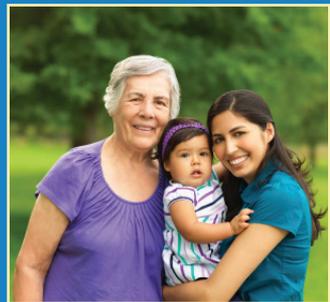




Aging & Disability Resource Centers of Wisconsin

NEXT STEPS My Planning Guide



Guide to Next Steps

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Introduction

Welcome to My Planning Guide...

Planning ahead for long-term health care needs can reduce stress, ensure your personal choices are observed and help you put your financial resources to the best use. Planning ahead is never easy, but skilled staff at your Aging & Disability Resource Center (ADRC) are there to help you explore your options so you can decide on your next steps.

You've already taken an important step by contacting the ADRC. This planning guide is intended to help you prepare for the conversation you will have with the ADRC Specialist who will meet with you in person.

Step 1 Getting to Know You



What's most important to you and the people in your life?

Getting to know you is the first step. Each person is unique and has his or her own values and preferences. The following list includes examples of possible questions and topics that you and the ADRC Specialist will talk about during your visit.

- A. What are your key questions or concerns?
- B. Are you looking for help for yourself or someone else? If someone else, are you the person they are relying on the most? How is that going for you?
- C. What are the things that are most important in your life?
- D. What is working well in your life?
- E. What isn't working so well?
- F. Who are the important people in your life?
- G. What information about yourself would be helpful for us to know?

Step 2 Exploring Resources

Exploring resources and services is the next step. As you learn about the services and programs available in your area, it will be helpful to consider the following questions:

- A. Are friends and family helping now or available to help?
- B. If you are the person your friend or family relies on the most, what would be most helpful for you? Are there activities that you no longer do that you would like to do again?
- C. Is paying for services a concern?
- D. What are the pros and cons of each choice?
- E. Are there other factors to consider?
- F. Sometimes having services on a trial basis is a good way to start. How does that sound to you?

Explore the resources and people in your life and in your community!



What's Next?

*Evaluate your choices
and choose the next
steps that make sense
to you!*

Step 3 What is Next?

What next? Now that you have spent some time learning about and evaluating your choices, what next steps make sense to you?

- A. What is the first step? Would you like any help with that step?
- B. Are family and friends available to help?
- C. If a family member or friend is going to help, is there any information that would be helpful for them? How do they feel about providing help? Do they have any questions or concerns? Sometimes people who help family and friends get tired, overwhelmed or burnt-out before asking for help. What would be helpful to avoid this?
- D. If you are not sure about taking the next step, is there additional information that would be helpful? What would need to happen for you to know it is time to take that step?



Now that you have learned about services and supports that are available in your area and thought about the help that your friends and family could provide, you are ready for the next steps. What do you think your next steps should be? What would you like to address first?



Take a few minutes during your visit with the ADRC Specialist and write down what decisions or next steps you have made.

The chart on the next page will help you keep track of the steps you are going to do first.

There may be a variety of tasks that need to be addressed. Common areas include: help at home (housekeeping, laundry, meals, grocery shopping), transportation (ride to the doctor or to visit friends/family), help with financial matters (keeping track and paying bills), personal care (bathing and dressing) help with equipment (getting a walker or installing a grab bar).

My Next Steps

1 Task

Who _____

When _____

2 Task

Who _____

When _____

My Next Steps

3 Task

Who _____

When _____

4 Task

Who _____

When _____



Thank you for the opportunity to meet with you. If your situation changes, please contact the ADRC again in the future.

ADRC Contact Information





Wisconsin Department of Health Services

Division of Long-Term Care

Office for Resource Center Development

For more information, visit:

<http://www.dhs.wisconsin.gov/adrc>



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