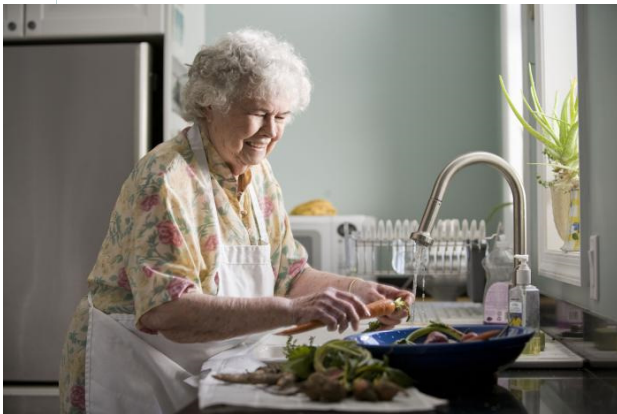


# MY PARENTS ARE GETTING OLDER AND I WORRY ABOUT THEM...

I've seen my friends go through messes when their parents got sick or were hospitalized — They have to scramble and make choices that no one felt good about.



## It's a Touchy Subject. Where do I start?

Northwestern University Geriatricians (Experts in the Care of Seniors), Seniors, Caregivers, Social Workers, Area Agencies on Aging came together to help.

We created a website that helps you learn what decisions you'll have to make in the future and what resources are available.

Check it out.

It's been proven to help.

Over 20,000 people in 40 states have already used it and shared it with others.

## What will we do when Mom or Dad needs help?

- **Everyone wants to remain in their home.**
- **No one thinks they will need help but the majority of seniors will need some form of support to remain in their own homes as they age.**
- **There is a strong possibility that your loved one will experience a crisis, such as a hospitalization or fall, that will impact their independence.**
- **Knowing what your options are BEFORE a crisis helps you know how to support**

## PlanYourLifespan.org

The screenshot shows the PlanYourLifespan.org website. At the top, there are navigation tabs for 'Hospitalizations', 'Falls', 'Memory Loss & Alzheimer's', 'Talking to Others', and 'Finances'. Below the tabs is a progress bar indicating '2% complete'. The main content area is titled 'What if I am hospitalized?' and features a video player with a play button. The video is titled 'Catherine discusses her experience with rehabilitation after a hospitalization.' To the right of the video is a 'Transcript' section. The bottom navigation bar includes links for 'Welcome', 'PLAN YOUR LIFESPAN', 'Home', 'About', 'Help', 'Summary', and 'Save & Sign In'.