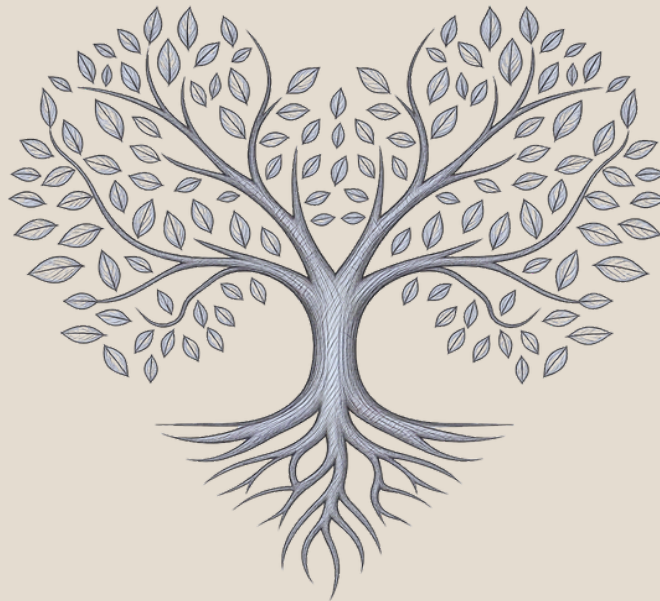

Family Care *Planning* Workbook

A guided place to record the people, wishes and documents your family will rely on — and to talk them through together.





Family Care Planning Workbook

Five conversations to have before a care crisis, and a private place to record what your family decides.

- | | | |
|---|--|-------|
| 1 | What Would Care Actually Look Like? | p. 4 |
| 2 | How Would We Pay for Care? | p. 6 |
| 3 | Who Would Take On Caregiving Responsibilities? | p. 9 |
| 4 | Who Would Make Decisions if Someone Could Not? | p. 12 |
| 5 | How Could Care Decisions Affect the Family Legacy? | p. 14 |

PREPARED FOR

DATE STARTED

FAMILY MEMBERS INVOLVED

How to Use This Workbook

Planning for future care is rarely one discussion. This workbook breaks it into five conversations you can hold over weeks or months, in whatever order fits your family. Each one has its own purpose, its own participants, and its own pages to record what you learn and decide. All discussion questions and planning considerations are collected at the back, starting on page 17.

1

Prepare

Use the “Before you talk” list to gather information first. Divide the preparation so it does not fall on one person.

2

Talk

Use the question at the center to start. Listen first, respect boundaries, and do not try to settle everything at once.

3

Record

Fill in the pages during or after the conversation. Note decisions, open questions, who will follow up, and when.

KEEP THIS PRIVATE

Record where things are kept rather than the details themselves. Do not write full account numbers, policy numbers, Social Security numbers, or passwords anywhere in this workbook. Share it only with the people who need it.

Conversation tracker

Check off each conversation as you hold it, and set a date to revisit it.

CONVERSATION	DATE HELD	WHO TOOK PART	REVISIT BY
1. What would care look like?			
2. How would we pay for care?			
3. Who would provide care?			
4. Who would make decisions?			
5. How could care affect our legacy?			

When to revisit

- | | |
|--|--|
| ☐ A new diagnosis or a change in health | ☐ A change in a caregiver's job or location |
| ☐ A hospital stay, fall, or new care need | ☐ New legal documents or advisors |
| ☐ A move, marriage, divorce, or death in the family | ☐ At least once a year |

Key People & Contacts

The person at the center of this plan

NAME

PHONE

ADDRESS

PRIMARY CARE PHYSICIAN

PREFERRED HOSPITAL

PHARMACY

SPOUSE OR PARTNER

Family and close supporters

NAME

RELATIONSHIP

PHONE

LIVES NEARBY? COULD HELP WITH

☐☐☐☐☐☐

Professional Advisors

ROLE

NAME

PHONE OR EMAIL

Estate or elder law attorney

Financial advisor

CPA or tax preparer

Insurance agent

Geriatric care manager

Faith leader or other

Other

Other

1 What Would Care Actually Look Like?

THE QUESTION AT THE CENTER

If you eventually needed help with everyday activities, what would matter most to you?

Who should take part. The person who may need care leads. A spouse or partner and the family members they choose can join.

BEFORE YOU TALK

- | | |
|---|---|
| ☐ Walk through the home and note stairs, the bathroom, entries, and lighting | ☐ Find local meal delivery and grocery delivery services |
| ☐ Look up local in-home help, adult day services, and senior living options | ☐ List transportation options other than driving |

All questions and planning considerations for this conversation are on page 17.

In your own words

What matters most to me about how I receive care

If I needed help, I would prefer to receive it:

- | | |
|--|--|
| ☐ At home, with paid help | ☐ At home, with help from family |
| ☐ Living with a relative | ☐ In independent or senior living |
| ☐ In assisted living | ☐ In a continuing care retirement community |
| ☐ Not sure yet | ☐ Other: _____ |

Activities, friendships, and routines I want to keep

Daily Living, Home & Transportation

Everyday activities

Mark how things stand today, and note who or what could help if that changes.

ACTIVITY	FINE TODAY	SOME HELP NEEDED	WHO OR WHAT COULD HELP
Getting to appointments	☐	☐	
Grocery shopping and meals	☐	☐	
Housekeeping and laundry	☐	☐	
Bathing and dressing	☐	☐	
Managing medications	☐	☐	
Paying bills and paperwork	☐	☐	
Home maintenance	☐	☐	
Staying socially connected	☐	☐	

Home and transportation check

QUESTION	YES	NO	NEEDS WORK	NOTES
The home can be entered without steps	☐	☐	☐	
A bedroom and full bath are on the main floor	☐	☐	☐	
Grab bars and good lighting are in place	☐	☐	☐	
Driving is still comfortable and safe	☐	☐	☐	
There is a backup plan for rides	☐	☐	☐	

After the conversation

Preferences that are clear, and options worth exploring

FOLLOW-UP TASK	WHO	BY WHEN

2

How Would We Pay for Care?

THE QUESTION AT THE CENTER

If care became necessary, which resources could help pay for it, and what would that mean for the rest of the financial plan?

Who should take part. The person whose finances are involved and a spouse or partner. A financial agent or advisor can help. Other relatives may only need a summary.

BEFORE YOU TALK

- ☐ Look up local care costs with the CareScout Cost of Care calculator
- ☐ List income sources and where financial records are kept
- ☐ Gather insurance policy summaries and benefit statements
- ☐ Review current health coverage, including Medicare plans

All questions and planning considerations for this conversation are on page 18.

Estimated care costs where care would be received

CARE SETTING	LOCAL ESTIMATED COST	SOURCE AND DATE CHECKED
In-home caregiver (per hour)		
Adult day services (per day)		
Assisted living (per month)		
Nursing home, private room (per year)		
Other:		

For reference, CareScout's 2025 Cost of Care Survey reported national medians of \$35 per hour for nonmedical in-home care, \$74,400 per year for assisted living, and \$129,575 per year for a private nursing home room. Local costs vary widely.

Income sources

SOURCE	APPROX. MONTHLY AMOUNT	NOTES
Social Security		
Pension		
Retirement account withdrawals		
Annuity income		
Other:		
Other:		
Other:		
Other:		

Accounts, Records & Health Coverage

Where financial records are kept

List institutions and account types only. Do not write account numbers or passwords.

INSTITUTION	ACCOUNT TYPE	OWNER	WHERE STATEMENTS AND RECORDS ARE KEPT

Debts and recurring obligations

OBLIGATION	LENDER OR PAYEE	DUE DATE	PAID AUTOMATICALLY?
Mortgage or rent			☐
Property taxes			☐
Utilities			☐
Other:			☐

Health coverage

MEDICARE PLAN (ORIGINAL OR ADVANTAGE)	MEDICARE SUPPLEMENT (MEDIGAP) PLAN
PRESCRIPTION DRUG (PART D) PLAN	OTHER COVERAGE: VA, RETIREE, MEDICAID

GOOD TO KNOW

Medicare generally does not pay for ongoing custodial care, such as help with bathing, dressing, or other daily activities. Medicaid rules vary by state and can include a review of gifts or asset transfers made in prior years.

Insurance Policies & Premiums

Policy inventory

Record each policy so coverage does not lapse if the policyholder can no longer manage bills. Do not write policy numbers.

POLICY TYPE	COMPANY	PREMIUM & DUE DATE	WHO WATCHES FOR PAYMENT	CARE-RELATED BENEFITS OR RIDERS	WHERE DOCUMENTS ARE KEPT
Long-term care					
Life insurance					
Life insurance					
Annuity					
Final expense or burial					
Other:					

For each policy, confirm

- ☐ Whether it is active and premiums are current
 - ☐ Grace period and lapse rules
 - ☐ Premium-waiver benefits while receiving care
 - ☐ Long-term care elimination period and benefit limits
 - ☐ Accelerated or chronic illness benefits
 - ☐ Who to call to start a claim

Talk with a qualified professional before surrendering, replacing, or changing a policy.

After the conversation

Coverage gaps and questions for a financial advisor

[illegible]

3 Who Would Take On Caregiving Responsibilities?

THE QUESTION AT THE CENTER

If someone in our family needed ongoing assistance, what could each of us realistically contribute without putting our own financial stability at risk?

Who should take part. Everyone who might help, including relatives who live farther away (they can join by phone or video). Include the person who may need care.

BEFORE YOU TALK

- ☐ Ask each person to think about their schedule, obligations, and limits
- ☐ Find local respite and caregiver support (Eldercare Locator: 1-800-677-1116)
- ☐ Check workplace caregiving leave and benefits
- ☐ Research home-care agencies or a geriatric care manager if needed

All questions and planning considerations for this conversation are on page 19.

The care team

NAME	NEARBY OR AT A DISTANCE	TIME AVAILABLE	COULD HELP WITH	LIMITS TO KEEP IN MIND

PRIMARY FAMILY COORDINATOR

BACKUP COORDINATOR

Effects on caregivers to plan for: work changes, out-of-pocket costs, and how costs will be shared

Who Does What

TASK	PRIMARY	BACKUP	NOTES
Rides to appointments			
Groceries and meals			
Regular check-ins			
Medical appointments and records			
Keeping the medication list current			
Paying bills and watching premiums*			
Home upkeep			
Updates to the rest of the family			
Social Security and Medicare questions*			

*These tasks require proper legal authorization, such as a power of attorney or an appointment by Social Security.

How we will stay in touch

HOW WE SHARE UPDATES (TEXT, CALL, EMAIL)

HOW OFTEN WE WILL MEET

Emergency and backup plan

ROLE	NAME	PHONE
First person to call		
Second person to call		
Backup caregiver		
Respite or home-care agency		

- ☐ Personal alert system in place
- ☐ Spare medications and supplies on hand
- ☐ Plan for power outages and severe weather
- ☐ Medical equipment backup arranged

Medication & Supplement List

Keep this list current and share it with caregivers and healthcare providers. Bring it to appointments and hospital visits.

MEDICATION OR SUPPLEMENT	DOSE AND WHEN TAKEN	PURPOSE	PRESCRIBER	PHARMACY

ALLERGIES	LIST LAST UPDATED

After the conversation

Roles we agreed on, and support still needed

FOLLOW-UP TASK	WHO	BY WHEN

4 Who Would Make Decisions if Someone Could Not?

THE QUESTION AT THE CENTER

If you could no longer make or communicate certain decisions, who would you want to help, and would they have the legal authority to do so?

Who should take part. The person making the arrangements and the people they may name. An estate planning or elder law attorney can review documents afterward.

BEFORE YOU TALK

- ☐ Locate existing powers of attorney, directives, wills, and trusts
- ☐ Check for trusted contacts on investment accounts
- ☐ Note when each document was signed
- ☐ Ask doctors whether family members are authorized to receive information

All questions and planning considerations for this conversation are on page 20.

The people I have named, or want to name

ROLE	NAME	PHONE	KNOWS & AGREED?
Financial agent (durable power of attorney)			☐
Successor financial agent			☐
Healthcare agent or proxy			☐
Successor healthcare agent			☐
Trusted contact on investment accounts			☐
Executor or trustee			☐

GOOD TO KNOW

Being a spouse, adult child, or emergency contact does not by itself give someone legal authority to manage finances or make medical decisions.

A trusted contact can be contacted by a brokerage firm in limited situations but cannot see balances, make transactions, or act as a power of attorney.

A financial power of attorney alone does not let someone manage another person's Social Security benefits. Social Security's Advance Designation lets a person name up to three people to be considered as a future representative payee.

Document Locator

Record whether each document exists and where the original is kept. State laws vary, so review these with an attorney.

DOCUMENT	IN PLACE?	DATE SIGNED OR REVIEWED	WHERE THE ORIGINAL IS KEPT
Will	☐		
Trust	☐		
Durable financial power of attorney	☐		
Healthcare power of attorney or proxy	☐		
Living will or advance directive	☐		
HIPAA authorization for family members	☐		
Letter of instruction	☐		
Social Security Advance Designation	☐		
Property deeds and vehicle titles	☐		
Recent tax returns	☐		
Military service records (DD-214)	☐		
Funeral or final instructions	☐		
Safe-deposit box (location of key)	☐		

After the conversation

Documents to create, update, or review with an attorney

[illegible]

5 How Could Care Decisions Affect the Family Legacy?

THE QUESTION AT THE CENTER

How might future care needs change the plans you have made for the people, causes, and responsibilities that matter most?

Who should take part. The person whose plan it is, and a spouse or partner first. Other relatives join for the topics the person chooses to share.

BEFORE YOU TALK

- ☐ Gather current estate documents and their dates
- ☐ Locate any funeral contracts or prepaid arrangements
- ☐ Collect current beneficiary designations
- ☐ If there is a business, find any succession or buy-sell agreement

All questions and planning considerations for this conversation are on page 21.

Beneficiary review

ACCOUNT OR POLICY	CURRENT BENEFICIARY	LAST REVIEWED	UPDATE NEEDED?
			☐
			☐
			☐
			☐
			☐

ESTATE DOCUMENTS LAST REVIEWED

ATTORNEY WHO PREPARED THEM

What I want my plan to accomplish for my spouse, family, and the causes I care about

Family Expectations & Final Arrangements

If family members provide substantial care

Should a family caregiver be paid or reimbursed? ☐ Yes ☐ No ☐ Discuss further

Written caregiving agreement? ☐ In place ☐ Needed ☐ Not needed

Payments to family caregivers can have tax and Medicaid consequences. Get legal and tax guidance before setting up an arrangement.

Expectations to talk through: gifts, support, and differences in caregiving contributions

Final arrangements

Preference: ☐ Burial ☐ Cremation ☐ Other ☐ Undecided

FUNERAL HOME OR PROVIDER

PREPAID PLAN, TRUST, OR POLICY?

WHERE CONTRACTS AND INSTRUCTIONS ARE KEPT

WHO WOULD COORDINATE ARRANGEMENTS

Service and memorial wishes

Business interests

BUSINESS AND OWNERSHIP SHARE

SUCCESSION PLAN: IN PLACE? WHERE KEPT?

Estate or beneficiary arrangements to review with professionals

Safety, Financial Protection & Where to Get Help

Abuse, neglect, and financial exploitation can involve someone a person knows and trusts, including a caregiver or family member. Concerns like these are best raised privately, not as an agenda item at a family meeting.

Signs of unsafe care

- Unexplained injuries
- Fear of a particular caregiver
- Missed meals or medications
- Poor hygiene or unsafe living conditions
- Sudden isolation from friends or family

Financial warning signs

- Unexplained withdrawals or missing funds
- Unpaid bills despite available money
- Pressure to transfer assets or change beneficiaries
- A new person controlling financial decisions
- Unexpected requests for money or personal information

Scams may impersonate government agencies, banks, relatives, investment professionals, or technical support. Verify unexpected requests independently before acting.

Where to get help

Immediate danger

Call 911.

FINRA Securities Helpline for Seniors

844-574-3577

Monday–Friday, 9 a.m.–5 p.m. ET. Questions or concerns about brokerage accounts.

Suspected theft or unauthorized transactions

Your financial institution

Contact the institution right away, and consider local law enforcement.

Eldercare Locator

1-800-677-1116 • eldercare.acl.gov

Find local Adult Protective Services, Long-Term Care Ombudsman programs, and aging services.

Investment-related concerns

FINRA, the SEC, or your state regulator

File with the appropriate regulator, depending on the firm and activity involved.

1

What care would look like

Questions & Planning Considerations

Questions to discuss

- 1 Where would you prefer to receive care if you needed help with everyday activities?
- 2 Which aspects of independence, privacy, and personal routine matter most to you?
- 3 Would living with a relative be appealing, or would another setting feel more comfortable?
- 4 What activities, friendships, and community connections would you want to maintain?
- 5 How would you feel about receiving help with meals, bathing, dressing, medications, or transportation?
- 6 What changes would make you reconsider your current living arrangement?
- 7 Who would you want involved if your needs or preferences changed?

Planning considerations

PERSONAL PREFERENCES

- Identify the preferred setting for care: the current home, a relative's home, assisted living, or another arrangement.
- Review daily activities that could require support, including transportation, meals, bathing, dressing, and medication management.
- Clarify the importance of independence, privacy, dignity, familiar routines, and personal choices.
- Identify who should be included in decisions and who should receive updates.
- Plan to revisit preferences after important changes in health, mobility, finances, or family circumstances.
- Consider how to preserve hobbies, friendships, community activities, and meaningful social connections.
- Explore regular visits, companionship programs, and other ways to prevent isolation.

HOUSING & SUPPORT OPTIONS

- Evaluate whether the current home can accommodate changes in mobility, accessibility, and safety.
- Identify possible modifications such as improved lighting, ramps, safer bathrooms, or other accessibility features.
- Research in-home caregivers, personal assistance, and household support.
- Compare independent senior living, assisted living, board-and-care homes, nursing facilities, and continuing care retirement communities.

- Explore adult day services and community programs that may make aging in place more practical.
- Consider whether living with an adult child or relative is acceptable and feasible for everyone involved.
- Discuss how changes in housing would affect family routines, transportation, social connections, and care coordination.

MEALS, NUTRITION & DAILY LIVING

- Review the ability to shop for groceries, prepare food safely, and maintain regular meals.
- Explore grocery delivery, meal programs, and help with meal preparation.
- Identify how missed meals, inadequate nutrition, or limited food access would be noticed and addressed.
- Consider future support with cleaning, laundry, personal hygiene, and household upkeep.

TRANSPORTATION & MOBILITY

- Discuss alternatives if driving becomes difficult or is no longer appropriate.
- Research transportation from family, community programs, accessible transit, or paid providers.
- Identify backup transportation for appointments, groceries, and other essential activities.
- Consider how reduced mobility may affect healthcare access, friendships, community involvement, and independence.

2 *Paying for care*

Questions & Planning Considerations

Questions to discuss

- 1 What resources have already been set aside for future care?
- 2 Would paying for care affect retirement income or the financial security of a spouse?
- 3 What insurance coverage might help, and under what circumstances would it provide benefits?
- 4 Who monitors insurance premiums and recurring financial obligations?
- 5 Which expenses could arise beyond the direct cost of care?
- 6 Have we explored Medicare limitations, Medicaid eligibility rules, or applicable veterans benefits?
- 7 Who should help review the financial plan if significant care expenses become likely?

Planning considerations

UNDERSTAND POTENTIAL CARE EXPENSES

- Research estimated care costs for the geographic area where care may be received.
- Compare in-home care, adult day services, assisted living, and nursing care.
- Evaluate how expenses could affect retirement savings, monthly income, household cash flow, and a surviving spouse's financial security.
- Review whether the existing financial plan anticipates potential long-term care costs and how those expenses could be funded.
- Consider transportation, home modifications, medical supplies, meal services, and household assistance in addition to direct caregiving costs.

ORGANIZE FINANCIAL INFORMATION

- Maintain a secure inventory of financial institutions and the types of banking, investment, and retirement accounts held.
- Identify income sources, including Social Security, pensions, retirement distributions, and other benefits.
- Review retirement, spousal, and survivor Social Security benefits and possible effects of changes in household circumstances.
- Identify debts, recurring obligations, major expenses, and payment arrangements.
- Confirm where important financial records, Social Security benefit information, and relevant correspondence are securely stored.
- Determine which authorized individuals need to know how to locate essential information if the account holder becomes unable to manage their affairs.

HEALTHCARE COVERAGE & GOVERNMENT BENEFITS

- Review existing health coverage, including Medicare, Medicare Advantage, Medigap, and prescription drug coverage when applicable.
- Understand the distinction between covered skilled care and ongoing custodial assistance that Medicare generally does not cover.

- Explore whether Medicaid might be relevant. Eligibility, coverage, financial rules, and reviews of earlier asset transfers vary by state and circumstances.
- Determine whether veterans benefits or other government and community programs may help with eligible services.
- Seek qualified guidance before making gifts, transferring assets, or changing ownership arrangements to pursue benefits eligibility.

INSURANCE, PREMIUMS & COVERAGE CONTINUITY

- Prepare an inventory of life insurance, long-term care insurance, annuities, burial or final-expense insurance, and other relevant coverage.
- Identify the carrier, policy owner, insured person, type of coverage, and secure location of policy documents.
- Confirm whether coverage is active and whether policy benefits, exclusions, premiums, and terms are understood.
- Review payment arrangements, including automatic deductions and direct billing, and identify who monitors payments.
- Determine how missed payments would be noticed if a policyholder became ill or could no longer manage bills.
- Review premium due dates, renewal dates, payment frequency, and possible increases over time.
- Understand applicable grace periods, lapse provisions, reinstatement requirements, and premium-waiver benefits.
- Review life insurance death benefits, cash values, and any accelerated-benefit provisions.
- For long-term care policies, review covered services, eligibility requirements, elimination periods, exclusions, benefit limits, and claim procedures.
- Determine whether life insurance or annuity contracts include long-term care or chronic illness riders and under what conditions benefits may be available.
- Assess whether coverage remains appropriate and affordable before altering, replacing, or surrendering a policy.
- Review homeowners and umbrella liability coverage when relevant to the family's broader financial situation.

3

Caregiving roles

Questions & Planning Considerations

Questions to discuss

- 1 What kind of assistance might be needed regularly?
- 2 Who is willing and realistically able to help with different responsibilities?
- 3 How could relatives living farther away contribute?
- 4 Who might coordinate care and communicate with providers or family members?
- 5 What financial or employment sacrifices could caregiving create?
- 6 When would paid assistance or respite care be needed?
- 7 What happens if a primary caregiver is unavailable or an emergency disrupts normal arrangements?

Planning considerations

IDENTIFY AVAILABLE SUPPORT

- Determine which relatives or trusted individuals are willing and able to provide help.
- Identify who lives nearby and who would coordinate or contribute from a distance.
- Discuss whether one individual should serve as the primary family coordinator or point of contact.
- Consider work commitments, household responsibilities, finances, and limitations for each potential caregiver.
- Identify services that may require professional assistance, including a geriatric care manager or local aging-services provider.
- When evaluating paid caregivers, review qualifications, references, services, fees, supervision, and complaint procedures.

SHARE RESPONSIBILITIES

- Identify who could provide transportation or arrange rides for appointments and essential errands.
- Determine who may assist with grocery shopping, meals, household activities, and regular check-ins.
- Identify who may help coordinate bills, insurance communications, and professional correspondence, subject to appropriate authorization.
- Consider who monitors recurring obligations such as insurance premiums, rent or mortgage payments, and utilities.
- Maintain a current medication and supplement list in a secure location accessible to appropriate caregivers and healthcare professionals.
- Identify who could help with Social Security benefit questions or report relevant changes to SSA, consistent with the agency's authorization requirements.
- Agree on how updates will be shared and how disagreements or changes in responsibilities will be addressed.

PROTECT THE CAREGIVER'S FINANCIAL WELL-BEING

- Consider whether caregiving might require reduced work hours, unpaid leave, or an employment change.
- Review potential effects on wages, employee benefits, retirement contributions, and long-term earnings.
- Identify out-of-pocket costs such as transportation, supplies, and expenses paid on the care recipient's behalf.
- Discuss whether expenses should be shared or reimbursed and whether paid care could reduce an unreasonable burden.
- Research workplace benefits, family leave options, caregiver assistance, and respite programs.

EMERGENCY PREPAREDNESS & BACKUP CARE

- Prepare an emergency contact plan that identifies family members, healthcare providers, and essential contacts.
- Discuss what happens if the main caregiver becomes ill, travels, or is otherwise unavailable.
- Identify backup caregivers, temporary services, and respite options.
- Plan for medication access, medical equipment, transportation, and daily support during severe weather, power outages, or other disruptions.
- Consider whether a personal alert system or other emergency assistance arrangement is appropriate.

4 *Decision-making*

Questions & Planning Considerations

Questions to discuss

- 1 Who would you trust to manage financial matters if you could not do so?
- 2 Who should make healthcare decisions if you were unable to communicate your wishes?
- 3 Are those individuals willing and prepared to serve?
- 4 Have successor decision-makers been identified if the first person cannot act?
- 5 Where are essential legal and financial documents stored, and who needs access?
- 6 Are there gaps between who the family expects to help and who is legally authorized?
- 7 How should the family respond if someone begins having difficulty managing bills or financial decisions?

Planning considerations

REVIEW LEGAL ARRANGEMENTS

- Confirm whether a durable financial power of attorney exists, remains valid, and still reflects current wishes.
- Identify financial agents and successor agents, including whether they understand and accept their duties.
- Review healthcare directives, healthcare proxy appointments, and other medical decision-making documents.
- Determine whether healthcare providers have appropriate written authorization to share protected information when needed.
- Clarify how medical decision-making authority differs from access to health information.
- Identify an estate planning or elder law attorney to help evaluate missing, outdated, or potentially conflicting arrangements.

ORGANIZE ESSENTIAL INFORMATION

- Locate wills, trusts, powers of attorney, healthcare directives, and letters of instruction.
- Identify where original legal documents are safely stored and who should be able to retrieve them.
- Maintain a current list of relevant financial institutions, insurance providers, healthcare professionals, and professional advisors.
- Identify the secure location of property records, tax documents, and applicable military service records.
- Establish how documents and contact information will be reviewed, updated, and provided to appropriately authorized individuals.

UNDERSTAND FINANCIAL ACCOUNT PROTECTIONS

- Review whether brokerage or investment accounts have an appropriate trusted contact.
- Understand that trusted contact designation alone does not grant account access, transaction authority, or legal decision-making power.
- Consider Social Security's Advance Designation program, through which eligible individuals can identify up to three people they would prefer SSA to consider as a future representative payee.
- Understand that SSA must appoint a representative payee when needed; an advance designation does not automatically appoint one.
- Review legal, tax, estate, and financial implications before adding a joint owner to a banking or investment account.
- Explore appropriate alternatives for bill-paying assistance and financial management with qualified professionals.
- Develop a process for addressing signs that a person is struggling to manage financial obligations or make decisions.

5

Family legacy

Questions & Planning Considerations

Questions to discuss

- 1 Do existing estate planning arrangements still reflect your wishes?
- 2 Could future care expenses affect what you intend to leave to others or to charitable causes?
- 3 Would a spouse or dependent need additional financial protection?
- 4 Are beneficiary designations consistent with your broader intentions?
- 5 Should substantial family caregiving involve compensation or reimbursement?
- 6 Are funeral or memorial preferences already documented and funded?
- 7 What circumstances would prompt another review of the estate and legacy plan?

Planning considerations

REVIEW THE BROADER ESTATE PLAN

- Review wills, trusts, and related estate planning documents for consistency with current wishes and circumstances.
- Confirm beneficiary designations on retirement accounts, life insurance policies, and other applicable assets.
- Consider how significant care expenses could affect expected inheritances and charitable commitments.
- Review whether a surviving spouse or dependent family member might require additional financial protection.
- Identify federal or state estate and inheritance tax matters that warrant qualified advice.
- For business owners, consider continuity, management, and ownership-transfer arrangements in the event of incapacity or death.

FUNERAL, BURIAL & FINAL ARRANGEMENTS

- Discuss personal preferences for burial, cremation, memorial services, and related final arrangements.
- Determine whether prepaid funeral arrangements, burial trusts, designated funds, or other provisions already exist.
- Review whether burial or final-expense insurance identified in the insurance inventory is intended to help pay these costs.

- Identify any funeral provider or other organization involved in existing arrangements.
- Locate contracts, payment records, letters of instruction, and other relevant documents.
- Consider whether anticipated expenses are sufficiently funded and identify possible gaps.
- Determine who would coordinate arrangements and how immediate expenses would be paid.
- Confirm whether written instructions are current and appropriately shared with the individuals who may need them.

FAMILY CAREGIVING CONSIDERATIONS

- Discuss whether a relative providing substantial care should receive reimbursement, assistance, or compensation.
- Consider whether a written caregiving agreement is appropriate, with guidance concerning legal, tax, and Medicaid implications.
- Discuss expectations surrounding gifts, financial support, and differences in caregiving contributions among relatives.
- Identify changes in health, relationships, assets, or family responsibilities that could warrant updates to estate documents or beneficiary designations.

Our family's next steps

PRIORITY	ACTION OR QUESTION	WHO	BY WHEN
1			
2			
3			
4			
5			

[illegible]

PROFESSIONALS TO CONSULT

Family Care Conversation Guide tuttlewealth.com

CareScout Cost of Care calculator carescout.com/cost-of-care

Eldercare Locator eldercare.acl.gov · 1-800-677-1116

Social Security Advance Designation ssa.gov/payee

Tuttle Wealth Partners can help you consider how care costs and family responsibilities fit into your broader financial plan.

tuttlewealth.com • 800-871-1219



Tuttle Wealth Partners