Preparation brings peace of mind

Planning for your own care

When providing care for a loved one, it's hard to envision your own future needs, when and if the time comes. Having plans in place before you need them could make a night and day difference down the road. Below is a list of items to consider when making a plan for your personal care needs.

☐ **1. Build your estate plan:**
Work with a financial professional and attorney to create powers of attorney, wills, trusts, and advance healthcare directives.

☐ **2. Develop your long term care plan:**
Map out a plan if you don't have one, and ensure your care wishes are documented.

☐ **3. Plan for future costs:**
Incorporate potential long term care costs into your financial plan, whether through insurance or self-funding, and ensure your resources align with your preferred care options.

☐ **4. Enhance your financial knowledge:**
Learn about estate planning and seek guidance from a financial professional.

☐ **5. Secure legal documents:**
Complete power of attorney, medical power of attorney, living will, will, and trusts with professional assistance.

☐ **6. Plan your end-of-life arrangements:**
Decide on funeral or end-of-life wishes, prepay if possible, and record them in your will. Verify all beneficiary information is up to date.

☐ **7. Adjust spending and assets:**
Monitor your lifestyle and identify sellable assets like cars or property for additional savings.

The future starts today.

Visit our website or call to speak to a Transamerica representative today.

Visit **transamerica.com**

Call **800-851-7555**

273635R2

Transamerica℠