

TIPS FOR AGING THE *"RIGHT"* WAY

Brought to you by:

Eldercare Planners of Canada

Silver Lining Senior Advisors

Fluid Senior Transitions

5 Tips to Eldercare Planning

1. **Start Early:** Begin conversations with your loved ones about their wishes, finances, and healthcare options before a crisis occurs.
2. **Know the Legalities:** Ensure important documents like Wills, Powers of Attorney, and Advance Care Directives are up to date.
3. **Explore Housing Options:** From aging in place to retirement communities or long-term care, familiarize yourself with what's available and what might be the right fit for the future.
4. **Financial Planning:** Consult a financial advisor to plan for the costs of aging, including pension benefits, long-term care insurance, and personal savings.
5. **Self-Care for Caregivers:** Remember to take care of yourself. Accessing respite services, support groups, and stress management tools is crucial to avoiding burnout.

The Financial Realities of Aging: What Clients Often Miss

- **The cost of care adds up quickly.**
  Many families underestimate the cost of private care, especially when support is needed daily or around the clock.
- **Retirement living is not all-inclusive**
  Base rent often increases with care needs. Services like medication administration, bathing, and escorts can be additional.
- **One spouse's needs can significantly impact the plan**
  When care needs differ, it can create both emotional and financial strain on the healthy spouse.

Statistics

Women as caregivers: Roughly 75% of caregivers are women, according to the Canadian Institute for Health Information. They often face balancing careers, family responsibilities, and caregiving.

Family caregiving: More than 8 million Canadians are unpaid caregivers, supporting aging loved ones. The strain on caregivers can impact their physical and mental health.

The aging population: In Ontario, it's projected that by 2041, seniors (65+) will make up over 25% of the population. This means more families will likely need to address eldercare needs.



Acronyms

ISL: Independent Supportive Living
AL: Assisted Living
MC: Memory Care
LTC: Long-Term Care
ADLs: Activities of Daily Living
POA: Power of Attorney
PSW: Personal Support Worker

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18 Ontario Home Health Team Areas:

Call 310-2222 (no area code)



1. Toronto Central
2. Hamilton
3. Central West
4. Mississauga Halton
5. North Simcoe Muskoka
6. South East
7. South West
8. Eastern Ontario
9. Toronto East
10. Toronto West
11. Niagara
12. Lambton Kent
13. Waterloo Wellington
14. Windsor Essex
15. Durham Region
16. York Region
17. North East
18. North West

Let us help you simplify your planning, contact us today!



Peg Bocci, founder of Silver Lining Senior Advisors, has been in the senior living industry nearly 20 years. Peg's experience has shown the meaningful impact of retirement living, and she is dedicated to helping seniors navigate their next chapter with knowledge and compassion.

Silver Lining SENIOR ADVISORS

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Jeanette Bock is a dedicated Consultant with over 30 years of customer service experience, specializing in guiding seniors and families through the complex decisions of aging. Jeanette passionately empowers her clients by presenting all available options, encouraging seniors to retain control over their lives, and using her empathetic, problem-solving skills to find personalized solutions for each unique situation.

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Resources

Alzheimer's Society: https://alzheimer.ca/on/en
Leading charity supporting people living with all forms of dementia, including Alzheimer's Disease, as well as caregivers and their families.

Retirement Homes Regulatory Authority (RHRA):
https://www.rhra.ca/en/
Inform, educate, and protect seniors living in retirement homes across Ontario.

Ontario Health at Home:
https://ontariohealthathome.ca/
Arrange home care, long-term care placement, and community services for seniors.

Ontario Caregiver Organization:
https://ontariocaregiver.ca/
Improves the lives of Ontario caregivers who provide physical and emotional support to a family member, partner, friend, or neighbour.

Ontario - A Guide to Programs and Services for Seniors:
https://www.ontario.ca/document/guide-programs-and-services-seniors/health-and-well-being

A national network of eldercare planners to support you on your eldercare journey.

Eldercare Planners of Canada are your Canadian Senior Living experts. As professionals in Eldercare, we specialize in caregiver support, senior living, and navigating the complexities of aging.

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