



Nightmare or a Conversation? How do you score?

If you think talking to your kids about the birds and the bees was tough, wait until you try talking with your parents about their care and well being as they age.

A Living Nightmare

Frank, a 68-year-old retired government executive, lives with his wife, Hazel. Seven years ago Hazel had a brain tumor, followed by infections that left her in a demented state. She can think and talk but not take care of herself. So Frank has been caring for her in their home. Last year Frank was diagnosed with cancer and, with the surgery that followed, doctors found other complications. He has been in a nursing home for four months. His Medicare payments are stopping and Hazel is still living in their home with round-the-clock sitters. Frank and Hazel have been very frugal with their money, but his Social Security and government pension cannot keep pace with the bills for the 24-hour-a-day sitter, medications and now his nursing home costs.

Their children either do not live close enough to provide the support they need or they are not able to help because of their own obligations. Hazel and Frank are immediately faced with moving into a Medicaid-eligible nursing home, not necessarily the same one.

Nightmare scenarios are way too common these days. They have become the norm rather than the exception as America's aging population explodes in number. Nearly 40 million people now are over age 65, growing to nearly 80 million in the not too distant future.

Baby Boomers and the Greatest Generation

Baby Boomers, you need to have a conversation with your aging parents about their long term care and well being. Having this conversation is not easy. Why not? First of all, Boomers don't want to talk or even think about their folks aging and not being able to take care of themselves. Secondly, the Greatest Generation (parents of the Baby Boomers, who came of age during the Depression and World War II) don't like discussing their personal lives, even with their children. They may be embarrassed for their children to know details about their physical health as well as how few assets they may really have.

Like most things in life, these conversations sound simple, just not easy. But they will provide freedom for everyone: both parents and their children will be relieved to know a blueprint is in place to provide a happy and flexible future for all. You and your loved

ones will face the issue of aging, either by design or by default. It would seem a lot less stressful for all to have a plan by design.

Want to see how you stack up?

Take two minutes and complete THE PARENT CARE SCORECARD™. Be honest with yourself and write down your first reaction. Don't overthink!

When you have finished the scorecard go back and pick the lowest score and ask yourself, "What could we do to make it a little better?" (For example, if you scored a '3' on a question ask yourself what action you could take to raise it to a 5 or even a 6.)

Remember, it is about progress not perfection. Try putting your completed scorecard on the kitchen counter for two weeks. You will be more inclined to take action if you think about it a little bit every day. Perhaps some great insight will come to mind.

For more information please email Rob at Tanistry Wealth Management at contact@tanistry.com or visit our website at www.tanistry.com

The Parent Care Solution Scorecard™

	1	2	3	4	5	6	7	8	9	10	
We don't have a clear vision and plan for dealing with our parent care issues											We have a clear vision and plan for dealing with our parent care issues
We feel there's not enough money to provide properly for our parent care issues											There is plenty of money to provide for our parent care solution
It is uncomfortable for our family to talk about eldercare issues/challenges											Our family can talk freely about elder care issues/challenges
We have no idea who would be the caregiver for our family											We know exactly who would be the caregiver for our family
Parent care is creating a very stressful situation for our family											We are stress-free and very happy about our arrangements for parent care
											YOUR SCORE: _____

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