



Why is addressing life transitions important?

Nelson worked as an electrician for 30 years. He is about to retire to do the things he loves and spend more time with his family. He also looked forward to being able to help family more. As retirement got closer, he wondered if he should make a plan for his finances and his health as he got older. He received financial planning help from the Medical Legal Partnership, and his provider helped him create a goal of care. Nelson now feels more confident about his retirement, knowing he has plans for his future. Aging brings about life transitions that can impact your health, overall wellness, and family. By making a plan and getting the support you need, you can take care of yourself and your family.

What can you look for?

- Recent injury or illness making you feel like you are not able to safely take care of yourself or others
- Upcoming life changes (ex: retirement or moving to a new community) making you feel anxious or under pressure

How you navigate life transitions is important and can be difficult if you have not planned for it. If you are planning a trip, you need to know where you are going and what to bring. Aging is no different. We cannot avoid the conversation, or accidents can happen.

Questions to ask yourself:

- What goals are you working toward?
- Will you need help?
- Who can you reach out to if you do need help?
- Do you have the finances/resources to pay for the things you need?





Aging Well – Life Transitions



What can you do?

- Talk with someone you trust
- Reach out to your support system

Where can you find support?

- **Behavioral Health** and **Palliative Care Consultant** can assist with decisions and make sure your voice is heard.
- **Community Resource Specialist** and **Alaska Native Tribal Health Consortium Elder Outreach** can provide services to meet your goals.
- **Family Health Resources** can assist with applying for Medicaid, Medicare and other Public Assistance programs.
- **Medical Legal Partnership** can provide legal support with advance directives, wills, estate planning and more.
- Your **Primary Care Team** can discuss your goals of care.
- **Traditional Healing** can assist with changing roles as you age, and provide support with body work for physical changes.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- ☐ Elder Outreach
- ☐ Elders Program
- ☐ Medical Legal Partnership
- ☐ Primary Care
 - ☐ Behavioral Health Consultant
 - ☐ Community Resource Specialist
 - ☐ Family Health Resources
 - ☐ Palliative Care
- ☐ Traditional Healing

Community Resources

- ☐ Aging and Disability Resource Centers
(907) 343-7770
- ☐ Alzheimer's Resource of AK
(907) 561-3313
- ☐ Alaska's Medicare Information Office
(907) 269-3680

