

Peace of Mind Planning

“When my grandmother died, we didn’t have a clue about her finances. After much searching, we found the passbook to her savings account under a doily which was under an old typewriter.”

**You can
make it easier
for your family.**



Lifespan provides information, guidance and services that help older adults take on both the challenges and opportunities of longer life.

Eldercare Services

- Care management through Eldersource*
- CheckIt!, a full bill payer service
- In-home financial management assistance
- Guidance on financing long-term care related to Medicare & Medicaid
- Guidance about long-term care insurance
- Guidance on Medicare & Medicare Part D
- Elder abuse prevention & scam intervention/education
- Home modification for fall prevention
- Advocacy for nursing home residents
- Geriatric addictions program
- Care management for older adults with developmental disabilities
- Day care for older adults with developmental disabilities
- Future Care Planning for persons with disabilities**
- Home Energy Assistance Program (HEAP)
- Guardianship for incapacitated older adults

Employment & Volunteerism

- Job placement assistance for women re-entering the workforce
- Job training for low income adults (55 and older)
- Volunteer placement for adults (55 and older) in area non-profits
- Volunteer recruitment for transportation programs

Training & Education

- Workshops in aging issues
- St. John Fisher Geriatric Certificate Program
- Elder Aware training for businesses
- Keys to Independence –safe driving for older adults

Sign Language Interpreting

- Interpreter service

Wolk Older Adult Center at Lifespan Downtown

- Meals, recreation, education, socialization

**in partnership with Catholic Family Center*

***in partnership with Al Sigl Center and the Arc of Monroe*

Se habla Español.



1900 South Clinton Avenue
Rochester, New York 14618
(585) 244-8400 ■ www.lifespan-roch.org



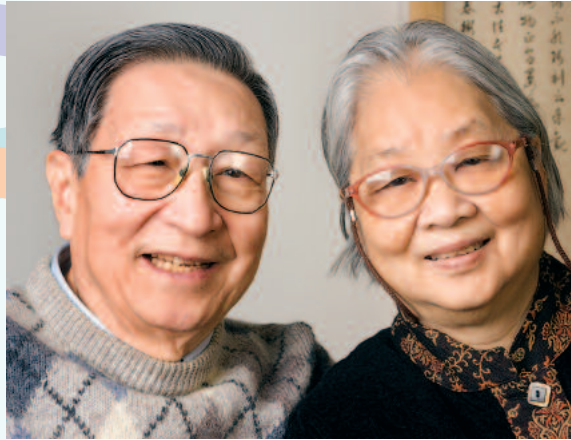
A service from Lifespan that can ensure that you and your family are prepared for the unexpected.



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Think of all the details that your spouse or family needs to know if the unexpected happens.

- Where are your bank and retirement accounts?
- Where is your safety deposit box?
- Where are your life insurance policies?
- Where is your Will?
- Are your insurance and other beneficiaries updated?
- Who is your lawyer?
- How many credit card accounts do you have?
- Where is your Social Security card?
- What are your debts?
- Where is your pension information?
- Have you given your Power of Attorney to someone you trust?
- Who is your health care proxy?
- Where are your electronic passwords?
- **And so much more.**



We Provide a Planning Coach

Your personal planning coach at Lifespan can help you organize all your important legal, financial documents/accounts and health information with attention to **your** needs. We'll tell you what you are missing. We'll give you written recommendations for future action. And we'll call you in six months to remind you about your action items.

Lifespan's Peace of Mind Planning service consists of one telephone consultation and three personal meetings. At end of the planning process, you'll receive an easily updatable three-ring binder to take home. And, if you would like, we can also store a secure copy here at Lifespan.

When even thinking about this process seems overwhelming, Lifespan can help.

**Don't wait,
and don't hesitate.**

Lifespan is our community's trusted source for just this type of guidance. It will bring you *and* your family such *peace of mind*.

There is a fee, but you might find this is the best money you've ever spent.

**To take it on —
with our help — call
Lifespan at 244-8400, ext. 116.**



Learn more about Lifespan and our services for older adults, their families and caregivers at www.lifespan-roch.org. Take It On!

