

**You may have a Power of Attorney or Living Will.
You may have pre-purchased a casket.
But what about the 10-20 years before you die?**

... 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's a navigation bar with icons for Hospitalizations, Falls, Memory Loss & Alzheimer's, Talking to Others, and Finances. Below this is a progress bar. The main content area is titled 'What if I am hospitalized?' and includes a video of Catherine discussing her experience with rehabilitation after a hospitalization. The video is titled 'Catherine discusses her experience with rehabilitation after a hospitalization.' To the right of the video is a 'Transcript' section. At the bottom, there's a navigation bar with links for Home, About, Help, Summary, and Save & Sign In. A 'Welcome' message at the bottom left says '2% complete'.