



women wealth & wellness

Women empowering women to maintain a healthy, balanced lifestyle

Last month we discussed healthy living, and we raised the possibility of living to **100!** Okay, so if we live to 100, we're probably going to need some help along the way – right? This brings up the subject of **Caregiving** this month.

When the subject of caregiving comes up with my friends and with clients and their parents, it can feel uncomfortable and unwanted. I urge you to lean in and respectfully have those conversations with your parents and siblings while everyone is healthy and doing well.

If you are in the sandwich generation, taking care of aging parents, adult children and sometimes grandchildren, please make sure to pay attention to your care and well-being. It is essential to put the oxygen mask on first before you can help those you love.



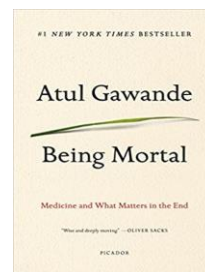
MD State Health Care Directives

If your adult children and aging parents get sick and need medical care, often you cannot help them unless you have this form on file **and signed**.

https://www.marylandattorneygeneral.gov/Health%20Policy%20Documents/adirective_Visually_Impaired.pdf

If you do not have advanced directives or power of attorney documents, I have a very reasonable resource to get those in place for you. Please email me - elaine.shanley@financeforward.me. These documents are so important!

Here's a good read to get you thinking about aging in our country:



I want to introduce you to Pam Urnowey. Pam has been in geriatric healthcare for 24 years and agrees that reading up ahead of time is wise. Here are some tips she shares with us.

[Caregiver Stress Coping | Caregiver Stress - Home | Care for the Elderly | Care for yourself while caring for an aging loved one.](#)

Visit the above link to learn how to care for yourself while also caring for a loved one. Topics include:

- Can you (or your loved one) age in your home?
- Preparing for the final years
- How to navigate your career while caring for an aging parent
- Caregiver resources, experts, and blogs