



Creating Your Own Master Aging Plan

Overview

Your Master Aging Plan (MAP) is a compilation of thoughts, documents, and decisions that you believe are essential to help you map your future. Each member MAP is a unique, personal picture and reflects your wishes for your future as you age in our community. It is thoughtfully constructed by you and others with whom you choose to collaborate. It clearly spells out the strategic path you wish to find yourself on. It is a living document, never finished, and constantly updated as your life changes.

The MAP is not a single document. It is not a Will, a Trust, an Advanced Health Directive or other legal documents that define property settlement wishes, End-of-Life choices or other legally codified directions. It is however, an attempt to fill in the complex mosaic not serviced or covered by those documents. It is uniquely about your life, your circumstances, your wishes, your dreams, and your choices.

As you develop your MAP, you will be faced with the daunting task of answering hard questions. They often require serious reflection and are often avoided by many wishing to put off critical decision making. We know however, that planning when you have the luxury of time and before the unavoidable “bump in the road” is by far the most desirable approach. It leads to clarity of wishes and defines the best possible, clearly thought out options for challenges you might face. Clear headed thinking is hard to find in times of crisis. We therefore strongly urge you to take the time to carefully think through these issues, collect your thoughts, and write them down so that you and your family or others you trust can best help you move through the aging process, with minimum repercussions, and maximum satisfaction.

Your fellow travelers in At Home Chesapeake, on their own trail of aging in community, are in the process of constructing their unique MAP. They stand ready to confer with you, discuss their own experiences as they developed personal solutions, and advise and collaborate as you see fit.

Our commitment to you is that we will share with you all we know, have learned or experienced without judgment as to your own situation. We hope that your commitment to us



is that you will equally share with us your experiences and ideas so that we all can benefit from the wisdom of the community.