

Know Your Options

What is PCOA Partners in Planning?

Partners in Planning for Long-Term Options is a decision-support process where individuals, family members and/or significant others can find assistance in planning for their long-term care needs.

Partners in Planning Specialists:

- Help people identify their goals and preferences.
- Encourage consideration of all options and possibilities.
- Help explore the pros and cons of each of the options.
- Encourage orientation towards the future and future needs.

We can help!

There is a simple fee of \$75.00 per person and \$125 per couple.

Thinking about your future?

Partners in Planning provides a comprehensive approach:

- Education and information through a face-to-face consultation.
- Resource materials about the options available.
- A personalized plan to guide your decisions.

To schedule a Partners in Planning session, call:

**PCOA Help Line
520-790-7262**

Pima Council on Aging
8467 E. Broadway Blvd.
Tucson, AZ 85710-4009
www.pcoa.org

Helping
Caring
Teaching
Sharing
Guiding
Training
Growing
Feeding
Assisting
Serving

Advocacy, action,
and assistance to
our community for
over 40 years.



Call 520-790-7262 or
go to www.pcoa.org

Physical health • Emotional well-being
Housing & In-Home care • Financial concerns
Legal considerations • End-of-Life issues

Questions about planning for your long-term care needs?

Do I need to plan for my long-term care needs before they arise? Yes.

This is perhaps the most important question of all! Exploring services when you are already in crisis is a difficult and frustrating process and often your personal preferences are the first to go. Explore your options **NOW** so that if and when the need arises you will have a plan in place that includes the people, settings and preferences that are most important to you.



Will Medicare and Social Security pay for my long-term care needs? No.

Although Medicare and Social Security are important benefits, they do not provide the type of ongoing supportive services (e.g. meals, bathing, caregivers, transportation, home modifications) that people often must explore when health declines and long-term care needs arise. It is important to understand what Medicare covers and how much your social security benefit will be as you plan for your future needs.

Will most people who need long-term care have to go to a nursing home? No.

The truth is only about 10% of the population live in nursing homes which means the majority of persons who need long-term care stay at home, using home and community based services in combination with their own support networks (e.g. family, friends, neighbors).

In partnership with the Aging and Disabilities Resource Center/AZ Links, www.azlinks.gov

Physical health • Emotional well-being
Housing & In-Home care • Financial concerns
Legal considerations • End-of-Life issues

12-2011

Helping
Caring
Teaching
Sharing
Guiding
Training
Growing
Feeding
Assisting
Serving

Advocacy, action,
and assistance to
our community for
over 40 years.



Call 520-790-7262 or
go to www.pcoa.org