

LifePlanning Review

Before you can have an effective Family Meeting, you will need to clarify in your own mind what your plans are. Mapping out a clear blueprint from the other four pillars: Health, Housing, Financial, and Legal, should be done first. How will you provide Manuals of Instruction if you yourself don't yet know what you want them to do?

If you haven't already, this is a good time to transfer your Pause to Plan answers from the various sections of this book to the Blueprint section at the end. This will help you to consolidate your information into an easy-to-reference section for use when working with Professionals and for presenting during your Family Meeting.

Make sure you fill out the "**What It Means to Be Me**" form for you and your spouse (if married). This form can be found on page 194.

Let's recap your LifePlanning journey up to this point.



First, you created your **Health Plan**, since your health is your greatest asset. Better health reduces the chance that you'll face a housing or financial crisis, so this is your first—and ongoing —plan of action.

You learned the importance of a preventative health approach by setting goals for healthy habits.

Then, you learned about the Healthcare system and how to assemble the right team. We explored the two paths for Healthcare:

- **Using the insurance system**
- **Private Pay**

You should have selected a clinic, geriatrician, or other healthcare options that will help you avoid getting sick and maintain or improve your health.



Second, you worked on your **Housing Plan**. This is your most important, and often most difficult, decision throughout this process. It is crucial because a solid housing plan provides the predictability of outcome for your long-term goals. The theme of this part of your plan is to carefully define and select your forever home while you have plenty of independent retirement years ahead of you.

In housing, we updated the definition of home to mean the place where you can live out the rest of your life without needing to spend your final days in a nursing home or rehab facility. This should be the home you live in with enough time for it to become familiar. Additionally, your home selection process will take one of two paths:

- **Private Residence**
- **Retirement community**



Third, you prepared your **Financial Plan**. Ultimately, it's not just about how much money you have, but how you use it. The next steps for this phase of your *LifePlan* are to work with a Financial Planner and develop a thorough Financial Dashboard, as well as outline and assemble the team of professionals you trust.

As part of your Dashboard, you should have made choices for how to deal with Long-Term Care costs by choosing one or more of the following:

- **Private Pay**
- **Long-Term Care Insurance**
- **Public Assistance**

You understand that you'll need to make decisions at least five years in advance to protect your assets should you choose to apply for Medicaid or VA benefits.

Fourth, you mapped out your **Legal Plan**, highlighting preferences to discuss with your attorney.

You learned ways that you can:

- **Protect your assets** through the use of Wills and Trusts
- **Minimize burdens** on your loved ones through the use of legal documents

These documents protect your overall plan—what you put into these documents dictates how your wishes will be carried out. As your various trusts, powers of attorney, and other documents are drafted, the key is to insist that they read like a manual of instructions for your fiduciaries.

So, how are you doing in the *LifePlanning* process so far? Are you ready to proceed?

Family: Review *LifePlanning* Journey

After a review of the *LifePlanning* process: (Select one)

- I am ready to proceed
- I still have work to do, I'll come back later

Notes regarding my current *LifePlanning* status:
