

How We Can Help with Advance Planning

Medical Planning

With age, we become more prone to injuries and illnesses that may limit our ability to communicate. To prepare for this possibility, it is important to talk with our doctors and the important people in our lives about what we would want so that they can help honor our wishes in the future.

Your Care Team Navigator (CTN) can help you prepare by:

- Reviewing any forms you may have already completed, like an Advance Health Care Directive or Living Will, to make sure they still reflect your wishes
- Discussing with you, who you would choose to make medical decisions for you in the future (if you have not chosen already)
- Listening to what is important to you and helping you document your goals and values to help guide your future care
- Helping you share important information with your doctors and care team

Legal/Financial Planning

To avoid extra stress and higher out-of-pocket costs, we recommend getting organized, choosing someone you trust, and making sure the person you choose has access to the information and authority they would need to manage your affairs if needed in the future.

Your Care Team Navigator (CTN) can help by providing:

- Information about how to choose someone to make financial decisions for you in the future
- Resources to help you and your financial decision maker (fiduciary) understand their role in supporting you
- Information about the types of help that are available and ways to pay for it
- Information about community resources, public benefits, and insurance
- Referrals for legal advice as needed

Care Team Navigators (CTNs) cannot provide medical or legal advice. They provide basic information about common needs and concerns, and refer you to qualified professionals for additional help.