

Now is the Time to Plan to Age. Plan to Protect.

Have you noticed how many TV commercials and magazine ads are geared towards making us aware of retirement planning? They all have the perfect answer...so they think. They promise us happiness; our wildest dreams will come true as long as we follow their yellow brick road to the end where you will find your bed of roses.

Furthermore, we spend billions of dollars each year as a nation seeking physicians and healthcare providers to ensure we get a chance at a full life. We devote years in our attempts at reaching the pinnacle of retirement resources. But ponder this: how much time have you given with *planning to age*...for those later years that become known as our frail years?

Our society is poorly equipped for the most difficult and potentially lengthiest time in our lives, known as the frail elderly years. Why is it that we allow ourselves, our parents, and our loved ones to suffer from that dreaded disease - PROCRASTINATION - when it comes to making plans to age?

Despite what the new Obama Care Health programs have in store...we are living much longer than ever before. One-third of our clients are between 85 and 105 years of age, compared to one-fifth just ten years ago.

We challenge you to think about aging after retirement. Talk about it with your family. Explore your options. And plan to age! For example, it is important to know if your geographical area can support all aspects of your needs for long term care. *U.S. News* tells us that the retiree population will more than double in 2050.

According to the Alzheimer's Association, dementia cases have increased 46.1% in the past year. Are you prepared for the *winds of change* in your life? Too many times we hear the stories of how a couple planned the perfect retirement, but never enjoyed a single day due to devastating changes in health.

The majority of these families had not spent a minute thinking about unforeseen circumstances that require us to have our legal affairs in order. Rare thought is given to protect our hard-earned assets in the event our loved one is ravaged by sudden illness, such as a stroke or cancer.

For those of you who do not have that ‘crystal ball,’ here are the first steps in planning to age successfully:

- Create a strong Power of Attorney document for both financial and healthcare
- Find out how your healthcare coverage works for you in the event of severe injury or debilitating disease
- Look into Long Term Care insurance when you are healthy
- Know the consequences of ‘gifting’ to your children
- Be cognizant of stock brokers and/or financial planners that generally fail in preparing you for the real world of aging by selling you a product that lacks an advisor’s fiduciary responsibility
- Pursue your ‘bucket list’ and have a certified senior advisor in your arsenal to guide you through the maze of aging issues as the need arises.

For more information, contact Sally Brewer at Verble Estate Preservation & Advisors, LLC at 423-648-9833.