



Long-Term Care Planning Guide & Checklist

*Based on the 4 Pillars of Long-Term Care Planning
Brought to you by Todd Russell, CFP® | MyLTCiPlan.com*

What Is Long-Term Care Planning?

Long-term care planning means having a strategy in place for the season of life when you can no longer care for yourself. It's how you make sure your care is guided, your wishes are respected, and the people you love aren't left guessing—or carrying the burden. And for many, it's also the key to aging in place, safely and on your terms.

Your LTC Planning Self-Assessment Checklist

Use the checklist below to evaluate where you are—and where you may need to take action. The more boxes you check, the more prepared you are.

1. Legal Planning

Have you...

- ☐ Designated a medical power of attorney?
- ☐ Designated a financial power of attorney?
- ☐ Created a living will or advance directive?
- ☐ Created or updated your last will and testament?
- ☐ Reviewed your estate plan with a qualified attorney in the last 5 years?
- ☐ Authorized your trusted people to make healthcare decisions if you're unable?

Tip: Legal documents are your voice when you can't speak. Make sure they're up-to-date and accessible.

2. Financial Planning

Have you...

- ☐ Calculated the cost of care in your area (home care, assisted living, nursing care)?



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- ☐ Discussed your care funding plan with your spouse, children, and advisors?
- ☐ Reviewed how long your assets would last if care were needed?
- ☐ Considered a long-term care insurance policy?
- ☐ Explored repositioning assets or using life insurance to replenish what is spent?
- ☐ Had the “What’s the plan if I need care?” conversation with your financial planner?

Tip: In the absence of a plan, you are self-insuring. Even a modest policy can protect retirement income and reduce family stress.

3. Emotional Considerations

Have you...

- ☐ Talked with your family about your preferences for care?
- ☐ Considered how your decline would affect your spouse or children emotionally?
- ☐ Thought about the emotional toll of being a caregiver vs. a care manager?
- ☐ Put anything in writing to reduce guilt, guesswork, or family conflict?

Tip: Planning now protects your family later. It lets them be your support system—not your full-time care team.

4. Logistical Planning

Have you...

- ☐ Identified who would step in if you needed daily help?
- ☐ Thought about whether your home is safe for aging in place?
- ☐ Considered whether you’d want to move in with family—or they with you?
- ☐ Thought through work, school, and location challenges for adult children?
- ☐ Written down what kind of care you would and wouldn’t want?

Tip: Caregiving requires coordination. Good care doesn’t “just happen”—it’s planned.

Other Key Questions to Consider

- ☐ Can your spouse or partner care for you at age 85+?



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- ☐ Will your retirement income support 3–5 years of potential care?
- ☐ What assets would you want to protect or preserve for your legacy?
- ☐ Have you talked to a professional about LTC insurance or asset-based strategies?
- ☐ What's your biggest worry about the future—and what would it look like to feel confident?