

## A Successful Aging Plan "On Your Terms"

"Aging in Place is the ability to live in one's own home and community safely, independently, and comfortably regardless of age, income, or ability level." Source: CDC

Successful aging extends beyond physical health; incorporating cognitive function, social support, and satisfying life experiences.



### Maintaining Independence While Being Pro-Active

No one looks forward to an unexpected personal or medical situation that catches you off guard; which can be costly, time consuming, complex, and overwhelming.

The time to plan for your aging is now, while you are still healthy, active and able to make decisions on your own.

A personalized "Successful Action Plan", can help prevent unexpected events from turning into a crisis, which have the potential to negatively impact on your health, safety, independence, and quality of life.

For more information contact:  
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## "Helping Seniors, Persons with Special Needs & Their Families"

### Typical Calls We Receive

- Couple requests help developing a "Successful Aging Action Plan"
- Daughter needs advocacy services for dad who's in the hospital
- Son questions whether mom is safe to live at home alone
- Man seeks help to coordinate his partner's multiple care providers
- Family needs help to find services for a teen with schizophrenia
- Senior wants to remain in her home. but is struggling
- Couple want help to move from FL to a CT assisted living facility
- Husband seeks help for his wife who had a recent stroke

### Serving the Community since 1990

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## Successful Aging Action Plan

### "Creating A Pro-Active Road Map"



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Concierge Case Management & Advocacy

## Planning Now For Your Future

One thing we can all be sure of is we're aging, and with aging comes challenges.

- Not all problems occur as a crisis, but evolve in a series of warning signs spanning weeks, months, or even years.
- While most seniors are healthy and function at a high level, it's inevitable that as we age, issues will surface related to our independence.

### Don't Become a Statistic

Are you one of the 78% of Americans who are unprepared should a medical emergency strike?

According to the File of Life.org

- 116 million Americans are involved in an accident each year
- 50% of people suffer with chronic illnesses such as high blood pressure, diabetes or asthma
- 58% of all 911 calls involve a senior

## Don't Wait for a Crisis – Plan Now



## Creating a Pro-Active Road Map

Our "Successful Aging Action" Program helps evaluate your current life situation, and creates a road map that addresses your current needs, while preparing you for potential future challenges.

Our strategies focus on health and mental health, case management and advocacy, home safety, transportation, and advance care planning to name a few.



### Some Areas We Explore

- ✓ Do you want to remain in your home?
- ✓ Are you eligible for state/federal benefits?
- ✓ Do you understand Medicare benefits?
- ✓ Are you and your family prepared for a medical emergency?
- ✓ Do you have Advance Directives?
- ✓ Do you have Long Term Care Insurance, and understand your policy benefits?
- ✓ Are you aware of area transportation?
- ✓ Do you understand CT homecare services?
- ✓ What case management & advocacy services would benefit you?

References are available upon request.

## Some Benefits of Our Services

- Well respected company serving the community since 1990
- All services are individually designed to meet your unique needs
- We are available 7 days a week by appointment and 24/7 for emergencies
- Professional support & guidance
- Our services are provided on-site in the home, ER, hospital, short term rehab, assisted living, and long term care facility

### Our Menu of Services \*

- Advocacy
- Home Safety Audit
- Emergency Medical Advocacy while in the ER and hospital
- Screening, arranging for and monitoring Care Services
- Crisis Management
- Family Support & Counseling
- Insurance Claims Research & Assistance
- Research of Community Resources
- Referrals to Specialists (e.g. medical, legal, or financial professionals)
- Family Discussions and Issue Mediation
- Transitioning to an alternative living option (e.g. home to assisted living)

\* Fee for service

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