

# Tying it all together

## A four-part series



### What do we need to do for ourselves NOW?

Thursday, Oct. 26, 2017

*Comments from the discussion of how we can take care of our own health and safety*

#### **Is my home safe**

Do a walk through with a friend to see if your home is 'age friendly'

See home safety check list on AAH website (Community Resources/Resource documents)

#### **Who are the people in my support system**

Family, friends, neighbors – provide each with a list of contact info for all of them

#### **Do they know how to access my home**

Think about keypad access rather than keys

Make sure your support system people know your home access information

#### **Have I signed up for Smart911**

Smart911.com – a place to upload your personal information so first responders will have it if you call 911 – this is a national system

Come to the Jan. 18 AAH meeting with FNSB emergency preparedness person to talk about this and other measures you can take to be prepared for emergencies

#### **Do I have a Plan B**

If I can't stay in my home, what would I want to do? Keep an open mind and be sure to consider options; we never know when unforeseen things will happen – better that I make the decisions for myself than leaving them to loved ones

#### **Have I started downsizing**

See downsizing ideas for recycling your things in the community – available on AAH website; better that I make the decision to get rid of (donate, sell, recycle) things rather than leaving all the sorting and decisions to my loved ones

#### **Have I had “the conversation” with my family**

Talk to parents, children, and friends about my wishes for my housing and medical care, in case the time comes when I can no longer communicate them

#### **Have I included ICE on my phone (In Case of Emergency contact info`)**

Include emergency contact information, labeled ICE, on your phone

Or tape your medical information and emergency contacts on back of your drivers' license or Alaska ID care – this would be available even if phone is locked so others can't get into it

We **can** take control of our lives and be prepared, as much as we can, for the coming years so we can enjoy time with family and friends knowing we've put our affairs in order! This series of meetings has been organized by Aging at Home Fairbanks (AAH Fairbanks) and continue the workshop *Get it all together – and SHARE IT*

Handouts for each of these sessions are available on the Aging at Home Fairbanks website, [www.aahfairbanks.org](http://www.aahfairbanks.org). (Community Resources → Resource Documents)

**Thursday, Nov. 2**

**Medical issues**

Fairbanks Senior Center

3:30 pm

**Thursday, Nov. 16**

**Legal issues**

Fairbanks Senior Center

3:30 pm

**Thursday, Nov. 30**

**Financial issues**

Fairbanks Senior Center

3:30 pm