

## Healthcare & Long-Term Care Readiness Worksheet

Planning for healthcare and long-term care in retirement is essential to maintaining financial stability and peace of mind. Use this worksheet to assess your preparedness and identify steps to ensure you are covered.

### 1. Understanding Your Healthcare Coverage

- What is your current healthcare coverage, and how will it change in retirement?  

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- Are you eligible for employer-sponsored retiree health benefits? If so, what do they cover?  

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- Have you researched your Medicare options? (Medicare Part A, B, C, D, and supplemental plans)  

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- What gaps in coverage might you have, and how do you plan to address them?  

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### 2. Estimating Healthcare Costs

- Have you calculated potential healthcare expenses in retirement, including premiums, deductibles, and co-pays?  

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- How will you cover out-of-pocket medical expenses? (e.g., savings, HSA, VEBA account)  

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- Are you setting aside funds specifically for unexpected medical needs?  

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### 3. Long-Term Care Planning

- Have you considered the possibility of needing long-term care (home care, assisted living, or nursing home care)?  

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- Do you have long-term care insurance, or do you plan to self-fund these costs?  

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- Have you explored alternative options such as hybrid life insurance policies or annuities with long-term care benefits?

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- Have you discussed long-term care preferences with your family?

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- Would you prefer to receive care in your home or in an assisted living facility? If you prefer in-home care, is your current home suitable for aging in place, or would you need modifications or consider moving to a more accessible home, such as a single-level (rambler) residence?

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#### 4. Legal & Financial Preparation

- Do you have a healthcare directive and power of attorney in place to ensure your wishes are followed?

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- Have you designated a trusted individual to make medical decisions if you become unable to do so?

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- Is your estate plan up to date, including provisions for healthcare costs?

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#### 5. Next Steps

- What actions can you take now to strengthen your healthcare and long-term care plan?

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- Who do you need to consult (financial planner, insurance specialist, attorney) to ensure you are fully prepared?

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*Taking proactive steps today can provide peace of mind and financial security in retirement. Use this worksheet to identify areas where you may need to take action and begin planning for a well-prepared future.*