

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

Assess your current health and think about the risks, based on your own health as well as your genetics, that you could face as you age. Assess your mind and soul health as well.

Would you consider yourself to be physically healthy? What do you think you could improve upon? How healthy do you want to be in your retirement years?

Do you see your doctor regularly and do you have routine checks and preventative screenings? (*Some important preventative tests include mammograms for women (to help catch breast cancer at its earliest stage), PSA blood tests for a man (to help detect prostate cancer), a colonoscopy (to help check for colon cancer), and memory tests (to assess mental acuity).*) Log the screenings that you have scheduled or completed.

Assess the medications you are on and their side effects, if any. Make sure that you have a written log of current medications. (Go to SeniorEmergencyKit.com for a medication tracker.) Check with your doctor regularly to assess whether you need adjustments to your medication schedule. Write down your plan for staying on top of your medications.

Assess where you are in your spiritual life. What is important to you about your spirituality? How do you find meaning in your life? How important will spirituality be in the future?

Consider

Being proactive can go a long way toward helping to achieve total health. Consider how you can improve your habits today for a healthier tomorrow.

Describe your daily diet. Do you get the recommended amount of fruits and vegetables? (See the **Learn More** section for resources.)
