

Answering the Hard Questions

These questions are to be answered by all members completing a MAP. The answers take time to develop and usually incorporate many difficult decisions regarding your ability to stay in your current environment.

General

Q. What level of involvement do you want AHC to have in your master aging plan?
Window open, window half open, window closed?

Q. What is refirement to you and how will you use it in your MAP?

Q. What connections have you maintained and what level of involvement will you maintain in refirement?

Living Well in My Home

Q. Is your home structured for aging in place?

Q. If not, do you have the resources to make necessary changes to allow you to safely stay in your own home?

Financial Resources

Q. Are you in charge of your own financial resources?

Q. Do you have financial planning documents and a financial planner?

Q. If not you, then who would make those decisions?

Q. If you were mentally incapacitated, who would be in charge of your financial resources?

Q. If you were physically incapacitated, and you needed 24 hour care, could you pay for it and for how long?



Q. In case of financial disaster, what is your fallback position?

Home Maintenance

Q. Over the long term do you anticipate the maintenance costs driving a decision to stay or not stay in your home?

Q. To what degree are you able to maintain your own home?

Q. Do you need plumbers, electricians, and other professional trades to fix problems?

Q. Are there other resources available that assist you in home maintenance?

(AHC friends, neighbors, church members, etc.)

Q. Is there any near term major maintenance that is required, i.e. roof, bathroom repair, relocating washer and dryer, etc?

Transportation

Q. What are your Social Activities if any?

Q. How do you travel around in your world?

Wellness

Q. Do you have a personal physician and a medical home for your medical records?

Q. Do you have adequate health insurance?

Q. How do you maintain your personal fitness?

Relationships



- Q. What role does your family play in your ability to age in community?
- Q. What roles do your friends play?
- Q. Do you have pets and what are your wishes if you are incapacitated?

Bumps in the Road

- Q. Are you currently driving without limitations?
- Q. What is your plan when you can no longer safely drive?
- Q. How do you define your own personal mobility considering what you can do and what you want to do?
- Q. Are you involved in care giving of a family member?
- Q. If you are a care giver, can you do it alone or do you need assistance?
- Q. Are you in a personal relationship with a spouse or significant other and how will you handle the death or incapacitation of that individual?