



PARKINSON FOUNDATION  
OF THE NATIONAL CAPITAL AREA



**WALK OFF™**  
P A R K I N S O N ' S

# PFNCA's Care-Plan Checklist

*...when planning for your future well-being!*

You are caring for your family by making difficult decisions ahead of time which enables them to know your plans and ensures that your wishes are followed. Follow this checklist and you will have covered most of your bases.

Learn more about PFNCA and/or make a donation at [www.pfnca.org](http://www.pfnca.org)



## Itemize Your Inventory of Valuable Items and Non-Physical Assets

Such as bank accounts, life insurance policies, policies such as long-term care, homeowners, auto, disability, and health insurances.



## Assemble a List of Debts, Retirement Accounts and Membership Lists

Include all account numbers and list the location of any physical documents you have in your possession.



## Document Your Digital Footprint

Provide the location or give a copy of the list of all of your online usernames, passcodes, PINs, and security questions. In some cases, it may be the fastest way for someone to help you, and it can ensure that someone can also protect, remove, or freeze updates and use if you will no longer be using those accounts.



## Select and Educate an Individual to be your Power of Attorney

Naming someone to be your Durable Power of Attorney means that someone can manage your financial affairs on your behalf if you are unable, even temporarily. A Healthcare Power of Attorney names someone who can be your medical advocate if you are unable to speak for yourself. These impact you while you are living, and every adult should have these in place. The individuals you name need to have a copy of the document(s) and information related to your finances and/or healthcare history and wishes to be an effective advocate for you.



## Select an Estate Administrator

It is important that you select an individual who is responsible and in a good mental state to make decisions. In many cases, spouses would prefer to not have to be the executor of their partner's estate. Consider who might best fill this role for your needs.



## Visit an Estate Attorney and/or a Financial Planner

Things to discuss: Will, Power of Attorney, Healthcare Power of Attorney and Living will.



## Have conversations with your adult children or select a person you trust

Make sure to inform them of the location of your lists including contacts so that no asset or wish gets left out. Although it may not be necessary at this time, you may find comfort in discussing funeral planning.