

# Facing the Facts

## Questions to Share and Discuss with Your Family and Friends

### Your personal needs and concerns

- What are your biggest worries about the future?
- Who need to be considered when making future plans? (spouse, children, grandchildren, friends)?
- What thing(s) remain to be done or resolved?
- What aspects of your life are most important to you at this stage of life:  
Being near family, returning to your homeland, making beautiful art or music, re-connecting with people, communing with nature, mastering a skill, bequeathing your fortune, practicing your religion?

### Housing

- How important is it for you to remain in your current home?
- Where or with whom would you want to live if you could no longer manage alone?
- What are other acceptable options?

### Financial and legal matters

Do you have or do your loved ones know how to find:

- A trusted attorney?
- A financial plan or list of assets and liabilities?
- A will, trust, or power of attorney?
- Life or long-term care insurance?

If you should need long-term residential care, who will pay? Be aware that Medicare does not cover long term care, however MediCal does pay.

### Health

- Do you have a doctor and/or medical plan that you trust?
- Do you fear suffering from a particular disability (dementia, blindness, paralysis)? If so, would family or friends be able to help?
- Are you able to drive without being a danger to yourself and others?  
If not, how will you get around?
- If you should need in-home care, who will be financially responsible?

### Death and funeral

- What, if anything, frightens you about dying?
- What are your beliefs about the end of life?
- What do you wish to become of your body: burial, cremation, donation?
- How can your descendents best honor you in death?

### Community resources

- What resources are available in the community?
- Do you know how to find them?

## Information and Assistance for Older Adults

**1-800-510-2020**

**1-714-567-7500**