

KNOWING YOUR CARE NEEDS

To find your care solution, you must first determine your care needs.

Whether it's medical assistance, help with day-to-day tasks such as bathing, cooking or driving, or increased social interaction, Care Conversations™ can help you identify the level of care you need and the care option that is right for you or your loved ones.

Tools include:

- **Early signs to look for**
- **Understanding Alzheimer's Disease**
- **Care 911 when immediate solutions are needed**



CHOOSING CARE

Finding good care begins with good information.

Care Conversations can help you navigate the types of care available, so you can make an educated decision based on the extent of care you need and your personal preferences.

The website details:

- **Types of care**
- **Types of therapy**
- **Finding and evaluating care**
- **Payment options**
- **Medicare and Medicaid**
- **Locating facilities**

Making a care decision can be difficult, but Care Conversations, along with your loved ones, health care providers and care professionals, will help you make the right decision.

PLANNING AND PREPARING FOR CARE

Planning is key when it comes to long term care.



From initiating a care conversation to finalizing a care decision, Care Conversations can walk you through every step.

On the site you'll get information on:

- **Planning tools (advance directives)**
- **Determining when in-home care isn't enough**
- **Away-from-home care needs**
- **Making the move to assisted living**
- **Helping with the transition to care**

WHAT ARE CARE CONVERSATIONS™?

Seventy percent of us will need long term care after age 65, yet few of us openly discuss our care needs and wishes.

Care Conversations is dedicated to changing that trend. By providing online information and resources to get people talking with loved ones, health care providers and industry experts, we can help you plan and prepare for the future and ensure your care needs are met every step of the way.

Care Conversations can help you:

- **Identify your needs**
- **Explore care options**
- **Offer resources to get the care you need**
- **Approach the subject of care with loved ones**

START THE CONVERSATION TODAY

Having a conversation about long term care can feel overwhelming. But the good news is, extensive information and resources are right at your fingertips to help guide you through the experience.

Visit CareConversations.org today for:

- **FAQs**
- **Relevant web links**
- **Facts vs. myths**
- **Recommended reading**
- **Blogs**
- **Forums**
- **Videos of people sharing their stories**

Remember, it's never too early to broach the subject. Worry less about tomorrow. Start a conversation today.

ARE YOU PREPARED FOR YOUR LONG TERM HEALTH CARE NEEDS?



JOIN THE CONVERSATION.

CARE 
CONVERSATIONS.org