What Does Successful Aging Mean to You?
"Young old" – 65-74
"Old" – 75-84
"Oldest-old" – 85+
Think About it......

Would you compare a 20 year old to a 40 year old?

So why compare a 65 year old to an 85 year old?
Assisted Living
$3,500-$6,000
Memory care is more expensive

Assisted Living at Home
$1,500-$6,000

Nursing Home
$7,000-$9,000
Continuing Care Retirement Community Buy-in
Silos of Insurance and Finance

• Medicare
• Medicare HMO
• Medicaid Benefits
• VA Benefits
• Hospice
• Medicare Supplemental Insurance
Medicalized Aging

• Treating symptoms of aging as if it were a disease

• Only talk to Mother
Good Primary Care
Strong Advocacy

Children
Friends
Family Members
Professional
Ask Good Questions
Myth Buster

We live actively and die quickly
Reasons Aging is Successful

- Accept help
- Lower Pride
- Spend the money
- Take the focus off *Do Not Resuscitate*
- Communicate to friends and family what is important to you