



# Aging with a Plan: How a Little Thought Today Can Vastly Improve Your Tomorrow

*Sharona Hoffman JD LLM*

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**This book offers a concise, comprehensive resource for middle-aged readers who are facing the prospects of their own aging and of caring for elderly relatives?an often overwhelming task for which little in life prepares us.**

**\* Covers legal, financial, social, medical, and other challenges of aging and offers a wealth of practical advice, serving as a "one-stop" resource on the subject**

**\* Answers questions such as: What legal documents should you be sure to have? What expenses should you anticipate in retirement and how do you save for them? What do you need to know about medical care as you or your loved ones grow older? How should you approach conversations about the sensitive topic of safe driving with elderly loved ones? What options exist for end-of-life care, and how do you make sure that your wishes will be followed?**

**\* Presents an interdisciplinary perspective that draws on the author's background in law and bioethics as well as personal experience with health care and the elderly**

**\* Combines thorough scholarly research and analysis with engaging anecdotes and personal observations**

**\* Provides a preparedness checklist at the end of each chapter that summarizes take-away messages and outlines practical next steps for the reader**

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