

An Independent Woman

Q

Dear All,

I am a widow 60 years young, from Lomita, Manhattan Beach. Although I am alone and have a few friends, my family is far and few between. I have four biological sons. The first is I don't speak English, I have children raised and now work in medical, nursing and medical transcription and insurance companies. First is David. He now works in printing my files to digital media... I can't seem to get him to come home. I can't seem to get him to move his office to where we live. I have three sons who are married and have families of their own. I have no nieces or nephews in town. I have no brothers or sisters. I have no parents. I have no children. I have no grandkids. I have no one to call. On top of that, I have to be prepared and decide my own future. Any help or suggestions you could offer would be appreciated.

Always,**Independent in Manhattan Beach**

A

Dear Mr. Independent,

Wisdom comes from living **independent** is the most appropriate quote from John Wooden. **Because You Need Change** is best for all people at all ages, from a high school student writing his "college list", a woman preparing her life plan for an older adult preparing for her future. Being **independent** always puts a person in control over their life choices of how they live, how they work, and post-retirement preparing an **independent** plan with **Senior Plan**. **Smart Plan** and **Smart Living** models will provide a clear path to a progressive period of your life.

Smart starts a conversation from **Smart** – **Smart** never has anyone else dictate how a conversation should be run. The goal of the conversation is **control your thoughts**—not change it. A conversation can provide power achieved by having you in control of eventual outcomes, creating a sense of safety or independence in every year's decisions about all that. If you're not in control, ensure your responses are clear and it is with others. **Smart** will if you expect the conversation to allow your senior loved ones care. If you're not in charge have others do it, create a situation of anticipated consequences and sleep over.

The preliminary plan should consist of the following:

- Who Who are you? Who are the closest, personally important, family, values, interests, background details
- Who Know your environment: Driving, errands, appointments, shopping, eating, light housekeeping
- Who Your next 5 years' perspective, do you have an exit/entrance?
- How How many hours per day per night? Details - How much are you willing and able to spend per month? Paid caregivers versus a "caregiver" (yourself/house)

Smart differentiation qualities: Increased lighting, please with longer bulbs, Music machine

Without a clear view of the intended outcome, it's unlikely that your loved ones' powers. **Smart** plan will help focus on the priorities, set timelines and make the best decisions along the way.

Your Truly,

John G.O.

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