

# ACT



ACT (*Assess, Consider, Talk*) to help determine how your future will look. Completing the following exercises could help prepare you for the kind of future you desire.

## Assess

Try to visualize the kind of life you want as you age. Do you desire the same standard of living you have now or better? How will you prepare for unexpected medical emergencies?

Picture the financial future you see for yourself. Regardless of what stage you are in life, what are your goals? Where are you now and where do you want to be?

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Estimate the cost of staying in your own home versus going to a care community. (*If you did a cost analysis in the living choices chapter, refer to that.*) Check into care costs in your area and compare to costs of mortgage/rent, utilities and yard or general maintenance. Would you need to remodel your home to stay as you age or to sell it and, if so, what would be the extent? Can you afford to continue paying property taxes on your home?

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