

LIVE WELL CHECK-UP



HEALTH

		YES	NO	To Do List
1	Do you like and trust your Primary Care Physician (PCP)?	<input type="checkbox"/>	<input type="checkbox"/>	
	Will he/she respect your decisions, including end-of-life decisions?	<input type="checkbox"/>	<input type="checkbox"/>	
	Is the office staff helpful, or do you just tolerate your doctor and their office? EXPERT ADVICE: If you have no real connection to your doctor it is time to find one that you can build a relationship with now while you are still healthy. If you are happy with your current doctor, ensure they have copies of any advance directives and discuss with them your wishes regarding end-of-life decisions. Also ensure they will take the lead with any specialists you have and are receiving summaries of any specialist visits. Introduce your PCP to your family when possible.	<input type="checkbox"/>	<input type="checkbox"/>	
2	Are you engaged in life?	<input type="checkbox"/>	<input type="checkbox"/>	
	Do you have social opportunities to engage with others?	<input type="checkbox"/>	<input type="checkbox"/>	
	Do you try to learn new things and/or practice brain games?	<input type="checkbox"/>	<input type="checkbox"/>	
	Do you volunteer?	<input type="checkbox"/>	<input type="checkbox"/>	
	Do you travel? EXPERT ADVICE: Staying engaged in life can prevent isolation and loneliness.	<input type="checkbox"/>	<input type="checkbox"/>	
3	Do you exercise regularly? EXPERT ADVICE: Physical activity helps maintain the ability to live independently and reduces the risk of falls and developing dementia.	<input type="checkbox"/>	<input type="checkbox"/>	
4	Does your diet provide good nutrition? EXPERT ADVICE: Often changes in your diet can eliminate the need for medications. Read the labels on food, look for low sodium, sugar and fat content. Ask your doctor about foods and/or supplements that would be helpful to you.	<input type="checkbox"/>	<input type="checkbox"/>	



LEGAL

1	Do you have a trusted attorney? EXPERT ADVICE: If not, now is the time to build a relationship with one.	<input type="checkbox"/>	<input type="checkbox"/>	
2	Have you executed advance directives including a Power of Attorney, Health Care Surrogate, Living Will, and an estate plan? EXPERT ADVICE: These documents should be reviewed annually so make sure to read them carefully and meet with your attorney to discuss any changes required by the state or that you feel are necessary. Always notify your attorney of any changes in your family circumstances that might affect your advance directives.	<input type="checkbox"/>	<input type="checkbox"/>	
3	Have you introduced your attorney to your family? EXPERT ADVICE: Introduce your attorney to your family when possible and discuss your desires regarding end-of-life decisions with your family.	<input type="checkbox"/>	<input type="checkbox"/>	



FINANCIAL

1	Do you have a financial planner? EXPERT ADVICE: If so, introduce them to your family.	<input type="checkbox"/>	<input type="checkbox"/>	
2	Do you have written information about your income, assets, credit cards, banking, computer passwords, etc. available with your other legal papers?	<input type="checkbox"/>	<input type="checkbox"/>	
3	Have you made funeral arrangements? EXPERT ADVICE: Consider pre-paying a funeral plan. The cost for a funeral today is less than in the future so consider making and paying for final arrangements now.	<input type="checkbox"/>	<input type="checkbox"/>	



HOUSING

1	YES NO	To Do List
Are you comfortable in your current living arrangement?	<input type="checkbox"/> <input type="checkbox"/>	
Are there assistive devices that should be installed to ensure your safety?	<input type="checkbox"/> <input type="checkbox"/>	
Do you have a personal emergency medical system?	<input type="checkbox"/> <input type="checkbox"/>	
If you have to move where do you see yourself moving? EXPERT ADVICE: This may be decided for you if your health becomes compromised but if you have had experiences with other housing arrangements make sure to tell someone about your experience so they can consider this information if the need arises for alternative housing.		
2 Can you afford care at home (2019 home care averages \$22/hr)? EXPERT ADVICE: If you had to live in a supportive environment (i.e. assisted living or skilled nursing center) what amenities might be important to you such as group outings, specific foods/diets, activities, transportation services, etc.? Will you want a private room, television, personal caregivers? If you want to remain in your own home no matter the circumstance or cost, what characteristics of a caregiver are important to you?	<input type="checkbox"/> <input type="checkbox"/>	



END-OF-LIFE PLANNING

1 Have a vision. EXPERT ADVICE: Imagine what it would take for you to die in peace and work back from there. Whom do you need to thank or forgive? Do you want to have someone reading to you from poetry or the Bible, or massaging your hands with oils or simply holding them in silence? Where do you want to die? Take command of that space. Will music be playing, family around, animals? Talk about this with people you love. Think of death as a rite of passage, a spiritual experience, rather than a medical event. Without abandoning the best of what modern medicine has to offer, return to that spirit.		
2 Stay in charge. EXPERT ADVICE: Make sure you are confident your physician knows your wishes and will abide by them or find one who will. If illness occurs, know the trajectory of your illness. Ask your physician specifically how you might feel and function during your illness and its treatments. When you become fragile, consider shifting your emphasis from cure to comfort.		
3 Consider Hospice if warranted. EXPERT ADVICE: If it becomes necessary, initiate services sooner than later. It's covered by insurance and provides support to you as well as your family. Hospices are experts at managing pain, comfort and ensuring your end-of-life decisions are followed.		
4 If you are planning to die at home, identify your "village" that can help care for you. Are you willing to have family, friends, and/or professionals care for you? EXPERT ADVICE: It is often labor intensive to care for someone at home so the more open you are to mobilizing your village, the more apt you are to have enough help to remain at home for the duration.		
5 Make and pay for your funeral arrangements and burial site. EXPERT ADVICE: Write down music, readings, etc. you wish used in your memorial service. Where should it take place? Who will officiate? Who is invited to attend (open invitation or only immediate family)? Remember the service is closure for those close to you, a method of helping them deal with their loss.		

Take responsibility for your future!

If you have answered "no" to five or more questions, call us today!

727.392.0825



BARLOWE & ASSOCIATES
Aging Life Care® Experts