

## Imagining Aging Scenario

Imagine you are 87 years old. You have no spouse. Think about your family and friends, the sorts of things you like to do, and your likely financial circumstances.

Now assume that you have the following health and care needs. You are generally in good health but becoming frail. You need assistance bathing and you rely on a walker to get around. You can no longer drive, so are dependent on others for transportation.

Based on what you know about your personal circumstances and this assigned health condition, tell us how **your preferences** for how you will be living.

### I will be living:

in my own home                       independently in an apartment  
 with my children                       with a friend  
 in assisted living                       in a nursing home  
 other, please specify: \_\_\_\_\_

### I'll spend my days (doing what):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### I will probably need help with:

transportation                       shopping  
 cooking                                   cleaning  
 yard work                                 bathing and/or dressing  
 eating                                       health care  
 other, please specify: \_\_\_\_\_

### I will get this help from:

family                                       friends  
 hired services                             nonprofit programs  
 institutional care                         my church  
 other (please specify) \_\_\_\_\_

### I'll arrange the help and/or services I need by:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I expect that these services will cost me a total of \$ \_\_\_\_\_ each month

### I will pay for these services by:

annual income (e.g., SSI)               personal savings/assets  
 family members                           long-term care insurance  
 government assistance  
 other, please specify: \_\_\_\_\_