

**Many of us have been there for loved ones as they've grown older.  
It's often through these experiences that we recognize the  
wisdom of planning for our own aging.**

## PROACTIVE PLANNING

As a Proactive Planner, understanding the options and drafting a road map helps you envision and prepare for the future, especially in these areas:

- Financial goals and considerations
- Housing options and arrangements
- Physical, social, and mental well-being
- Cognitive health
- Engaging family, friends, or other supports in your planning

When Proactive Planners consult with us, they often have a myriad of questions.

- If the time comes that I need help, what's available?
- What would it take to stay in my home?
- What would it cost?
- How do I find a caregiver?
- If I want to move, what are the options?
- How do I select a retirement community?
- What if my partner or spouse has different care needs or preferences?
- How do I engage my adult children in the conversation?
- What if I'm a Solo Ager?
- What else should I be thinking about?

The marketplace is crowded with options and information.

As Aging Life Care Professionals<sup>®</sup>, we can answer these questions. We demystify the process, guide you in making informed decisions, create a plan for the short and long term, and decrease any anxiety around these major decisions.

Working with Proactive Planners is one of our passions.

Let us be your partner and trusted advisor on your proactive planning journey.

Put our 75 years of combined experience to work to save you time, stress, and money.

**If you are ready to start planning, call us today at 206.456.5155 to schedule a consultation.**

You can also [schedule an appointment online](#)

