

# How to Make a Long Term Care Plan:

- 1** Select a qualified professional to help you make your care plan, such as an Elder Law Attorney.
- 2** Nominate within the plan the person or persons you wish to care for you or make decisions about your care.
- 3** Understand your flexibility and rights, and to whom your caregiver is accountable. A good care plan ensures flexibility not only to the caregiver but also to the person being cared for.
- 4** Don't wait for a crisis to plan. Making a care plan ahead of time will ease the stress of making decisions when an emergency happens.
- 5** Consider Long Term Care Insurance. This type of insurance is becoming more and more popular and is a great way to provide for long term care without putting the estate in jeopardy.