

She was doing great - Then she fell. She broke a hip. She was so confused when I saw her in the hospital. Her daughter had to make decisions about bringing her home or setting her up in a nursing home.

... Will you have a voice in your future?



- **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. At the top, there are navigation tabs for 'Hospitalizations', 'Falls', 'Memory Loss & Alzheimer's', 'Talking to Others', and 'Financials'. The main content area is titled 'What if I am hospitalized?' and 'Most Hospitalizations are Unplanned'. It includes a video player with a play button, showing an elderly woman (Catherine) sitting on a couch. Below the video is a transcript: 'I think an important part of balance is really good physical therapy- to maintain balance, to keep it from deteriorating, and to improve it. Starting last January I went twice a week, in the bitter cold, to a really fine hospital and got physical therapy to improve my balance. I feel it's made a difference for me. It'. There are 'Next' and 'Previous' buttons. The footer includes a 'Welcome 2% complete' message, the 'PLAN YOUR LIFESPAN' logo, and navigation links for 'Home', 'About', 'Help', 'Summary', and 'Save & Sign In'. There is also a copyright notice for Northwestern University.