

Aging Parents: Planning for the Next Season of Life

Startling Numbers:

- 7/10 people will require long term care in their lifetime
- \$5,000 - \$12,000 = monthly cost of care
- 2-4 = the average number of years long-term care services are needed



Questions to Ask:

- What are her income sources?
- What types of insurance does she have?
- Does she need my support?
- Is a move on the horizon?
- Does cognitive decline run in our family?

Financial Implications:

- Standard of living/cash flow adjustments
- Insurance coverage review
- Long-term care
- Estate planning updates
- Career/long-term goal adjustments
- Investment strategy/allocation



Resources for Your Head:

- [Genworth Cost of Care Estimator](#)
- [Elder Care](#)
- [Senior Living](#)
- [Administration for Community Living](#)
- [Stanford Center on Longevity](#)

Resources for Your Heart:

- [Being Mortal](#) | Atul Gawande, MD, MPH
- [The Conscious Caregiver](#) | Linda Abbit
- [Role Reversal](#) | Iris Weichler



Want a thinking partner? Reach out.