

#### **Caregiving is Different for Solo Agers.** Are you ready?

wheppend Your Health and Happiness in Old Age

Who Will

Wher

Take Care

WHERE TO START, WHICH QUESTIONS

TO ASK. AND HOW TO FIND HELP

The Complete

Eldercare

Planner

Revised & Updated 4th Edition

JOY LOVERDE

Join us for a live and interactive discussion with a best-selling author on family caregiving and the just-released 4th edition of THE COMPLETE FLDERCARE PLANNER.

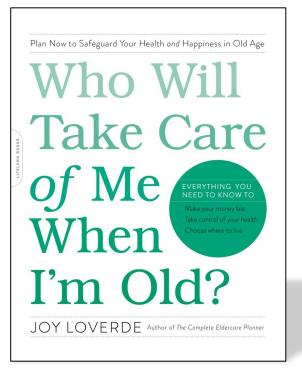
#### Thurs., Nov. 2 @ Noon EST



Joy Loverde author of Who Will Take Care Of Me When I'm Old? and The Complete Eldercare Planner

# Solo agers preoccupied...

Expand vision of future self.



### **Solo Ager Caregiving Questions**

- Who might land on my doorstep seeking my attention and care?
- What are the financial considerations?
- What legal and financial protection clauses must be put in place?
- How will caregiving affect me personally and professionally in the long run?
- If I am a caregiver and become unavailable, what's the backup plan?
- Have I talked about caregiving with friends?

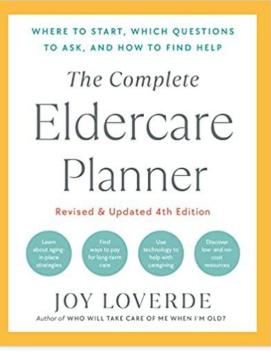
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# Longevity: Caregiving <u>NEVER</u> ends.

- ✔ Grandparents
- ✓ Parents
- ✓ Spouse/Partner
- ✓ Ex-spouse/Ex-partner
- ✓ In-laws & Step Relations
- ✓ Siblings
- ✔ Adult-Child
- ✔ Relatives
- ✓ Friends
- ✓ Neighbors
- ✓ Estranged Family
- ✔ Co-workers
- Pets

# Caregivers: Not One Size Fits All

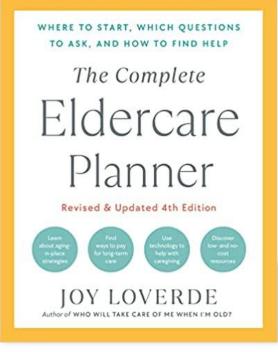
- ✔ Older/Younger
- ✔ Wealthy/Not Wealthy
- ✓ Solo Ager
- ✔ LGBTQ+
- ✓ Spouse
- ✓ Sibling
- ✓ Friends
- ✔ Dementia



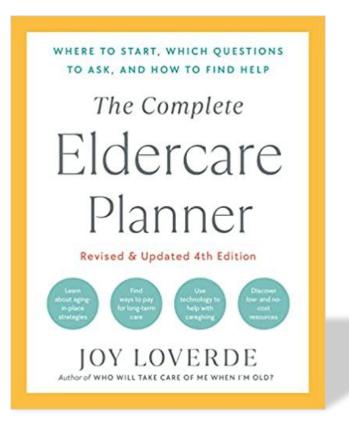
#### EVERY CHAPTER UPDATED

#### Low-Cost and No-Cost Resources

#### Action Plans Checklists Worksheets Questions to Ask



# **Chapter-by- Chapter**

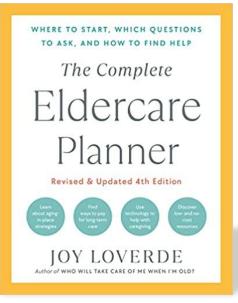


#### Chapter 1: Effective Planning

A Place to Start

Caught Off Guard: Suddenly, You're a Caregiver

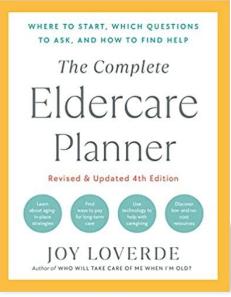
**Eldercare Goals Chart** 



#### Chapter 2: Creating a Care Team

How to Tell When Help is Needed

Share the Care



## **QUALITY OF LIFE CHAPTERS**

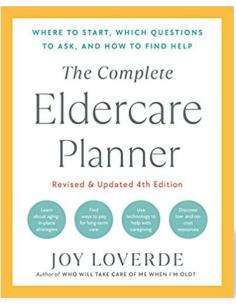
**Chapter 3:** Be Kind to Yourself

**Chapter 10:** Safe and Secure

**Chapter 11:** Transportation & Mobility

Chapter 12: Managing Medical Care

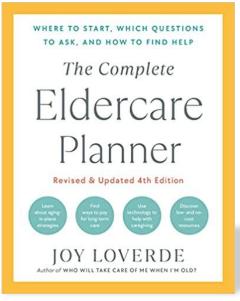
> **Chapter 13:** Quality of Life



### Chapter 4: Communicaring

Take a Deep Breath and Jump In

Turning Conflict Into Cooperation

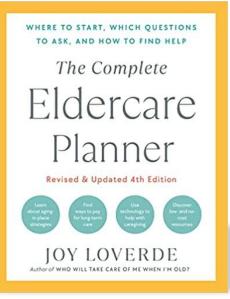


#### Chapter 5: Emergency Preparedness

**Quick and Easy Access** 

**Managing Medications** 

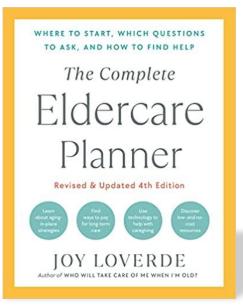
If Your Elder is Hospitalized



Chapter 6: Money Matters Cost of Caring

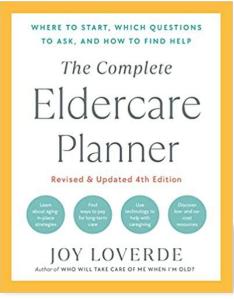
Chapter 7: Legal Matters Estate Planning

Chapter 8: Insurance Beyond Medicare



## Chapter 9: Housing

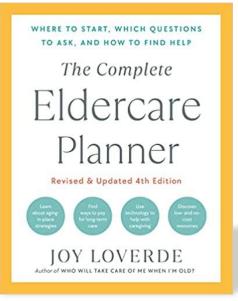
Move or Stay Put?



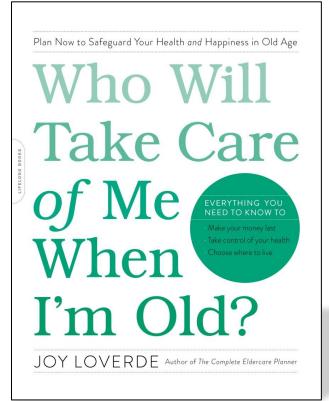
#### **Chapter 14: Death and Dying** Saying Goodbye Managing Death's Details

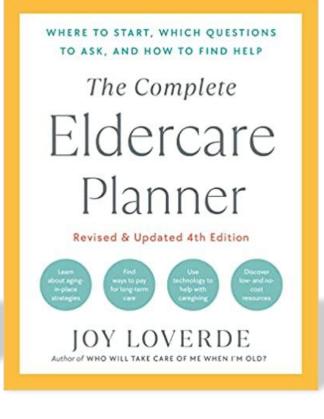
**Chapter 15: Access Now** 

Taming the Task of Gathering Information



# 2026 & "The 2030 Problem"





# Thank you

#### An interview with author, Joy Loverde

