



Fee-Only Financial and Investment Planning
(888) 320-9993



On Course

May 30, 2017

Volume 17, #5

Welcome! This month we tackle an important topic – how to remain independent as you age. Keep reading to gain insight and tips on this important yet difficult topic!

We want to thank Dianne Savastano, founder and principal of [Healthassist](#), a consulting firm providing healthcare advocacy that's often missing in today's healthcare system. She contributed much of the content below, and we are most appreciative!

If you want assistance creating a plan for independence as you age, remember we're here to help you stay *On Course!*

Jenfee

-Jennifer Lane, CFP

In This Issue

[Aging and Independence](#)

[What's New](#)

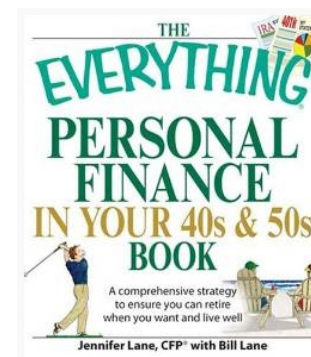
[Monthly Tip](#)



Jennifer's Hint

Don't move your elderly parents' assets without talking to an elder law attorney. Get a referral from a friend or an advisor or through the National Elder Law Foundation at www.nelf.org and the National Academy of Elder Law Attorneys at www.naela.org.

Get more tips in Jennifer's book



[\(click here for link\)](#)

Maintaining Independence as You Age

As I tell my clients, planning and thinking ahead about how to remain independent is a gift that parents can give to their children. Dianne Savastano, Healthassist

Planning for independence

- People are living longer than ever – many with chronic medical conditions. Because of this, decline in abilities may force adjustment and change.
- To combat that, think through the common trajectory that forces people out of their homes: loss of mobility and balance that leads to a fall, hospitalization, surgeries, pain medication, confusion, short-term rehab.
- Research shows that two of the most effective measures to prolong independent living are **exercise** and **social stimulation**. So, create goals around both.
- Formal exercise can prevent mobility problems. Seek out programs in your community center, council on aging, local Y's, and health clubs. Find something that you enjoy so you can stick with it. If it's hard, remember your goal of staying in your home.
- Stay engaged with your family and friends. Use technology, e.g., email, Facebook, Instagram, to stay in touch with those living far away.

Transitions

- If your goal is to maintain your Independence, think through what that means. It's important that you articulate what you envision with your spouse, partner, and children.
- Then you and those close to you can plan on how to support those goals.
- Transitions will continue as they have throughout life. Being prepared makes them smoother.
- Think about
 - house and yard maintenance – should you downsize, hire help, sell a second home, declutter
 - access issues – how easy is it to get from outside to inside, could you live on the first floor if necessary
 - safety – remove throw rugs, add stronger lighting, have a safety assessment done.
- Create a point of reference by looking at potential places for alternative living and continuing care, i.e., independent, assisted living, skilled nursing, and long-term care.

Healthcare partner

- A healthcare partner is someone who supports you as you navigate the healthcare system. Set up this relationship early so it's in place should a crisis occur.
- The healthcare partner can be a spouse, child, partner, or friend. Choose someone you trust who knows you and your medical conditions.

Helpful Websites

[Mass Councils on Aging](#)

[Eldercare.gov](#)

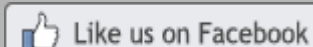
[Healthassist](#)

[National Council on Aging](#)

[National Academy of Elder Law Attorneys](#)

[National Elder Law Foundation](#)

- Create a comprehensive list of your medical conditions, hospitalizations, detailed info on medications (dosage, timing, prescribing doctor), and your medical team (doctors, specialists, dentists, podiatrists) to share with your healthcare partner.
- Your primary care physician should meet your healthcare partner and understand this person is part of your team.
- Complete a medical release form so your healthcare partner can communicate with your medical team and can also access your medical portal.



Q&A

Q: My wife and I are exploring options for help so that we can stay at home. Can you suggest any resources that I can research?
– Herbert, Concord

A:

Herbert, you can check out www.eldercare.gov for links to resources near your home. Also, contact the National Council on Aging at www.ncoa.org. Ask local church and youth groups if they have volunteers available or programs to help.

What's New

- Jennifer contributed to *The Wall Street Journal* article "The Biggest Money Mistakes We Make -- Decade by Decade." Click [here](#) to read the article.
- Jennifer recently answered NECN viewer questions about **couples' managing their money together**. Click [here](#) to watch the segment on her blog.
- Follow us on Facebook! Visit www.facebook.com/AskJennifer and like us!
- Jennifer appears on NECN every other Monday morning at 9:30 am in addition to her Tuesday 7:30 pm appearance.

[Compass Planning Associates](#) helps families, individuals, and small-business clients achieve financial security, knowledge, and control over their money. Our **fee-only, client-centered approach** provides education and guidance for achieving financial goals and dreams.

All contents of this newsletter Copyright 2017 Compass Planning

Confirm that you like this.

Click the "Like" button.