

# Who Will Take Care of Me When I'm Old?

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Everything you need to know to plan for your own safe, financially secure, healthy, and happy old age

For those who have no support system in place, the thought of aging without help can be a frightening, isolating prospect. Whether you have friends and family ready and able to help you or not, growing old does not have to be an inevitable decline into helplessness. It is possible to maintain a good quality of life in your later years, but having a plan is essential. *Who Will Take Care of Me When I'm Old?* equips readers with everything they need to prepare on their own:

- >> Advice on the tough medical, financial, and housing decisions to come
  - >> Real solutions to create a support network
  - >> Questions about aging solo readers don't know to ask
  - >> Customizable worksheets and checklists that help keep plans on course
  - >> Guidance on new products, services, technology, and resources
- Who Will Take Care of Me When I'm Old?* goes way beyond estate planning to help readers prepare for all the changes in store. Readers are empowered to make proactive plans for their own lives rather than entrusting decisions to family and community.

#women#mid-life#general#aging#living#finances#volunteer work#retirement#elder care#care#caregiving#aging parents#self help#health#reference#parent and adult child#marriage#divorce

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#### Other Books

*Speak to the Mountain*, Cultural Writing. Biography. African American Studies. **SPEAK TO THE MOUNTAIN: THE TOMMIE WAITES STORY** is a special book about a unique woman, Tommie Waites, who started from direst poverty in the Ar-La-Tex region of the country and overcame one powerful force after another until she emerged as one of America's leading Christian evangelists. The book, written by Tommie's daughter Bessie, clearly documents in words and photos just what kind of life a poor black family could expect in the Deep South before, during, and after the Depression. Dr. Blake chronicles her mother's determination to overcome mountains of poverty, illness, spousal abuse, racism, and gender bias in the country as a whole and in the ministry. Reading about the struggles of Tommie Waites, one can't help but recognize that the legacy of slavery and Jim Crow has been horror and deprivation but that it has also been a strengthening of spirit and determination for those who fought and survived. Tommie Waites didn't just survive.

“ . I don't want to pray for him without your permission, but if you want me to, I'll pray for him, and I believe God is going to raise him.” “Oh yes ma'am, please do.” came her immediate response. To build her faith, I told her about the ...”