

RESOURCES

LEARN MORE AT

futureplanning.thearc.org

www.aarp.org/caregiving

ASK FOR HELP

THE ARC OF THE TRIANGLE

919-942-5119

www.arctriangle.org

TRIANGLE J AREA AGENCY ON AGING

800-310-9777

www.tjaaa.org



Area Agency On Aging
Triangle J Council of Governments



Don't be BLINDSIDED

Mapping the Future: Aging with Intellectual and Developmental Disabilities (I/DD)



60%
of aging adults
have no future care
plan in place.

In North Carolina
71%
of adults with I/DD
live at home.



What people are saying...

“As my parents were aging, I found myself in charge of my brother’s care. He has an intellectual disability. I am so glad we found answers about future planning.”

-Karen G.

“As a professional who works with people with disabilities, I am glad to have resources I can share.”

-Michelle F.



How can I get started?

- Talk with people - family, friends, doctors, professionals, etc.
- Share information - phone numbers, what’s important to know, needs and goals

Who will step in if something happens?

First choice _____

Second choice _____

Other Important things to ask

Is there a list of important personal information (full name, preferred name, emergency contact, health insurance ID’s, Social Security number, date of birth, etc.)?

YES NO

Are important records all in one place (birth certificate, marriage license, Social Security card, bank records, etc.)?

YES NO

Are legal and financial documents in order (will, power of attorney, living will, special needs trust, guardianship, etc.)?

YES NO

Is there a current list of medical information and diagnoses (doctors, pharmacy, medications, etc.)?

YES NO

Are supportive services in place (transportation, meals, in-home, day programs, etc.)?

YES NO

**If you answered “NO” to any of these questions,
ask for help. **