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## Baby-Boomer Scorecard

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Answer "Yes" or "No" to the following questions:

- Do you have long-term care insurance that will cover 2 years of institutional or home-based care?
- Do you know that Medicare does not cover long-term care or prescription drugs and that Social Security benefits will provide less than half of the average income?
- Do you have disability insurance to replace your income if you can't work until retirement?
- Do you save enough to maintain your current standard of living upon retirement?
- Do you exercise regularly and follow a healthy diet?
- Do you receive regular cancer screenings (breast, prostate, and colon) and are you a non-smoker?
- Do you have a personal support system to help with your long-term care needs?
- Do you know how to handle possible physical changes, such as the inability to drive or to use the stairs in your home?
- Do you know where to obtain aging services and information in your area?
- Do you expect to care for a family member or friend and have you considered the effect on your own retirement plan?



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## Score Yourself!

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**How many questions did you answer "YES" to?**

**7-10** = Great start! You are well on your way to healthy and secure aging! Keep up the good planning and continue to re-assess your changing needs.

**5-7** = You've taken the first steps, but there is more to do! Identify the gaps in your aging strategy and step up your planning efforts.

**0-4** = Act now while there is still time! Talk to friends, family, and professionals and to develop a plan of action.

*Source: National Institute on Aging*

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