

# Future planning, now

## What if?

Many successful people achieve their dreams through a combination of hard work, planning, grit, and supportive friends and family.

Similarly—as you age—that same recipe for success can be applied to your own life, setting you up to live your best life. Use this worksheet to gauge where you are currently in your future-planning process. Once you have completed the activity, tally up your score to see how **empowerline** can help you.

### Your home

Picture your living environment and think about some possible scenarios.

### Would you know what to do if...

- |  |                                      |                                    |
|--|--------------------------------------|------------------------------------|
| You have trouble climbing the stairs?  | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |
| You have trouble cleaning the house?   | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |
| You have trouble paying utility bills? | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |

### Your health

Assess the state of your health and think about possible scenarios.

### Would you know what to do if...

- |   |                                      |                                    |
|---|--------------------------------------|------------------------------------|
| You are diagnosed with a chronic condition? | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |
| You experience a fall at home?              | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |
| You have high healthcare costs?             | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |

### Your community

Assess your relationships with friends and family and think about possible scenarios.

### Would you know what to do if...

- |  |                                      |                                    |
|--|--------------------------------------|------------------------------------|
| You move away to unfamiliar surroundings?    | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |
| You start to feel disconnected from friends? | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |
| You no longer live near family?              | <input type="checkbox"/> Yes (+3pts) | <input type="checkbox"/> No (+1pt) |

### Add it all up

#### (9-14) Get equipped

It's never too early to get in touch.

Let's work together to secure a bright future for you. With a trusted network of community services and support providers, we can help you live your best life.

#### (15-20) Iron out the details

You've certainly considered some of the new challenges you may face.

Let's work together to fill the gaps with a sturdy foundation that will last for years to come.

#### (21+) Be empowered

Congratulations, you have been carefully planning for your future.

However, surprise obstacles can arise out of nowhere. With **empowerline** by your side, we can tackle them head on.