

# AGING WELL

## Life Transitions

### 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 grew closer, he wondered if he should make a plan for his finances and his health. He received financial planning assistance from the Medical Legal Partnership, and his provider worked with him to 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 are some considerations for life transitions?

- Recent injury or illness making you feel like you are not able to safely take care of yourself or others.
- Upcoming life changes (for example: 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. It is important to have these conversations in case of an accident or big life change.

### 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?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code

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What can you do?

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

Where can you find support?

Contact your care team at Nilavena Regional Health Center..... (907) 571-1818

NB

☒ Your Primary Care Team 

Your primary care team can assist with decisions and make sure your voice is heard.

☒ Community Resource Specialists 

Community resource specialists can connect you with programs and resources at SCF and in the community.

☒ Behavioral Health Consultants 

Behavioral health consultants can provide support for life transitions.

☒ Alaska Native Tribal Health Consortium Elder Outreach  ..... (907) 729-3602

Alaska Native Tribal Health Consortium Elder Outreach an provide services and resources to help you stay connected and meet your goals.

☒ Family Health Resources  ..... (907) 729-4470

Family Health Resource can assist with applying for Medicaid, Medicare and other Public Assistance programs.

☐ Traditional Healing   ..... (907) 729-5238

Traditional Healing can assist with changing roles as you age, and provide support with body work for physical changes.

Key


NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit