



## Critical Conversations Activity For Individuals Facing the Risk of Financing Long Term Care

**DIRECTIONS:** The following questions will help you identify which, if any, of these goals seem to be a priority for you. There may be other goals you want to accomplish that need to be added. In almost all cases, not all goals can be accomplished at the same time, and decisions must be made about which goals are more important than others.

Read each question and identify how strongly you agree or disagree. If the question does not apply to you or your situation, simply leave it blank. It is best if you answer the questions on your own before discussing them with others in your family.

### POTENTIAL FINANCIAL SECURITY GOALS

#### Remain Financially Independent

- |   | Agree     | Disagree |
|---|-----------|----------|
| 1. As long as I have money, I want to pay my own way.   | ←       → |          |
| 2. My income should pay for my long term care but not my savings balance.   | ←       → |          |
| 3. If I can no longer live in my home, it should be sold to help pay for the cost of my care.                     | ←       → |          |
| 4. I'd prefer to pay for my own care and only rely on the government as a very last resort.                       | ←       → |          |
| 5. I want to protect my spouse from becoming financially dependent on others.                                     | ←       → |          |
| 6. If I went on Medical Assistance, my spouse would feel financially secure with the income and asset allowances. | ←       → |          |
| 7. My kids or grandkids should not be expected to help pay for my care.   | ←       → |          |

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### What Did You Learn About What Is Most Important?

- Are there goals other than those just mentioned that you would like to accomplish? If so, list them here.
  
- Go back and review your answers for each potential goal. (It is typically impossible to accomplish all of these goals.) Which goals seem to be most and least important? (Rank order with #1 being most important)
  - \_\_\_ Remaining financially independent
  - \_\_\_ Maintaining control
  - \_\_\_ Maintaining privacy
  - \_\_\_ Involving family members
  - \_\_\_ Using government resources
  - \_\_\_ Leaving an inheritance

\_\_\_\_\_ (add additional goals)
  
- My family members should know the following details about what is important to me (*add comments to help others understand your goals in more detail; ignoring those goals which are not important to you*):

#### **If I need long term care, I expect to . . .**

Remain financially independent which to me means . . .

Maintain control, which to me means . . .

Maintain privacy, which to me means . . .

Involve family members which to me means . . .

Use government resources which to me means . . .

Leave an inheritance, which to me means . . .

- **When I think about the possibility of needing long term care and paying for it, I get concerned about . . .**

### **Now That You Know What is Important . . .**

- Consider who else needs to be involved in these critical conversations and begin to talk. Learn where you agree or disagree.
- Let your goals guide your decisions about which alternatives for financing long term care to consider.
- Communicate what you hope to accomplish to individuals who may be responsible for carrying out your wishes. Doing so will help others understand your intentions and reduce misunderstandings.

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