

# Managing the Financial Trifecta: Your Parents, Your Kids, Your Retirement

## Resource Sheet

### Parent Caregiving Resources

- [AgingLifeCare.org](https://www.aginglifecare.org): Aging Life Care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, the expertise of Aging Life Care Professionals provides the answers at a time of uncertainty. Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off of work for family caregivers through: Assessment and monitoring, planning and problem-solving, education and advocacy, and family caregiver coaching.
- [Care.com](https://www.care.com): Care.com offers of an array of services that enable families to find, manage and pay for care and provide employment opportunities for caregivers. These include a robust suite of safety tools and resources, easy ways for caregivers to be paid and obtain professional benefits, household tax and payroll services for families, and customized corporate benefits packages covering childcare and senior care services.
- [CareLinx Incorporated](https://www.carelinx.com): operates an online platform that enables families to find and manage caregivers. The company's network of home care professionals includes part-time visiting nurses, home care professionals, live-in caregivers, companion care, and in-home help for seniors and the elderly.
- [Caring Village](https://www.caringvillage.com): Caring Village is the only easy-to-use dashboard and mobile app designed specifically for family caregivers, like you, making it easier, safer, and less stressful to care for an aging loved one. Your personalized village becomes the "Command Center" for all of your caregiving activities. Invite family, friends, neighbors, and care professionals to share in the care.
- [Genworth's Cost of Care 2020 Survey](#)
- [How to Plan for Rising Healthcare Costs \(Fidelity Viewpoints, 05/06/2021\)](#)
- [Massachusetts Healthcare Proxy Form](#)

## Raising Kids Who Launch Resources

- [Marshmallow Experiment](#): A 1960's experiment led by psychologist, Walter Mischel on kids and delayed gratification
  - [Money Habits are Set By the Age of 7](#): A 2013 study by behavior experts David Whitebread and Sue Bingham of the University of Cambridge reviewed previous studies to determine how children learn in general, and how they learn about money in particular. They concluded that money habits — including the ability to plan ahead and to delay gratification — are typically formed early in childhood.
  - Goal Setting Apps: [Digit](#), [Peak](#), [Chime](#)
  - [Money Prodigy](#): 7 free stock market games to teach kids about money
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