

"I'll admit it. I never really thought about my options for aging well until I realized how important it is to plan ahead for the future. So I started doing my homework and making plans."



Name _____
Address _____
City _____ State _____ Zip _____

Por favor, marque esta casilla si quiere recibir la "Guía para planear el cuidado a largo plazo" en español.

Please visit www.longtermcare.gov/campaign/dc to download a screen-reader accessible version of the *Own Your Future* Planning Guide.

Thank you for being proactive and learning about options for long-term living in the District. – Mayor Adrian M. Fenty

Para Español

El Distrito ofrece programas y servicios generosos y integrales a sus residentes que son discapacitados o envejecimiento. Por lo tanto, es importante que usted sepa acerca de estos programas y como pueden ayudarle con el fin de planificar en consecuencia.

Para solicitar su guía en español:

- Call 1-866-PLANLTC (1-866-752-6582).
- TTY users should call 1-800-427-5605.
- visit: www.longtermcare.gov/campaign/dc.



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A screen-reader accessible version of the District of Columbia *Own Your Future* Planning Guide can be found by visiting us online, www.longtermcare.gov/campaign/dc.

Own Your Future



Planning for Your Future

- Long-term care planning options for District residents
- Accessing resources available in the District
- FREE *Own Your Future* planning guide (offer inside)
- Spanish and screen-reader accessible versions of the guide are available

★ ★ ★ Government of the District of Columbia
Adrian M. Fenty, Mayor

Are You Prepared to Live a Long Healthy Life in the District?

If you are 45 or older, you are used to making important decisions about the way you live. While you may think you're too young or vibrant to start thinking about your future and long-term care needs, the best time to plan is now.

Believe it or not, 60 percent of older Americans will need help with health and personal needs and activities of daily living as they "grow older." Have you ever thought about who will take care of you and your needs when that time comes? Wouldn't you rather stay at home versus going to a nursing home if you had the choice?

Over time the cost of these services can be very expensive and many people mistakenly believe Medicare will cover those costs. Don't be caught off-guard – plan now for the unexpected and unforeseen.

Planning ahead doesn't mean you are "getting old" or losing control of your life; however, it does mean that you will be prepared. Know your options and act today!

Send or call for your FREE Own Your Future Planning Guide.

The District offers generous and comprehensive programs and services for its residents who are disabled or aging. So, it's important for you to know about these programs and how they can help you in order to plan accordingly.



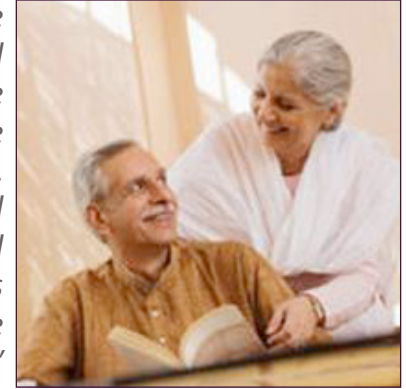
Adrian M. Fenty,
Mayor

To help you make decisions that are best for you and your loved ones, the District of Columbia now offers a free planning guide to help its residents plan for the future. In addition, the city has recently opened an Aging & Disability Resource Center (ADRC) that can further walk you through planning for your long-term care needs. Learn more about how the ADRC can help you and how to own your future by ordering your kit.

How do you begin? Order your guide!

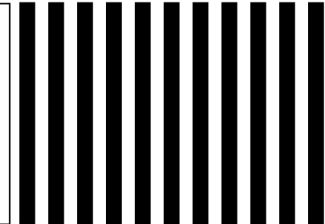
- Call 1-866-PLANLTC (1-866-752-6582) to get your *Own Your Future* Planning Guide. TTY users should call 1-800-427-5605.
- Visit www.longtermcare.gov/campaign/dc on the web and request a planning guide.
- Return the attached postage-paid card.

"After reading the guide, I realized that I had some decisions to make for my future. Taking action and planning ahead were the best ways for me to take charge."



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