

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. →**