

Senior Care Planning Checklist

Use this simple checklist to guide your long-term care planning process

Conversations to Have

- ☐ Talk about care preferences, emergency plans and healthcare future wishes
- ☐ Address current and future safety concerns, daily support needs and expectations
- ☐ Discuss who should be involved in care decisions

Documents to Gather

- ☐ Medical history, current health information, and current medication list
- ☐ Medicare and supplemental insurance information, LTC insurance policy (if applicable)
- ☐ Legal documents (power of attorney documents, advance directives)

Care Options to Explore

- ☐ Learn about home health care services, assisted living, memory care, nursing homes
- ☐ Explore local care providers and services, compare, and schedule tours or consultations

Financial Questions to Answer

- ☐ What are the average senior care costs in your area?
- ☐ What financial resources are available? Are veterans benefits available?
- ☐ What payment options are sustainable long term? Is a senior care budget in place?

Next Steps

- ☐ Create a written care plan and share important information with family members
- ☐ Identify preferred senior care providers in your area
- ☐ Review and update the plan regularly as needs change

Notes: _____

Need Help Exploring Care Options?

Visit longtermcarefinder.com to learn about care options, compare services, access educational resources, and connect directly with senior care providers.