

WHEN IT COMES TO AGING WELL, WHAT'S THE PLAN?

10 things you can do to age with dignity and independence.

TO DO:

- Talk to your family about what's important to you as you age.
- Create an "Aging Journal" that serves as the one resource for all your vital information.
- Make a list of all your medications, and update it as your prescriptions change.
- Give a trusted family member an up-to-date list of all your passwords.
- Do a "home audit" to ensure your living space is safe and comfortable.
- Write down all the people on "Team You" who can assist you as you need it.
- Make a list of the things you need help with, and ask for help if you need it.
- Prepare for the future costs of your own care by reviewing your finances.
- Keep your doctor informed about any changes in your health.
- Find out where your local senior center is — and pay a visit.

Preparing today can make a big difference in your aging experience tomorrow. Brought to you by [FaceAgingMN.org](https://www.FaceAgingMN.org)

Based on a resource from The SCAN Foundation — advancing a coordinated and easily navigated system of high-quality services for older adults that preserve dignity and independence. For more information, visit www.TheSCANFoundation.org.