



Personal Wealth Advisory, LLC

Wise strategies for your wealth and your life

630 Delp Road
Suite 100
Lancaster, PA 17601
p: 717.735.1170
f: 717.735.1181
www.pwallc.net
email: info@pwallc.net

The News You Need to Know

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Steven F. Bell, CFP®, ChFC® Christopher J. Miller, CIMC® G. Thomas Page, CFP®
P. Alan Loss, CFP® Gloria E. Degler, CFP®, CDFATM

Don't Wait for a Crisis!

Written by Jessica Pavelko, President of Pavelko Senior Consulting Services, LLC

Most individuals look to 'age in place' and do not consider long term care until a crisis situation occurs (heart attack, stroke, fall, or other sudden physical or mental decline). The possible need for long term care is not easy to think about. However, it is essential to start planning ahead and making choices regarding what services are most desirable rather than waiting for someone else to make that decision on your behalf. According to The National Clearinghouse for Long-Term Care Information, at least 70% of people over the age of 65 will require some long-term care services.

Waiting for a crisis will often limit care options. These options become limited as it pertains to time frame, financial qualifications, physical and mental qualifications, etc. and decisions are often made by family members, friends, or professionals rather than the individual needing the care.

Three common crisis situations that any individual may experience include:

1. Caregiver Burnout (*the caregiver cannot continue performing day to day care giving responsibilities such as transportation, medication administration, hands-on-care, etc.*).
2. Hospitalization
3. Sudden Physical or Mental Decline (*fall, memory loss, etc.*)

Putting a plan in place requires exploring all available options in the home or in a retirement community setting. Receiving assistance in the home, participating in community programs, and relocating to a retirement community are a few of the many options that may be considered. Lancaster County is saturated with services including adult day services, companion care, and live in care. Not only are there a wide variety of services available to individuals in their homes; but there are over 60 different retirement community options in Lancaster County alone!

Upcoming Events

**Timely Conversations
Workshop**

Topic: Long Term Living

**Wednesday, September 21,
2011**

~Our most popular session
from 2010

~Featuring special guest,
Jessica Pavelko

~Updated with important new
information

Session I

10:00 a.m. to 11:00 a.m.

Session II

7:00 p.m. to 8:00 p.m.

**Location: Personal Wealth
Advisory, LLC**

To register:

**Please contact Pam Snow at
717-735-1170 or
psnow@pwallc.net**

**Seating is limited, but you are
encouraged to invite a guest.**

Mission:

***To help our clients make
wise financial decisions so
they can reach their personal
goals within the framework
of their values.***

Listed are a few steps involved in planning ahead:

- Examine personal needs, goals, desires, and resources.
- Schedule family meetings.
- Educate yourself on all the options available
- Seek professional assistance from a geriatric care manager
- Schedule tours of local communities to examine what accommodations and services are offered.
- Keep an updated list of your current finances and seek guidance from your financial planner as it pertains to dealing with the cost of long term care
- Maintain a file of important documents (Power of Attorney, Living Will, insurance policies, financial statements, etc.)
- Start organizing your home

Pavelko Senior Consulting Services, LLC's (PSCS) main goal is to serve as a navigator and advocate for seniors and their families. PSCS educates seniors and their families, empowering them to make responsible decisions regarding their long term care needs. In the often complex world of eldercare, seniors and their families quickly become overwhelmed with research and mired in endless paperwork. PSCS assists in determining seniors' needs, finding services that meet these needs, and implementing those services. Whether the individual wants to stay home or look into levels of care within a retirement community, PSCS will recommend the best possible outcome for all parties involved and assist in setting up the most desirable services.