

MAKING *Proactive Decisions*

The best time to plan is before a crisis forces your hand. Proactive decisions allow seniors and their families to explore options, make informed choices and reduce future stress—together.

BENEFITS OF PLANNING AHEAD

- **More Choices** - You're not limited to what's available in an emergency
- **Less Stress** - Planning early eases decision-making and reduces urgency
- **Greater Control** - You or your loved one can make choices based on preferences ... not pressure
- **Smoother Transitions** - With time to downsize, organize, and prepare, moves feel less chaotic

SIMPLE WAYS TO START

- Have regular family check-ins about future goals and needs
- Tour local communities before there's an immediate need
- Create a checklist of important documents, wishes and resources
- Work with professionals to create a plan that fits your timeline and values
- Taking small steps now leads to greater peace of mind later ... for everyone involved.



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