

# My Peace of Mind Plan

No one ever expects to wake up and say, “Today’s the day I’ll have a stroke—better get everything in order.” Sudden events, like a car accident or unexpected illness, can instantly make future plans urgent. These moments highlight the importance of having open conversations and plans, so loved ones are not left uncertain when guidance matters most.



1. If I were ever to need assistance with my daily activities for an extended period of time, or if I were to experience memory challenges, I would want my care to be provided by:
    - My family serving as unpaid caregivers
    - A paid caregiver
  
  2. If your choice is to have family members care for you, does your family know of your expectations? Can they afford to miss work, or quit their jobs to provide your care? Do you have your wishes clearly written and communicated to your loved ones to avoid confusion?
    - Yes
    - No
  
  3. Where would you like to receive care if extended care (more than 90 days) were needed?
    - Comfort of your own Home
    - Assisted Living Facility
    - Adult Day Care Center
    - Nursing Home
    - Memory Care Facility
  
  4. Understanding Health Insurance and Medicare were not designed to pay for Long Term Care, if you require care from a paid caregiver, do you have plans to fund that expense? Now or in the future? Find average cost of care for your area here: [www.carescout.com/cost-of-care](http://www.carescout.com/cost-of-care)
    - Yes
    - No
  
  5. What plans do you have in place for funding your Long Term Care needs?
    - Self-funded from savings/retirement
    - Long Term Care Insurance
    - Medicaid (Welfare)
  
  6. Have you communicated your plan for funding your care to your loved ones? Are they aware of where to find the necessary documentation or accounts?
    - Yes
    - No
  
  7. Who do you want to make decisions for you if you were unable to make decisions for yourself?
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