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AARP HELPS SANDWICH GENERATION PLAN FOR THEIR OWN FINANCIAL NEEDS

“Decide. Create. Share.” Program Puts Sandhills Women in Control

PEMBROKE – Sondra Wright is like a lot of 40 something women in North Carolina who provide care to aging parents and/or young children, while at the same time, have to balance the demands of jobs and careers. With hectic daily living, they have little time to think about their own financial future.

“You’re working hard at the office, raising a family, maintaining a home and, hopefully, having some fun. But sometimes it seems there’s little time for you, and even less time to think beyond the day-to-day reality,” Wright said. “When it comes to preparing for the future, health and long-term care are some of the most important decisions you’ll have to make.”

According to Genworth Financial, current average long-term care costs in North Carolina are up to \$35 thousand a year for assisted living, \$40 thousand a year for home health care, and in excess of \$70 a year for nursing home care. Twenty years from now, those costs are projected to exceed \$100 thousand a year for in-home care and \$200 thousand a year for nursing home care.

A recent AARP report found that 79 percent of woman age 65 and older will need long-term care at some point, but according to Wright, author of “40+ and Fabulous,” most remain unprepared.

Sondra is working to change that by helping women think about their own needs through, “Decide Create Share,” an AARP initiative for women in their 40s, 50s and 60s that helps them plan for their own future needs. Partnering with the Lumber River Council of Government, Sondra held a workshop in Pembroke for area women that helped them:

- Think about what kind of future they envision for themselves
- Create a plan that will help them achieve their goals
- Share that plan with the important people in their lives

“Crossing the threshold of 40 isn’t the dark, dismal, over the hill event our society has so cleverly convinced you it is – it’s a rite of passage, and it should be celebrated as such,” she said. “. If there were ever a perfect time to write an amazing new chapter in your life – that time is now.”

But part of that chapter is planning ahead. For those who were not able to participate in the workshop, AARP has free “Decide. Create. Share” resources
<http://www.aarp.org/relationships/caregiving/info-08-2011/long-term-care-partner-resources.html>

“Fact is, especially if you’re over 40, it’s not too soon to think about the future. It’s not too soon to create a long-term life strategy for the days when work and child-rearing are behind you. Decisions you make today about home, finances, health and medical care can help you live your best life – in retirement, or whatever your life stage,” Wright said.

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