

**primed**

**10:45 – 11:30 am**

**Lifespan Planning in the 4th Quarter:  
Helping Seniors Make Choices for their 70's, 80's, 90's**

**SPEAKER**  
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**primed**

**Presenter Disclosure Information**

The following relationships exist related to this presentation:

- ▶ Lee A. Lindquist, MD, MPH, MBA: No financial relationships to disclose.

**Off-Label/Investigational Discussion**

- ▶ In accordance with pmiCME policy, faculty have been asked to disclose discussion of unlabeled or unapproved use(s) of drugs or devices during the course of their presentations.

**The problem: Living on the cliff.**

- Seniors wish to remain in their own homes... “*Successfully Aging in Place*”
- Do you understand your health trajectory?
- What do you need in the future to age in place?
- Subsequently, when a health crisis occurs - independence is jeopardized.
- Family/friends must react to the emergency.

**What do we plan for?**

Birth      20's      40's      60's      80's      Death

“4<sup>th</sup> Quarter”

**Are we talking about Hospice / End of Life?**

**NO**

.....think 10 - 20 years before you die.

**Let's PLAN for these emergencies instead of reacting to them.**

- Provides older adults a voice in their future
- Social workers, Community services, and Health Providers know about the critical life events and resources available to people as they age.
- Together we can prepare....

## **Learning Objectives**

1. Describe the major events that impact a senior's ability to successfully age in place.
2. Communicate the options available and planning decisions for successfully aging in place.
3. Connect seniors/families to local and national resources for services.
4. Implement Lifespan Planning as a means of helping seniors age in place and plan their future.

Aim: Develop a Planning Tool to assist seniors in making informed choices about issues in their health trajectory and aging in place

## **Focus Groups**

What decisions seniors and their offspring make in response to advanced life events?

Participants discussed hospitalizations, planning, decision-making, barriers, and resources that might have an impact on their ability to return and remain in their own home.

**What events do seniors think will impact their independence?**

## **Advance Life Events**

- Alzheimer's Disease
- Hospitalization
- Fall at Home/ Physical Function
- Spousal Death
- Inability to Care for Home

**What are the reasons that seniors do not plan ahead?**

## Too Healthy / Too Sick

"Both of us are in fairly good health right now, so we're not worried, but we also know that tomorrow that could change drastically."

"I'm on borrowed time. I'm not going to worry about where I'm going to go for my old age, because I don't think I'll have one."

## Financial and Offspring Influences

"I'm frightened, like a lot of people, that I will outlive my money."

I have a daughter who said, "...you're much too old to start having problems now. Don't worry... you'll be fine."

"You know...I don't have a way to discuss that too much with my daughter because she doesn't want to hear it."

## Denial and Procrastination

"I think what I would prefer would be just to drop dead, but who's that lucky, you know?"

"I've decided I'm not going to have dementia."

"You keep kicking the can down the road, and the months turn into years."

"...the new 70 is the old 58!"

## Lack of Knowledge

I just don't know where to start.  
What will I need?  
I don't know where to look or even who to talk to.

**Let's find a way to help.**

**PlanYourLifespan.org**  
(Paper or Online)

## Conversation Starters

"I went through this website (Plan Your Lifespan) and have been answering some questions about planning for my future. I wanted to share my answers with you to see if you have any thoughts."

Refer to a situation about someone who faced a health event. For example, "I was thinking about what happened with (Aunt Martha) and it made me think that I want to be prepared in case that happens to me."

"I know right now, I'm doing okay... but there's always a chance something could happen and it's scary. I'd like to talk about what I may need in the future so we're both prepared."

## PlanYourLifespan.org

- Tested in a Randomized Control Trial (n=600)
- Illinois, Indiana, Texas, Pennsylvania

## Dissemination and Practical Use

- Dissemination- Aging network
  - \*Over 600 AAA's across the country
  - \*Aging & Disability Resource Centers (ADRC)
  - \* Senior Housing sites
- Practical uses
  - \* ADRC- share with individuals/families for planning
  - \* Family Caregiver Support programs
  - \* Successful Aging Educational programming
  - \* Use as a way to "start the discussion"

## Dissemination, Practical Use, and Contact Information

- Conferences, Area Agencies on Aging, Village Network. Public Policy. Government Groups.
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