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# LONG TERM CARE (LTC)

*Readiness Questionnaire*

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Long Term Care  
PLANNING NETWORK



# Are You and Your Family Prepared for Aging and Long Term Care?

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The concept of long term care planning is quite new, and is being driven by a fast-growing generation of elderly people needing care, and medical technology that is helping to keep people alive longer than ever. The result is increasing pressure on both family caregivers to provide more complex care, and on government programs to provide more and improved access to long term care.

No one wants to think about a time when they might need long term care. So planning ahead for this possibility can be challenging. Most people first learn about long term care when they or a loved one need care. By then their options can be limited by lack of information, or insufficient resources to pay for preferred services.

The Readiness Questionnaire is a guide to ensure that you have asked yourself the critical care questions, and have answered them to the best of your ability at this point in time. Planning ahead allows you to have more control over your family's and your own future care requirements.

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## FAMILY HISTORY

*For aging loved ones...*

	Yes	No
1. Have you talked to your parents about their Will, Powers of Attorney, end-of-life wishes?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are your parents still living on their own?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you worried about their health and/or safety?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you concerned about a cognitive impairment such as Alzheimer's Disease?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you think you should investigate home or long term care costs/availability for aging loved ones?	<input type="checkbox"/>	<input type="checkbox"/>

## YOUR PERSONAL HISTORY

	Yes	No
1. Have you talked to your spouse/children about what you want as you age?	<input type="checkbox"/>	<input type="checkbox"/>
2. If you are faced with an unexpected care need, will you be financially, legally and emotionally prepared to handle it?	<input type="checkbox"/>	<input type="checkbox"/>
3. If a health crisis occurred, do you have someone willing/able to care for you?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you now or do you expect to be a caregiver for a loved one/friend? Will you be ready?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you know how you are going to handle your own critical or long term care needs if/when the time comes?	<input type="checkbox"/>	<input type="checkbox"/>

## Your Score

If you have a majority of YES answers, congratulations! You are on the right track to maintaining your family's emotional and financial health.

Total number of YES answers:

Total number of NO answers:

If you have a majority of NO answers, then please complete PART 2 to start the planning process.

**In order to begin developing a care plan for aging loved ones,  
I would like more information about:**

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- Holding a family meeting
- Ensuring a home is safe/home modifications
- Assistive devices
- Home care – costs, availability
- Possible placement in a care facility
- Driving issues
- Alzheimer’s Disease/related dementias
- Advance care planning documentation
- Becoming or being a caregiver (Please circle one)

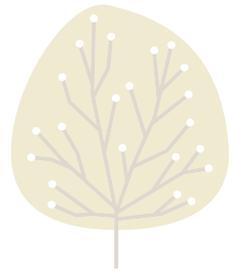
**In order to begin developing a care plan for myself and my spouse,  
I would like more information about:**

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- Why I need to plan for long term care
- The long term care system
- Home care - costs, availability
- Accommodation options/costs as we age
- Community services
- Critical illness/long term care insurance
- Legal documentation
- Advance care planning documentation
- Putting it all together: Creating a Care Plan

If you are currently working with any professional advisors, you may wish to return the completed document to them for their review and analysis regarding any steps they can help you take.

# LTC Readiness Questionnaire User Guide



Planning for critical or long term care is difficult because it involves understanding and making decisions about services, supports and resources that are unfamiliar, and possibly not yet needed.

The LTC Readiness Questionnaire is an easy-to-use tool that will help you uncover your own and/or your family's long term care planning needs, by asking you critical care, financial and legal questions. It will guide you towards the initiation of:

1. The care conversation with family and/or others important to you
2. A care planning conversation with a professional advisor - financial, legal, accounting or health care
3. Your research about care options and services available to you and/or your family

## PART 1

### ***Family History***

This section is for individuals with aging parents. The questions here are basic but essential, and address the most common concerns adult children have about the well being, physical safety and independence of aging loved ones or friends.

### ***Your Personal History***

This section is for those who wish to plan for the possibility of a critical illness, who wish to plan for their eventual long term care needs, or who are, or believe they will be a caregiver for another.

### ***User Score/More Information Requested***

How you answer the questions in Part 1, and your resulting score will quickly tell you how much planning you need to do.

Part 2 of the questionnaire will help you define more precisely what information you require, or steps you need to take to help ensure that proper care planning will take place.

## PART 2

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### ***Locating the Information You Need***

Depending on the boxes you check here, you will find what you need if you visit the Long Term Care Planning Network [www.ltcplanningnetwork.com](http://www.ltcplanningnetwork.com) and access any of the following:

- Planning Guidebook/CD: *Long Term Care: A Practical Planning Guide For Canadians*
- The LTC Resource CD (Available separately)
- The Care Conversation Pamphlet: *It's never too early to start the care conversation... A Guide For Adult Children & Their Parents.*
- The Caregiver Newsletter
- The Critical Illness/Long Term Care Planner

- Family Consulting

If you are particularly concerned about a spouse or parent who may suffer from dementia, may need to access the long term care health system, or who may need placement in a care facility, consider a family consulting session with Karen Henderson, founder/CEO of the Long Term Care Planning Network.

- Care Planning Seminars

If you want to consider an educational seminar for employees or other groups, we have developed a wide variety of topics and formats for your review. Contact Karen at [karenh@ltcplanningnetwork.com](mailto:karenh@ltcplanningnetwork.com) for more information.



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PLANNING NETWORK

[www.LTCplanningnetwork.com](http://www.LTCplanningnetwork.com)

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We all take delight in planning for vacations and holiday celebrations, but when it comes to planning for old age, we run the other way.

Taking the time now to talk with your family will help ensure you all age on your own terms.

How do you start? As the saying goes: Just do it!

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