

Appendix 1

READINESS FOR LATE LIFE ADJUSTMENTS

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Directions: Read each statement and answer *yes* or *no* to get a sense of your readiness.

- ___ 1. I know where to look for help with available resources.
- ___ 2. I have enough information about what to expect as I get older.
- ___ 3. I feel confident I know how to seek protection if I am threatened or abused.
- ___ 4. I have a plan for managing assets in my later years.
- ___ 5. I am as ready as I can be to leave this world through death.
- ___ 6. I have adequate outlets for my interests, hobbies and social interactions.
- ___ 7. I receive the best assistance and/or care I can get.
- ___ 8. I would attend seminars on matters of aging and eldercare.
- ___ 9. I receive adequate nutrition or physical exercise.
- ___ 10. I have an adequate support system of friends, family, and members from my place of worship.
- ___ 11. I feel I am receiving the appropriate regimen of medicines.
- ___ 12. I experience no sadness or worries or other strong emotions.
- ___ 13. I have no unresolved conflicts that need resolving.
- ___ 14. I have no "unfinished business" I need to attend to before it's too late.
- ___ 15. I would like to remain as independent in my home as long as possible.
- ___ 16. I feel that my life is as meaningful and fulfilling as I want it to be.
- ___ 17. I am as happy as I can be.

If you answered "No" to a number of these statements about yourself or an elder loved one, please refer to Chapter 7 on Resources and some of the Tables in the Appendix for additional help.