

# Solo Aging

Building a  
Support Team



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Registered Nurse

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Management Practice

Expert on Aging

# What is a Solo Ager?

Never married

Divorced

Widowed

No current partner

No children

Have children but they are estranged, live far away, “it’s complicated”

Have children with special needs

\*\*\*This could be A LOT of us.\*\*\*

# Learning Objectives: The 3 Buckets for Building Your Team

1. Medical
2. Legal/Financial
3. Social



**Important**

# Social Support Team Planning: Nurture Relationships Now

Extended Family

Faith Communities

Social Groups

Be a Volunteer

\*\*Neighbors\*\* (proximity helps)

Villages (Arlington, Reston,  
Fairfax)

<https://www.vtvnetwork.org/>

Support Groups

Senior Community?



# Medical Support Team Planning



Providers - PCP and Specialists

Code Status

Health Care Proxy/Decision Maker

Advanced Care Planning -  
<https://polst.org/>

Medical Portals

Got PD? IPMDC Letter  
<https://ipmdc.org/hospital/>

Aging Life Care Professional

# Legal/Financial Support Team Planning

Estate Planning (Trusts, Will, AMD, POAs)

Daily Money Managers

<https://secure.aadmm.com/>

Insurance Products (Life Ins, Funeral Ins, LTC)

Financial Advisor

Costs of Care (home care, IL, AL, MC, SNF)

Life Care Affordability Plan

<https://lifecareaffordability.com/>

Medicaid Planning (Elder Law Attorney)

Funeral Planning



# Aging Life Care Professionals

Considerations for aging in place vs. senior living

Building your team over time (vetted resources)

Making the most of insurance

Streamlining medical care

Education/support/coaching

Advocacy

Standards of Practice and Code of Ethics

[www.aginglifecare.org](http://www.aginglifecare.org) for zip code search!

**ALCA**  
**8**  
knowledge  
areas



A green rectangular sign with rounded corners and a white border, mounted on two silver metal poles. The sign features the word "Questions" in a large, white, sans-serif font. The background is a bright blue sky with scattered white clouds.

**Questions**

# Pathways in Aging

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