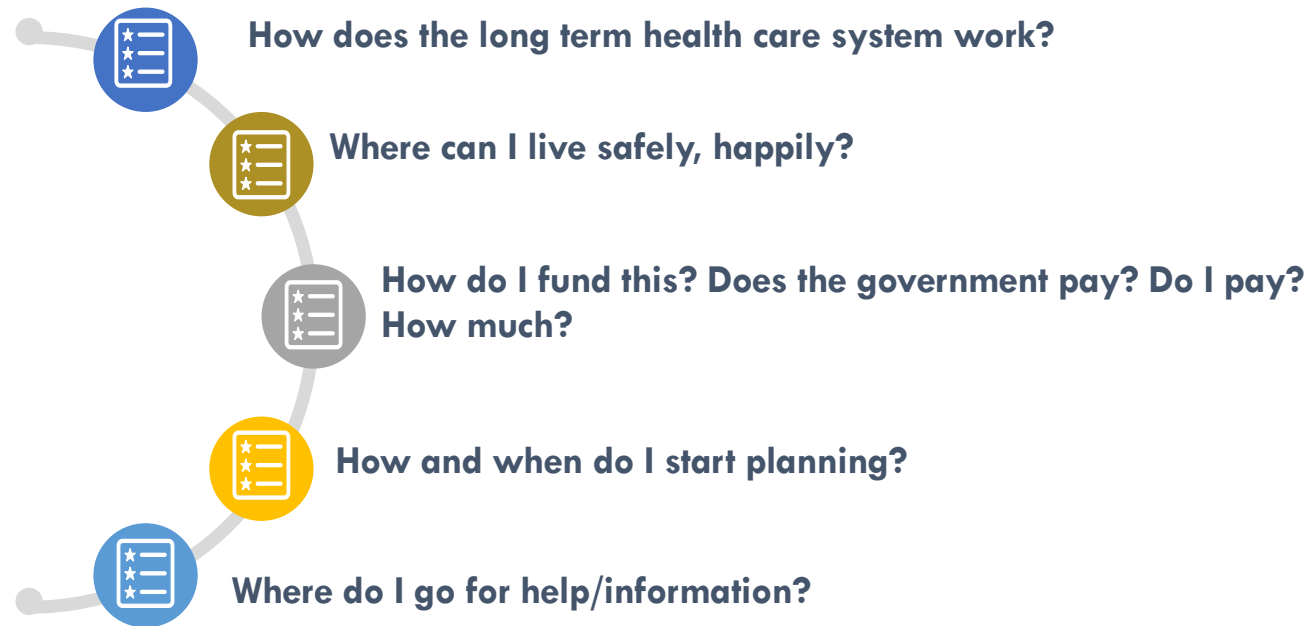
LONG TERM CARE PLANNING NETWORK

OCTOBER 2021



Long Term Care  
PLANNING NETWORK

## Regardless of Situation...We All Need To Know:



# **SUMMARY THOUGHTS**

# YOUR MOST IMPORTANT ASSET— AND IT'S NOT WHAT YOU THINK

Your **independence** is your most precious asset.

## Plan for it!

- In your 50's and 60's:
  - Manage your legal directives – POAs, Will. Ensure you have a say about your care
- In your 70s and 80's:
  - Manage your home and possessions – consider downsizing everything to make life easier for you/your family
- In your 90s and 100's:
  - Stay connected – spend time with others, and maintain your purpose and hope.

## HOW CAN YOU KNOW YOU'LL BE OKAY?

1. Keep yourself as healthy as possible through exercise, diet, regular physical check ups — STAY OUT OF THE HEALTH CARE SYSTEM!
2. Understand the diseases you (may) face
3. Understand the long term health care health care system (care continuum)
4. Keep your home safe as you age
5. Tell your family/advisors/medical professionals what you want as you age – have the care conversation
6. Ensure you have an updated Will, Powers of Attorney
7. Make all critical information accessible in one place
8. **Start planning how you will pay for care as required**
9. KEEP MOVING!!

# AS AN EXPERT IN THE FIELD, WHAT IS MY PLAN?

1. My health/fitness level
  - Very high, way beyond my peers or in fact anyone I know
  - In constant touch with my GP – up on all my vaccines – no health concern goes uninvestigated
2. . Where I live
  - A walkup at St. Clair/Avenue but my fitness level is very high – stairs no issue
  - I know all my neighbours and who I can count on; strong community ties
  - 2 bedrooms – one for me, one for a live in caregiver if necessary
  - Close/walking distance to all amenities
3. All legal/financial work done
  - POA is far away but the best I can do
  - Financial advisor understands my situation, works with me
  - Insurance: own CI till age 75, own LTCI until end of life
  - Save where ever I can
4. I understand my family chronic illness issues – watch for same in myself
5. Geriatric studies
  - I sign up for all appropriate studies; learn a lot and get excellent care in return
6. Never stop learning about new scientific approaches to treating disease; use technology to my advantage

**BUT I STILL WORRY** 😞

# RESOURCES

# RESOURCES - KAREN INTERVIEWED / AS A SOURCE

- **There's a cost in money, isolation and family stress when seniors choose to remain in their own private homes**

[www.theglobeandmail.com/investing/personal-finance/retirement/article-theres-a-cost-in-money-isolation-and-family-stress-when-seniors/](http://www.theglobeandmail.com/investing/personal-finance/retirement/article-theres-a-cost-in-money-isolation-and-family-stress-when-seniors/)

- **The retirement issue no one talks about: the high cost of long-term care**

[www.theglobeandmail.com/investing/personal-finance/article-the-retirement-issue-no-one-talks-about-the-high-cost-of-long-term/](http://www.theglobeandmail.com/investing/personal-finance/article-the-retirement-issue-no-one-talks-about-the-high-cost-of-long-term/)



# RESOURCES

- **Home, Community and Residential Care Services**  
[www.health.gov.on.ca/en/public/programs/lrc](http://www.health.gov.on.ca/en/public/programs/lrc)
- **Assistive Devices Program**  
[www.ontario.ca/page/assistive-devices-program](http://www.ontario.ca/page/assistive-devices-program)
- **Where did I leave my glasses?: the what, when and why of normal memory** by Martha Weinman Lear
- **Alzheimer Society of Canada** <https://alzheimer.ca/en>
- **Cogniciti** <https://cogniciti.com>
- **Living to 100** [www.livingto100.com](http://www.livingto100.com)
- **Plan Well** <https://planwellguide.com> (Advance Care Planning)

**KAREN'S  
LONG TERM  
CARE  
PLANNING  
TOOLS AND  
RESOURCES**

Long Term Care Planning Network  
[www.ltcplanningnetwork.com](http://www.ltcplanningnetwork.com)

**The 10 – Step Long Term Care Planner**

**Long Term Care: A Practical Planning Guide  
For Canadians**

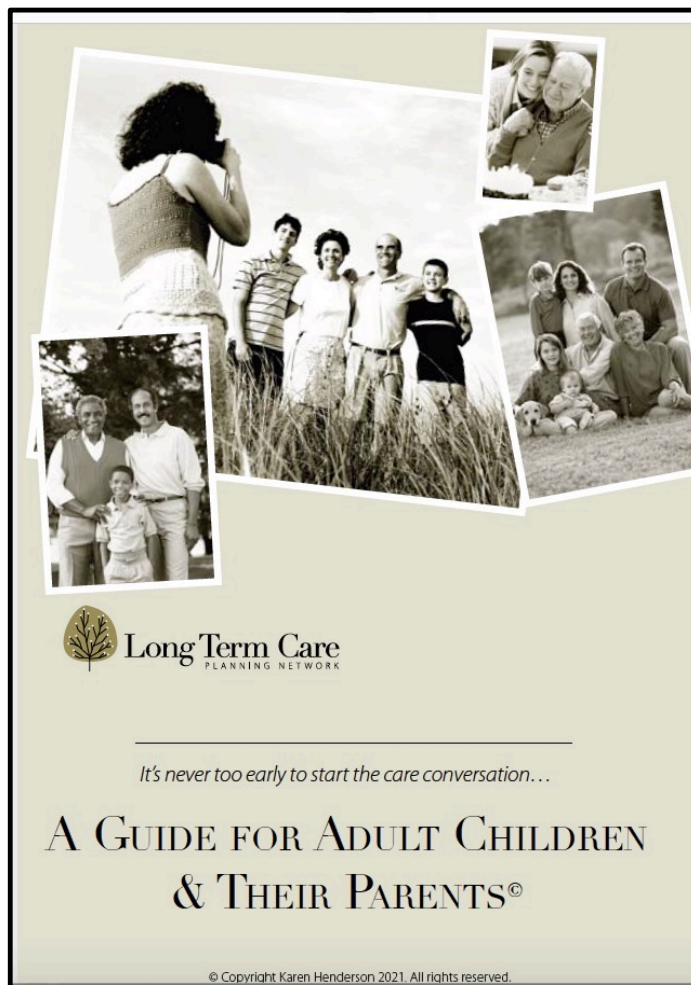
**The Critical Illness/Long Term Care Planner**

# KAREN'S CARE PLANNING/CONSULTING SERVICES

## Family Consulting

- Home safety
- Accommodation options
- Alzheimer planning

## 10-Step Custom Long Term Care Plan Creation



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*It's never too early to start the care conversation...*

## A GUIDE FOR ADULT CHILDREN & THEIR PARENTS®

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## YOUR PRESENTER

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Specialists in helping Canadians and their advisors understand the implications of ageing and long term care on financial, personal and family well-being.

