

## Get your ducks in a row

*Now is always a good time to understand what is (and isn't) available, so you can be a good friend to your future self and plan appropriately.*



Where you live



Aged residential care



Care available



Your care team



Legal protections



Services

## Where you live



Location – how close are you to the hospital, aged residential care, and caregiver services?

Accessibility – steps? bathroom? Width of hallways? Do you have space for others to stay?

Transport options?

Equipment

Maintenance – how much work is involved in the upkeep of your property? Who can help with this?

What would it take to be able to move?

# Aged Residential Care

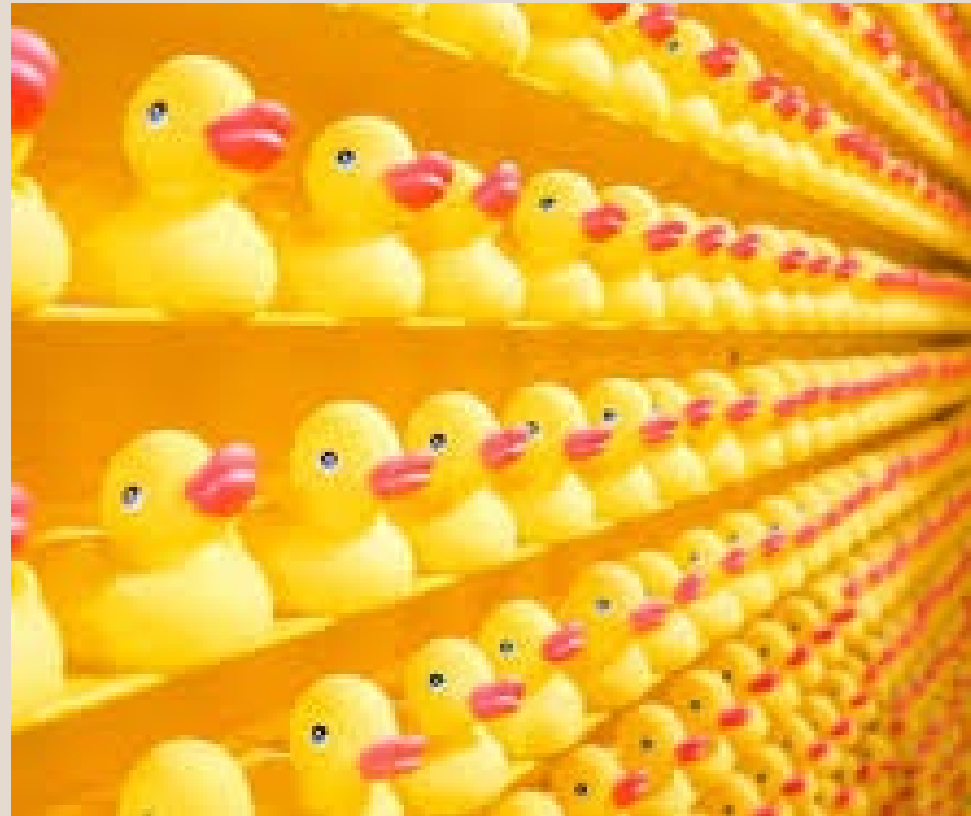
Levels of care

How to arrange admission

<https://www.eldernet.co.nz/>

How to pay for care:

- Residential care subsidy
- Residential care loan
- Self-fund



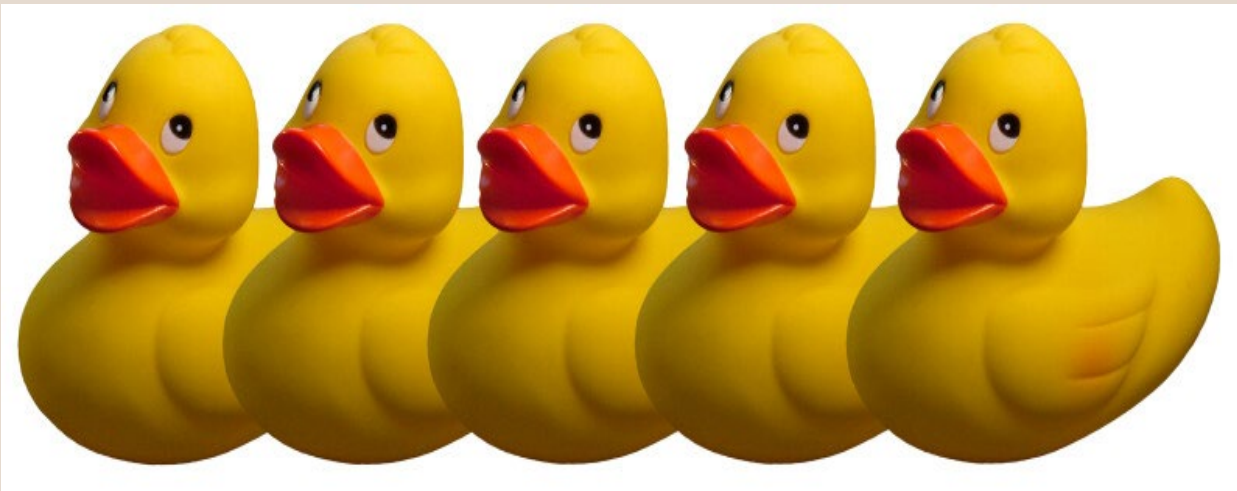
## Care available



Care available at home

- Publicly funded
- Privately funded

## Your care team



Who are your key support people?

- Family?
- Friends?
- Professionals?

# Legal protections

- Will
- Enduring Powers of Attorney
  - Personal care and welfare
  - Property
- Protection of Personal and Property Rights Act (PPPR)



# Services

- Medical alarms
- Meals
- Total Mobility
- Carer support
- Disability allowance





## End of life care

Where do you want to spend your final moments?

Who do you want to care for you?

What would it take to make this happen?





thank you

QUESTIONS?