

Helping Elderly Parents

Step 1

Speak with your elderly parents about helping them.

Here are a few ideas to get you started:

- "I know this might be hard to talk about, but I care about you and want to make sure you're taken care of. Can we find a time to discuss some plans for the future and how I can help you?"
- "I've noticed ___ and I'm a little concerned."
- "I want you to keep enjoying the things you love. Can we talk about how I can help you do that?"

Step 2

Start a file of your parents' important papers.

Include documents like:

- Birth and marriage certificates
- Any other legal certificates (like citizenship, divorce, or adoption)
- Social security numbers
- Health and life insurance policies
- Military records
- Names and phone numbers of friends, doctors, lawyers, relatives and religious contacts
- The bills they pay (mortgage, property tax, insurance, utilities, etc.)
- Sources of income and assets (like pension from their employer, IRAs, 401Ks, interest, etc.)
- Social Security and Medicare/Medicaid info
- Names of banks and their account numbers (including PINs)
- Investment accounts (including contact info for each institution)
- Copy of their most recent tax return
- Original deed of trust for their home

- Car title and registration
- Credit card names, numbers, and contact info

Trustworthy makes this process easy. The Family Operating System is a single, safe place to organize and manage your parents' important information. You can rest easy knowing their sensitive information is protected and available whenever you need it.

Step 3

Create a payment schedule.

You can use the custom reminders feature in Trustworthy to make sure you never miss a due date or pay a late fee.

Step 4

Make an inventory of your parents' safe deposit box.

Remember to bring them, or another witness, with you.

Step 5

Gather the legal documents you may need.

- Power of Attorney
 - Health Care Power of Attorney (HCPOA)
 - Financial Power of Attorney (FPOA)
 - General powers of attorney
 - Limited powers of attorney
 - Durable powers of attorney
- Living Trust
 - Choose a revocable or irrevocable living trust
- Advanced Care Directive (Living Will)
- Last Will and Testament

Step 6

Consider the additional people you can turn to for support.

Depending on your parents' needs, you may want to add professionals to your team: Financial planner, advisor, or accountant, estate planning attorney, wills attorney, trust administration attorney, notary public, other witnesses to sign specific documents.

Keep them updated with Trustworthy. Add the necessary people as collaborators into the account and you can also limit category specific access for each individual.

Step 7

Reach out to experts who can help.

- AARP links out to [free advanced directive forms](#) by state which can be printed out.
- The National Institute on Aging offers FAQs on [organ donation for older adults](#) and offers the ability to register online.
- The National Academy of Elder Law Attorneys outlines a list of questions to ask when interviewing an [elder law or special needs planning attorney](#).

USAgging is a national association that spearheads a network of local Agencies on Aging that develop, coordinate, and deliver a range of services for older people (like a [money management program](#) that can help with bill-paying). They can connect you to an organization in your parents' area.