

## **Bumps in the Road Checklist**

### **There are Many and they are Most Often Unforeseen**

#### **Before the Bump...:**

Create a Health Insurance Portability and Accountability Act (HIPPA) form for allowing access to your records.

Create an opportunity for AHC members to meet your own family to insure a trust relationship is started between the family and AHC.

What are the fundamental overarching decisions that need to be made before you hit the bumps in the road?

What documents need to be in place?

If you hit the bump in the road, and are not able to manage your financial affairs, who is your designated representative?

Do you need a geriatric care manager and what can they do?

What resources of life time care management are available?

Understand what the limits of a non-profit are with regards to bumps.

#### **After the Bump...**

1. If you are in a facility, what do you want to do when you leave?
  - a. Go home
  - b. Go to another facility
  - c. Other...
  - d.
2. What is your near term and long term care plan?

3. This is a bump in your road. How do you visualize managing this when you come home?
4. You should reevaluate this every three months. What long term vision do you see for yourself after this bump?
5. You may need some degree of care...possibly up to 24 hours for some period of the future. That means two 12 hour shifts and weekend shifts to provide relief for the weekly workers. How do you see that happening?
  - a. Do you have the resources to pay these individuals?
  - b. If not, what options are available to find the money?
6. Who do you want to assist you with this bump?