



Enhancing the lives of aging adults

Aging With Dignity Resource Tools

Staying at home as you grow older is called “aging in place.” To be successful at this, you need to know what kinds of tools and resources are available. How can you continue to live at home safely? How do you talk to your children about this?

Use the resources below to learn about how you can experience a comfortable, independent retirement and enjoy the quality of life and peace of mind that you deserve.

Housing and home care

Home Instead

homeinstead.com

A national organization that provides a broad range of home care options, from nonmedical companionship to Alzheimer’s support to hospice care

A Place for Mom

aplaceformom.com

A national search and referral agency for finding the right living facility

New Lifestyles

newlifestyles.com

A national guide listing housing and care resources in your area

National Association of Senior Move Managers

nasm.org

An organization that specializes in moving you from your home into a new living situation

National Association of Home Builders

nahb.org

Search: “Find a certified aging-in-place specialist”
A group of certified building contractors who specialize in making your home safe should you choose to remain there

Emergency care

The File of Life

folife.org

Provides a refrigerator magnet with all your emergency information

Road ID

roadid.com

Provides Velcro bracelets or shoe tags with engraved emergency contact information for when you are hiking, traveling or competing in athletic events

ICE Keychain

amazon.com

Search: “metal flash drive USB key”
An in-case-of-emergency (ICE) keychain with a thumb drive that lists your health care directives, POAs, medications, emergency contact numbers, etc.

Revolutionary Tracker

revolutionarytracker.com

A wearable GPS-enabled wristwatch with an emergency button to alert a designated person if you fall and inform him or her of your location

Reference Books

The Parent Care Conversation: 6 Strategies for Dealing with the Emotional and Financial Challenges of Aging Parents (Dan Taylor, Penguin Books, 2006) Opens the door for a to an honest discussion between you and your adult children; allows you and your family to communicate and create workable plans of action

Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose (Nancy Schlossberg, American Psychological Association, 2009) Addresses the psychological ramifications that come with the transition into retirement; underlines the importance of taking stock of your “psychological portfolio” as well as your financial one; helps you understand how your sense of identity, your relationships and your support system can change in retirement, and how your sense of purpose can be affected

Who Gets Grandma’s Yellow Pie Plate? Workbook: A Guide to Passing on Personal Possessions (Marlene Stum, University Extension Services, 2011) A practical look at transferring your dearest possessions successfully and avoiding infighting among your children; also covers how to discuss the significance of each item so it transfers with meaning and is enriching to those who receive it

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss (Nancy Mace and Peter Rabins, Johns Hopkins University Press, 2017) ; covers the basic facts, how to cope, how to get help and the financial and legal issues that need to be addressed; comprehensive and compassionate

Another Country: Navigating the Emotional Terrain of Our Elders (Mary Pipher, Riverhead Books, 2000) An incredibly helpful guide for your adult children

Inspired Philanthropy: Your Step-by-Step Guide to Creating a Giving Plan and Leaving a Legacy (Tracy Gary, Jossey-Bass, 2007) Filled with ideas and practical tools for helping families develop a family giving plan

Resources to help your family

“Caring for Aging Parents”

Available from MFS through your financial advisor; details a number of care considerations and services available to you; a starting point for the discussion on what lies ahead

This material should be used as helpful hints only. Each person’s situation is different. You should consult your investment professional or other relevant professional before making any decisions.

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