

# CARING FOR AGING PARENTS WHILE IN RETIREMENT

*Are You Emotionally, Logistically, and Practically Prepared to Support Aging Loved Ones?*

	YES	NO
1 Do you currently help care for an aging parent or anticipate doing so in the near future?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you had open conversations with your parent(s) about their preferences for future care?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you know where your parents keep important legal, medical, and financial documents?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you explored your parents' eligibility for any government or community-based services?	<input type="checkbox"/>	<input type="checkbox"/>
5 Are you aware of your own emotional and physical limits when it comes to caregiving responsibilities?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you discussed caregiving roles and responsibilities with siblings or other family members?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you understand the potential time and lifestyle impact of providing part- or full-time care?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you considered how caregiving may affect your own retirement plans or personal goals?	<input type="checkbox"/>	<input type="checkbox"/>
9 Are you taking steps to maintain your own physical, emotional, and mental well-being while caregiving?	<input type="checkbox"/>	<input type="checkbox"/>
10 Would having a clear plan and support network make caregiving more manageable for you?	<input type="checkbox"/>	<input type="checkbox"/>

**QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR**



THE CENTER FOR  
RETIREMENT READINESS

## What Your Answers Might Mean:



**7–10 Yes Answers:** You're likely well-prepared and proactive. Continue building on your plan to ensure support for both your parents—and yourself.



**4–6 Yes Answers:** You've made progress. A bit more clarity and coordination could make a big difference in easing your responsibilities.



**0–3 Yes Answers:** Now may be the right time to begin conversations and put plans in place to prepare for your caregiving journey.