

10 THINGS YOU CAN DO

CHECKLIST: AGING WITH DIGNITY AND INDEPENDENCE

Whether you're older than 65 or have a loved one who is, there are simple, inexpensive things you can do TODAY to help plan for aging with dignity, choice, and independence. Keep a copy of this checklist, track the things you've taken care of, and share the tool with others who might need it.

- 1 Talk to your family about what's important to you as you age.
- 2 Make a list of all your medications, and keep it up to date.
- 3 Do a walk-through of your home to ensure that it's both safe and comfortable.
- 4 Take note of changes in your appetite, or if your weight has fluctuated.
- 5 Find an activity that is new or fun for you – and get active.
- 6 Make a list of your support team – people in your life who can assist you.
- 7 Make a list of the things you need help with, and ask for help if you need it.
- 8 Review your finances – are you prepared for the future costs of your own care?
- 9 Talk to your doctor about any changes in your health.
- 10 Find out where your local senior center is – and pay a visit.

For more information on aging with dignity and independence, visit www.TheSCANFoundation.org/aging-well