

# I plan to die in my sleep in my own home without ever needing help or ever getting sick.

## ... What if that doesn't happen?



- **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 you or a loved one will experience a crisis, such as a hospitalization or fall, that will impact your independence.**
- **Knowing what your options are BEFORE a crisis helps you have a voice in making choices in your life. .**

### 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.

It's free to use. There are no ads.

It's available throughout the entire USA.

## PlanYourLifespan.org

The screenshot shows the PlanYourLifespan.org website interface. At the top, there is a progress bar and navigation tabs for 'Hospitalizations', 'Falls', 'Memory Loss & Alzheimer's', 'Talking to Others', and 'Financials'. The main content area features a video player with the title 'What if I am hospitalized?' and a subtitle 'Most Hospitalizations are Unplanned'. The video shows an elderly woman, Catherine, discussing her experience with rehabilitation after a hospitalization. To the right of the video is a 'Transcript' section. At the bottom, there is a navigation menu with links for 'Welcome', 'PLAN YOUR LIFESPAN', 'Home', 'About', 'Help', 'Summary', 'Save & Sign In', and 'Copyright © Northwestern University'. A 'Next' button is visible on the right side of the video player.