

Are you solo aging and want to build a plan of care before a crisis?

Meet the experts in aging well...

ALCA
8
knowledge
areas

Aging Life Care Managers® help you plan for the aging process and build a network before a crisis. Working with you, Aging Life Care Managers take a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges.

An Aging Life Care Manager will guide you through the necessary decisions to ensure quality of care and an optimal life through:

- Planning and Problem-Solving
- Assessment and Monitoring
- Education and Advocacy
- Housing Selection
- Building a Care Team

Partner with an Aging Life Care Manager to maintain your choice, independence, and satisfaction.

Visit aginglifecare.org for a full explanation of the eight knowledge areas of Aging Life Care Professionals.



AGING (i)fe CARE®
A S S O C I A T I O N

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Top 5 signs you may need an Aging Life Care Manager[®]:

1. I am overwhelmed by choices and decisions.
2. I want to be in control of my aging journey.
3. I don't live near family and need someone in case of emergencies.
4. I need help deciding to age in place or choosing an aging community.
5. I am facing an early diagnosis of dementia or Alzheimer's.

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