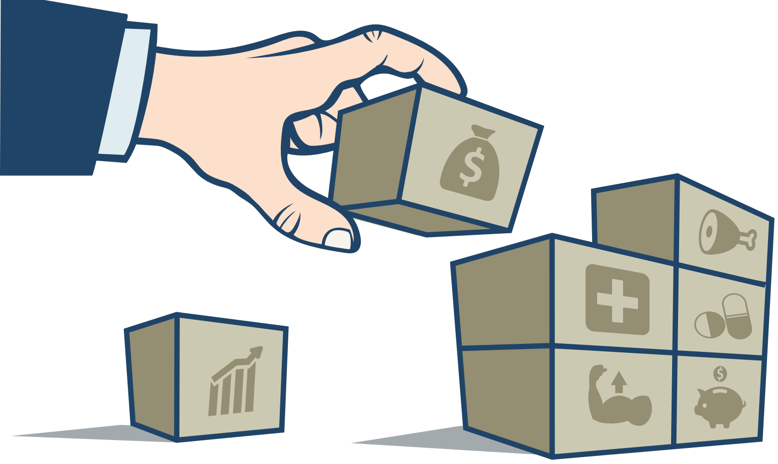

LONG-TERM CARE PLANNING CHECKLIST

Whether it's for you or a loved one, it's important to **begin with the basics when developing your long-term care plan.** This checklist can help you get started.

YOU CAN'T PREDICT THE FUTURE, BUT YOU CAN PREPARE FOR IT.

EVALUATE CARE OPTIONS

- [ ] Consider services you may need
- [ ] Visit facilities online or in person
- [ ] Review costs (current and future)
- [ ] Ask for recommendations

DETERMINE COVERAGE OPTIONS

- [ ] Self-funding
- [ ] Long-term care insurance
- [ ] VA benefits
- [ ] Medicare/Medicaid

CONSULT PROFESSIONALS

- [ ] Your AWM&T Relationship Manager
- [ ] Long-term care insurance agent
- [ ] Estate attorney
- [ ] Your medical team

GATHER IMPORTANT DOCUMENTS

- [ ] Estate plan
- [ ] List of all financial accounts
- [ ] Legal documents
- [ ] Health and military records

Be sure to document all of your wishes and update them if your situation changes. Then, be sure to **talk with your loved ones about your plans.**

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