

Planning Ahead for Home Care Needs

Proactively having early conversations about a loved one's health can provide peace of mind. Here are some tips for those with an aging parent or a family member with a serious health condition:

- 1. Agree on the role each family member will play.** Adult children can divide responsibilities into categories such as finances, medical details, home maintenance, etc. While siblings in some families naturally fall into certain roles, that doesn't always happen – do your best to cooperate.
- 2. Look for signs of mental, physical or emotional decline.** One day of confusion doesn't indicate cognitive issues. We all have "off" days – watch for patterns of changes in behavior, personality and physical health.
- 3. Gather information and/or request access to vital health and financial information.** The chart on the back of this page makes it easy to get started.
- 4. Ask about Medical Power of Attorney (POA) for each parent.** This will typically provide access to your loved one's medical records as a "personal representative" with the ability to make decisions on their behalf.
- 5. Discuss your family member's preferences for home care and other assistance they may need.** This should be an ongoing dialogue so you'll remain in touch with your loved one's wants and needs.
- 6. Ask if they have an Advanced Directive,** which is a set of instructions regarding medical treatment and end-of-life preferences, possibly including a Do Not Resuscitate (DNR) order.



Prepare Today for a Better Tomorrow

Because growing older is inevitable – and an injury or disease can arise unexpectedly – it's important to talk about your parents' health goals while day-to-day life is still relatively stable. Our team can help provide helpful insights.

BrightStar Care

[brightstarcare.com](https://www.brightstarcare.com)

866-618-7827



Our location has been accredited by The Joint Commission – a widely recognized organization that evaluates the nation's best hospitals and other healthcare organizations.

HOME CARE GUIDE

When you're worried about a loved one's urgent medical situation or they're in the midst of a rapid decline in function, you want to be able to focus on them instead of spending your days searching for documents and account details. This chart can help you prepare:

| Important Financial and Medical Information** | Add Your Notes Here** |
|---|-----------------------|
| Wills and codicils, as well as contact information for their attorney(s) | |
| Safe deposit box locations, numbers and an extra key | |
| General banking and investment information (put account numbers, usernames and passwords in a separate place) | |
| Pension(s), annuities or other retirement income, with contact information (list security details elsewhere) | |
| Find out if they have an estate plan and ask to join them at a meeting with their financial advisor; list contact information | |
| Insurance policies and agent details; ask about Long-Term Care insurance | |
| Ask about Financial Power of Attorney (POA) for each parent (they may have it set up with their spouse, but this might be a good time to switch it) | |
| List of medical professionals, pharmacies and other providers, along with contact information | |
| Medical records – physical copies or logins to patient portals (put login information someplace safe) | |

Planning ahead for a loved one's diminished health is hard, but honoring your loved one's desires is the ultimate show of respect. We're here to help you make that possible.

Consider reaching out to our agency to discuss your family situation and potential needs ahead of time. This can be especially helpful if family members are scattered and your parents don't have any adult children living near them. Please call to schedule a no-obligation in-home visit with our Director of Nursing.***

**This information is provided as a general overview of financial and medical issues to consider. It is not intended to be advice. Every family's situation is unique, so you should consult your own attorney, financial advisor and tax professional to determine the most appropriate approach for your needs.*

***This chart is a convenient place for general information, but you should keep login details in another location, separate from identifying account information.*

****If your loved one is located in another city, we can connect you with a closer agency.*



Do you want to know more about preparing for future needs?

Scan the QR code or visit brightstarcare.com/home-care-guide to find more tips.