

An Independent Woman

Q



Dear Ada,

I am a widow 68 years young, living alone in Manhattan Beach. Although I am active and have a few friends, my family is far and few between. I have two biggest fears. The first is I don't drive much anymore. I hate driving right, and I'm always careful watching out for my head-on and rear-end collisions. That is linked. My second fear is planning my future in Manhattan Beach. I am not sure what to do next. I can already see just what I will experience as soon as I am no longer able to drive. I have no idea where to go and what to do but I need advice on how to plan for my future. One thing I know for sure, I want to be prepared and don't want my own future. Any help or suggestions you could offer would be appreciated.

Sincerely,

Independent in Manhattan Beach

A

Dear Ada, Independent,

"Confidence comes from being prepared" is the most appropriate quote from John Wooden...because it's true! Change is hard for all people at all ages. Even a high school student entering into the "college life", a woman expecting her first child, or an older adult expecting her last years. Being prepared for change (with a variety of alternative plans and feelings of uncertainty and nervousness) provides a path to achievement. Preparing a variety of plans with various stages, short-term and medium-term goals will provide a clear path to a progressive period of your life.

Start off with a Comparison Case Study – Do not let only your own ideas have a comparison lived in your life. The goal of the comparison is to make your life better – not change it. A comparison can provide peace of mind by making you to make or modify your plans, making a game of chance or a game of chance. It is more your own ideas than a game of chance. If your fear is driving, where your comparison can drive you is a safe driver. Otherwise if you expect the comparison to drive your car or live your car, if your fear is playing home alone at night, create a schedule of nights that the comparison can sleep over.

The preliminary plan should consist of the following:

- Who: Who is your sponsor? Who is your driver, personally? Who is your sponsor, who is your sponsor, who is your sponsor?
- What: What is your main task? Living, working, appointments, shopping, cooking, light housework?
- Where: Where will you live? Where will you live? Where will you live?
- How: How many hours per day per night? How much are you willing and able to spend per week? Paid company versus a volunteer (volunteer)?

How the situation: problems, increased living, please with larger bills, living with...

Without a clear view of the intended outcome, it is unlikely that your future will go well. Having a plan will help focus on the positive, set timelines and make the best decisions along the way.

Yours Truly,

Ada (L.O.)

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