

Handle Complex Care Like a Pro

Do you have a ton of questions on getting and providing care? **Wellthy** has devised 6 areas that every family should consider:

Legal

Setting up the right legal documents can be painful, but these will make tough decisions easier:

- ❑ **Power of Attorney** – act in your loved one’s place for financial or healthcare decisions
- ❑ **Healthcare Proxy** – like Power of Attorney but focused on healthcare
- ❑ **Advance Directive/Living Will** – states preferences for end of life or in the case of hospitalization
- ❑ **Will** – how assets, debts, properties, possessions will be distributed after death

Financial

Get a handle on finances to better inform needs and priorities:

- ❑ **Benefits** – drug manufacturer rebates, assistance paying bills, etc.
- ❑ **Long-term Care Insurance** – helps cover future expenses for daily care services not covered by insurance
- ❑ **Health Insurance** (Medicare, Supplemental, Medicaid) – plans change, as do health needs, so it’s important to rethink every year
- ❑ **Tax Deductions** – deduct unreimbursed medical-related expenses
- ❑ **Social Security** – Americans get a regular income check upon retirement, disability or death

Housing

Start by articulating preferences, care needs, and budget to find the perfect home for your loved one:

- ❑ **Senior Living** – there are varying levels of care provided at: independent living, assisted living), nursing homes, memory care or care homes
- ❑ **Short-term Solutions** – respite care or adult day care offer short-term stays in assisted living or nursing homes
- ❑ **Moving** – specialists who help families and seniors move

In-Home

We recommend preventive measures to keep your loved one safe:

- ❑ **Safety** – ensure your home is “fall proof”—handrails, furniture placement, lighting
- ❑ **Home Care (Aide/Helper)** – in-home aides can help with bathing, dressing, housekeeping
- ❑ **Modifications** – updating the home is important to keep it safe
- ❑ **Technology** – technology helps ensure safety, connectivity and mental alertness
- ❑ **Transportation** – public and private options to help your loved one get to appointments
- ❑ **Equipment & Supplies** – the necessary gear—available online or at your local medical supply shop

Medical

Enlist the right professionals, stay on top of appointments and procedures, and enact our easy organizational tips:

- ❑ **Doctors** – ensure your loved one has the appropriate care
- ❑ **Other Providers** – professionals and services your loved one could use (i.e. occupational, physical therapy)
- ❑ **Medical Records** – gather and store test results, appointment notes, etc. for quick access
- ❑ **Medication Tracking** – keep a master medication list
- ❑ **Appointment Scheduling** – keep everyone on the same page through a shared calendar

Social/Emotional

Make sure you and your family feel supported:

- ❑ **Counselors and Therapists** – consider visiting a professional or doing therapy sessions via text and video
- ❑ **Social Activities** – ask loved ones about interests and set up enjoyable activities
- ❑ **Memory Care** – keep your loved one’s mind in good shape and prevent cognitive decline
- ❑ **Support Groups** – in-person, online and phone-based support groups let you connect to others in a similar situation

Need help with this list? With **Wellthy**, you’re matched with a dedicated Care Coordinator who becomes your family’s personal healthcare project manager. Care Coordinators are experts—and they’ll be there with you every step of the way. **Get started at [wellthy.com](https://www.wellthy.com)**

