

# **LESSONS LEARNED**

**HELPING MY PARENTS TRANSITION**

# **BACKGROUND**

**Mom & Dad are 94 years old, married 63+ years**

**Mom moved into an assisted living facility (ALF) in January 2010**

**Dad moved into the same ALF in September 2010**

**Three children**

- Quality Administrator married to a Hospice Administrator
- One sister is a nurse practitioner
- Other sister is a family practice physician

# **WE ARE LUCKY**

## **Parents were and are very frugal**

- Conservative investments
  - Introduced me to financial advisor early on
- Long-term care insurance

## **Put together the right documents**

- Family trust
- Health care power of attorney
- Financial power of attorney

## **Prepaid funeral plan**

# **WE ARE LUCKY**

**My sisters and I have been on board**

**Our spouses are supportive**

**I don't have a job**

**Parents able and willing to subsidize our trips**

# **THE ADVENTURE BEGINS**

## **January 2010**

- Pacemaker replacement
- Fall discovered
- Respite care

## **February 2010**

- Settling mom into assisted living
- Wife's aunt dies
- Dad plans to move to Independent Living

# **THE ADVENTURE CONTINUES**

## **July 2010**

- Family Reunion
- Alzheimer's & Parkinson's
- Continue driving

## **September 2010**

- Dad hospitalized for CHF
  - Needs oxygen, shouldn't drive anymore
  - Goes into respite care "for a couple of weeks"
  - The Great Escape

# **THE ADVENTURE CONTINUES**

## **October 2010**

- Dad needs to stay in ALF
- Can't drive anymore
- Wait until apartment closer to mom opens up

## **January 2011**

- Car is donated

# **THE ADVENTURE CONTINUES**

## **January 2012**

- Mom falls in room, breaks pelvis
  - Needs rehab in a skilled nursing facility (SNF)
- Dad “feels whipped”
  - After doctor visit, referred to hospice

## **February 2012**

- Mom returns to ALF
  - Referred to hospice



# **WHAT I'VE LEARNED**

**Interpretation of HIPAA privacy regs make helping parents more challenging**

- Social Security
- Medicare
- Homeowners and auto insurance

**Change of “billing address” so bills & notices come to me instead of getting “lost”**

**Get to know financial advisor/tax person**

# **MORE LESSONS LEARNED**

**Get to know financial advisor/tax person**

# **ESTATE PLANNING DOCUMENTS**

**Last Will and Testament**

**Durable Power of Attorney for Financial Affairs**

**Advance Health Care Directive**

**HIPAA Release Form**

**Certificate of Trustee**

**Transfer Instructions**

**Comprehensive Transfer Document**

**Bill of Sale**

**Community Property Agreement**

# **SUGGESTIONS**

**Get to know their doctors and dentists**

**Embrace assistive devices sooner**

- Hearing aids, canes,

**Share information with kids**

**Downsize before the crisis**

- Move closer to one of the kids if possible

# **RESOURCES**

**Five Wishes – [www.agingwithdignity.org](http://www.agingwithdignity.org)**

**National Council on Aging – [www.ncoa.org](http://www.ncoa.org)**

- **Benefits Checkup – [www.benefitscheckup.org](http://www.benefitscheckup.org)**

**Find Law – [www.findlaw.com](http://www.findlaw.com)**

**AARP – [www.aarp.org](http://www.aarp.org)**

**Senior Services**

**The Braille Institute - [www.brailleinstitute.org](http://www.brailleinstitute.org)**

**Florida Telecommunications Relay, Inc. – [www.ftri.org](http://www.ftri.org)**

# QUESTIONS