

Table of Contents

- Introduction 1**

- Four Building Blocks 5**
 - Issue 1: Planning and Teamwork7
 - Issue 2: Staying Physically Active 13
 - Issue 3: Relationships with Others 19
 - Issue 4: Nurturing Your Spirit..... 26

- Safe and Secure 31**
 - Issue 5: Preventing Falls 33
 - Issue 6: Home Safety and Security 40
 - Issue 7: Safety Behind the Wheel 47
 - Issue 8: Out and About 52

- Staying in Your Own Home 59**
 - Issue 9: Support Services for Seniors Living at Home 61
 - Issue 10: Hiring a Home Helper 68
 - Issue 11: Home Health Care 73
 - Issue 12: Adult Day Programs 79

- Other Senior Living Options 85**
 - Issue 13: Your Retirement Housing Options 87
 - Issue 14: Choosing a Senior Living Community 97
 - Issue 15: Making a Smooth Transition to a New Home 103

- Health Concerns of Older Adults..... 111**
 - Issue 16: Staying Healthy 113
 - Issue 17: Talking with Your Doctor 117
 - Issue 18: Using Medications Safely 121
 - Issue 19: Memory Changes and Dementia 127

Issue 20: Dealing with Depression, Loneliness, and Stress 133

Issue 21: The Role of Good Nutrition 140

Issue 22: Urinary Incontinence 145

Issue 23: Chronic Diseases and Conditions 151

Issue 24: Informed Consent and Advance Directives 155

Receiving Care in a Nursing Facility 163

Issue 25: Choosing a Nursing Facility 165

Issue 26: Moving to a Nursing Facility 172

Issue 27: Your Rights as a Resident 178

Legal and Financial Concerns 183

Issue 28: Taking Care of Business 185

Issue 29: Estate Planning 189

Issue 30: Durable Powers of Attorney and Guardianships 196

Issue 31: Social Security 201

Issue 32: Medicare and Medicaid 205

Issue 33: Long-Term Care Insurance 218

Issue 34: Consumer Fraud 224

Issue 35: Elder Abuse 230

Issues Near the End of Life 235

Issue 36: A Good Death 237

Issue 37: Hospice and Palliative Care 243

Issue 38: Practical Issues at the Time of Death 248

Issue 39: Experiencing Grief and Loss 254

The Support of Family and Friends 261

Issue 40: Everyone on the Same Page 264

Issue 41: Staying Involved When You Don't Live Nearby 273

Issue 42: Working with a Geriatric Care Manager 278

Issue 43: Sharing Your Home 281

Issue 44: Being a Caregiver for Someone You Love 288

Issue 45: Serving as a Person's Health Care Representative 293

Conclusion	297
Forms	299
Form 1: Successful Aging Checkup	301
Form 5: Checklist for Reducing Your Risk of Falling	303
Form 6-A: Home Safety Inspection Checklist	305
Form 6-B: Home Repairs and Home Modifications Checklist	307
Form 7: Checklist for Older Drivers	309
Form 9: Needs Assessment for Living on Your Own	311
Form 10: Worksheet for Hiring a Home Helper	313
Form 11: Checklist for Choosing a Home Health Agency	315
Form 13: "Is It Time to Move?" Retirement Housing Planning Sheet	317
Form 14: Worksheet for Evaluating a Senior Living Community	319
Form 15: Retirement Living Move-in Guide	321
Form 17: Checklist for Communicating Clearly with Your Doctor	323
Form 18-A: List of Current Medications	325
Form 18-B: Medications Check-off List	327
Form 24: Personal Values Statement	329
Form 25: Worksheet for Evaluating a Nursing Facility	333
Form 26-A: Nursing Facility Move-in Checklist	335
Form 26-B: Resident/Family Care Conference Worksheet	337
Form 27: Worksheet for Questions, Concerns and Complaints	339
Form 28: Confidential Personal Information	341
Form 33: Checklist for Selecting Long-Term Care Insurance	345
Form 37: Checklist for Selecting a Hospice or Palliative Care Provider	347
Form 38: Funeral or Memorial Service Planner	349
Form 40: Family Meeting Planner	351
Form 42: Checklist for Selecting and Working with a Geriatric Care Manager	353
Form 45: Health Care Representative's Discussion Checklist	355
Glossary of Terms	357
Index	363