

Continue the Conversation: 10 ACTION STEPS *you can take today!*

10

LEARN THE SIGNS OF ALZHEIMER'S DISEASE

Alzheimer's disease affects 13 percent of all Iowa seniors. Visit www.alz.org/alzheimers_disease_know_the_10_signs.asp to learn how to recognize signs and symptoms. Early diagnosis gives you a change to seek support and treatment and plan for the future.

9

SET UP YOUR POWERS OF ATTORNEY

Having a durable power of attorney for health care or a financial power of attorney document in place helps guarantee your wishes will be followed when you can no longer make decisions for yourself. Visit https://www.dropbox.com/s/jmleav5qiifvhr2/AARP_POA_brochure_FINAL3_4Web.pdf?dl=0 for a brochure.

8

SEE HOW IOWA RANKS

Check out Iowa's "Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities and Family Caregivers" and see how Iowa compares to other states. The AARP updates the scorecard annually and posts it at <http://www.longtermscorecard.org/databystate/state?state=IA>.

7

VOLUNTEER TO BE AN ADVOCATE

If you have an interest in protecting the rights of older adults and adults with disabilities, consider donating your time to the Volunteer Ombudsman Program (VOP) and serving in one of Iowa's nursing facilities, residential care facilities or elder group homes. More information is available at www.iowaaging.gov/vop.

6

SPEAK UP

Join the Older Iowans Legislature and let your voice be heard. Attend the legislative session in the House Chambers in the State Capitol on Sept. 28-29, 2015, and help determine which bills should be presented to the next Iowa General Assembly. Visit <http://www.olderiowans.org/membership.htm> for more information.

5

EVALUATE YOUR HOME

Take a look around your home and decide what modifications you may need to make in order to "age in place" in a safe environment. Check out AARP's "Home Fit Guide" at <http://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html>.

4

REVIEW YOUR FINANCIAL PLAN

One fear many older adults have is outliving their savings. Absent major health conditions, you should expect to live well into your 90s. If you don't have a financial planner, visit www.fpanet.org to get a list of professionals in your area who can help you learn how to best manage your assets.

3

PROVIDE RESPITE CARE

If you are able, consider providing respite care for a neighbor, friend or family member who needs a temporary break from their caregiving duties. Taking care of someone while his or her caregiver runs errands, goes to an appointment or rests is one of the most valuable gifts you can give.

2

TALK TO YOUR DOCTOR

Learn about your health conditions and the best way to manage them. Discuss what to expect and what can occur. Understanding your health and future health care needs will help you decide where you want to live and assist you when it comes to planning for long-term services and supports.

1

FIND OUT WHICH LONG-TERM SERVICES AND SUPPORTS ARE AVAILABLE NEAR YOU

Contact LifeLong Links at 866-468-7887 or www.lifelonglinks.org to talk to an information and referral specialist about the services available in your area or to work with an options counselor to develop a person-centered action plan to help you achieve your goals for long-term independence.