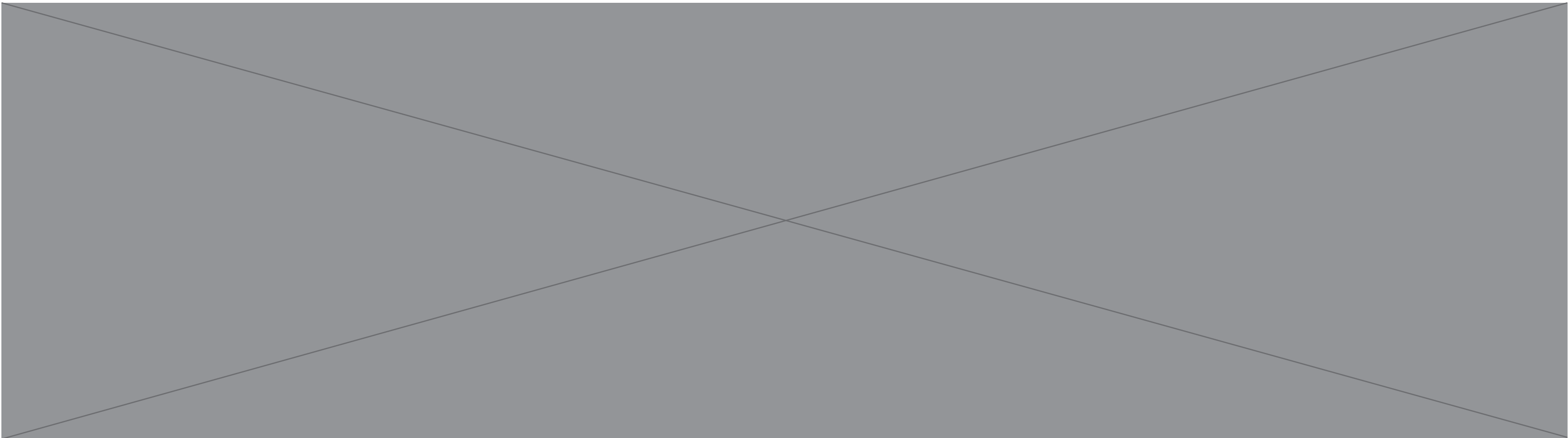




No one knows what their future health holds, but everyone wants to have their voice heard throughout their lifespan.

This website will help you plan for health events such as hospitalizations, falls, and memory loss that may happen as people get older. This planning differs from end of life care and wills.

Do you know...

- What your rehabilitation options are after a hospitalization?
- How to connect with local services and resources such as in-home care, Villages, and skilled nursing facilities?
- What steps you can take to help prevent falls?

Plan Your Lifespan will help you learn valuable information and provide you with an easy-to-use tool that you can fill in with your plans, make updates as needed, and easily share it with family and friends.

*People are living longer.
Are you prepared to turn
80, 90, or 100?*

Continue a previous session

Create a new account

Learn more about this site

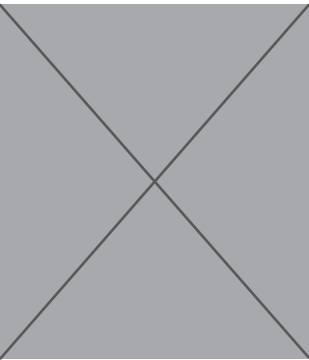
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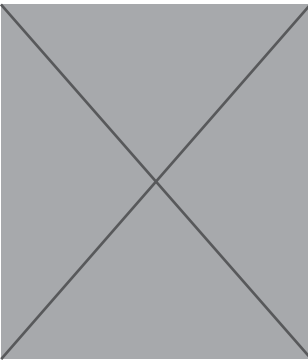
About

People

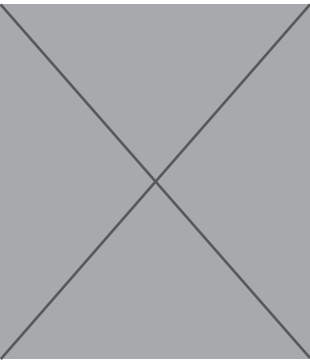
We are seniors, geriatricians, university researchers, social workers, communication experts, and home care specialists.



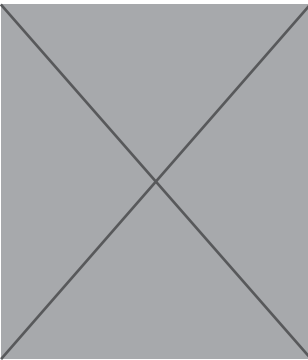
[Chris Forcucci, RN](#)



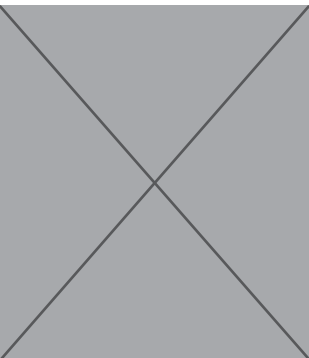
[Dianne Campbell](#)



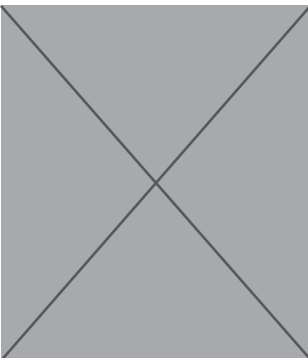
[Phyllis B. Mitzen](#)



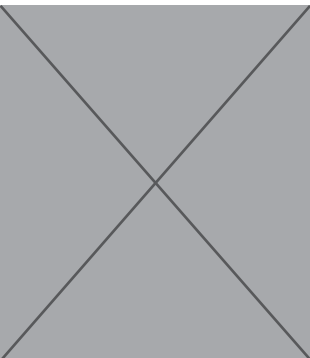
[Sheila McMackin, MSW, LCSW](#)



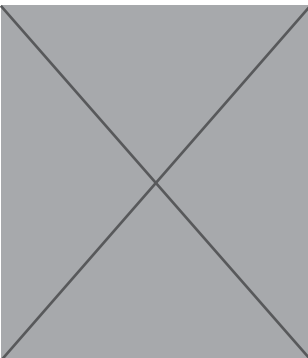
[Darby Morhardt, PhD, LCSW](#)



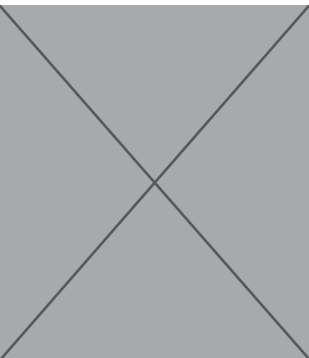
[Megan Huisingh-Scheetz, MD, MPH](#)



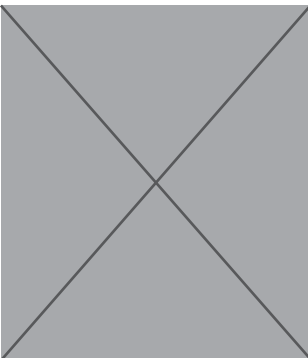
[Stacy Tatman, RN](#)



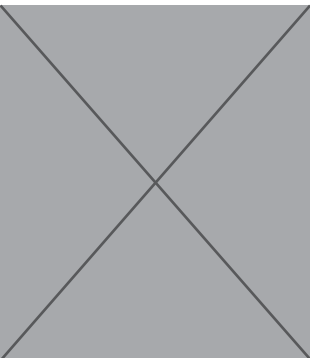
[Priya Sunkara](#)



[Vanessa Ramirez-Zohfeld, MPH](#)



[Kenzie A. Cameron, PhD, MPH](#)



[Lee Lindquist, MD MPH MBA](#)

Questions

Is there a way to see Closed Captions on the videos?

Yes! Once the video starts, there is a small icon that says "CC" at the bottom right of the video. Click on that and then click "Yes" to enable them.

Will my information be secure?

Yes, your information will not be shared with anyone else.

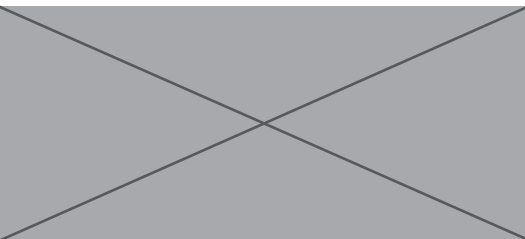
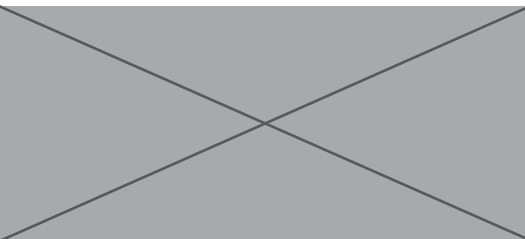
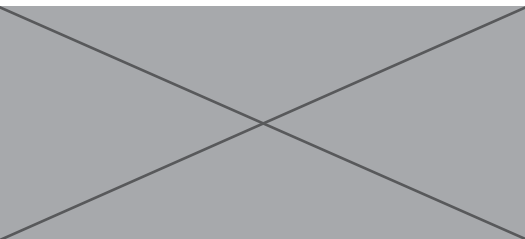
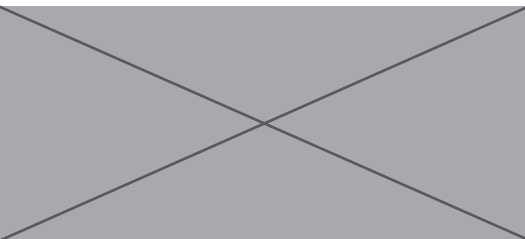
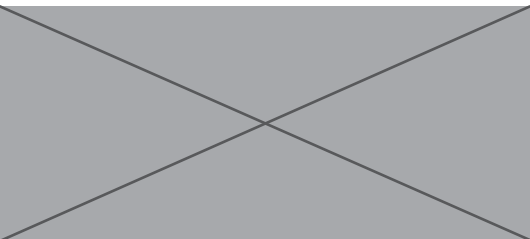
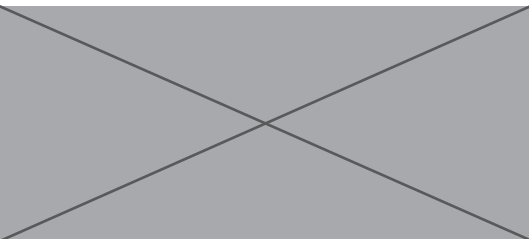
Can I update my answers?

Yes, you can update your answers. Please re-visit the tutorial for detailed explanations about how the site works.

What if I forget my PassCode?

If you entered your email when you signed up, you can always log in by entering your email. We'll send you a message with a link to click that logs you in.

Stakeholders



Hospitalizations

Fixed positioning; travels with main content

- ☒ **What if I am hospitalized? ▶**
- ☐ **What are my rehab choices? ▶**
- ☐ **Am I prepared to return home? ▶**
- ☐ **Other things to consider ▶**

What if I am hospitalized?

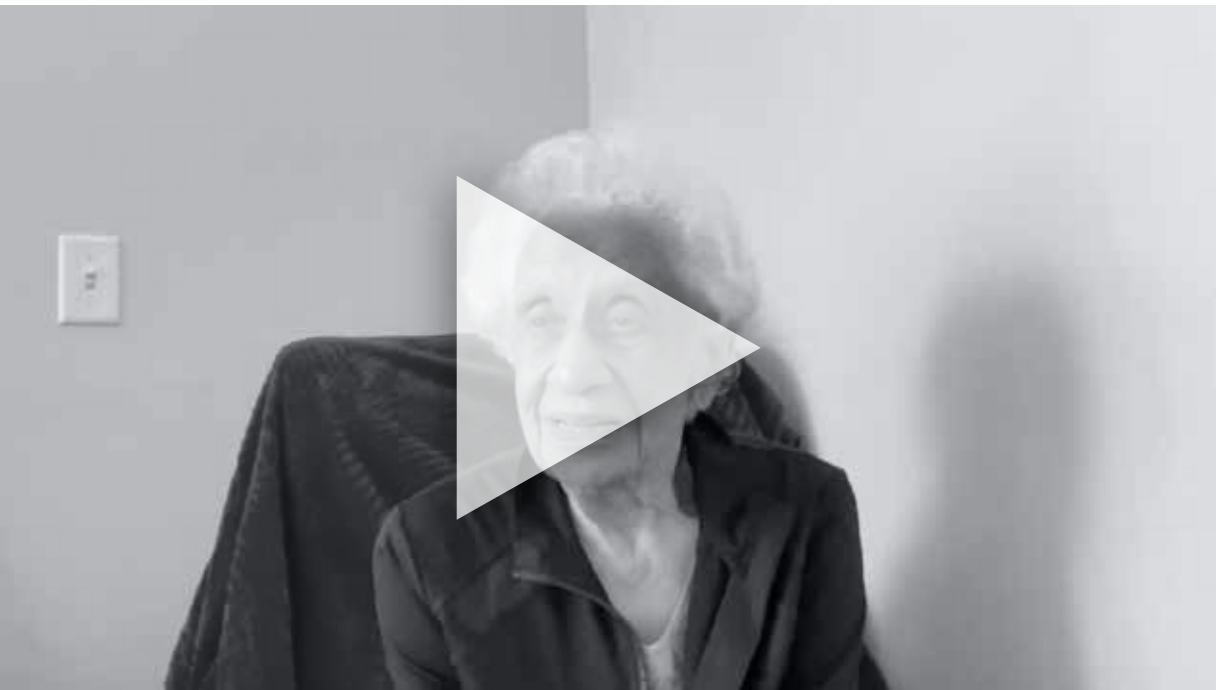
When a person is hospitalized he or she may be very sick and physically weak. That person may even be confused at times.

This section will help you to learn about what resources are available and how to connect with local in-home services should you need help after a hospitalization.

You will be able to find out what rehabilitation options are available to you and choose where you would like to receive care should you ever need it.

Most Hospitalizations are Unplanned

Joan was hospitalized for several days and became weak. She was not able to go directly home. She talks how she went to a rehabilitation hospital for her physical therapy.



56% complete

Progress automatically saved 1 minute ago

Hospitalizations

✔ What if I am hospitalized? ▶

✔ What are my rehab choices? ▶

✔ Am I prepared to return home? ▶

✔ Other things to consider ▶

Other things to consider

If you are hospitalized, there will be many things you may not be thinking about.

Here are some other things to consider:

- Who will help me walk my pets?
- Who will be able to mow my lawn or remove snow?
- Who will pick up my medications or can I set up delivery?
(Some pharmacies will deliver depending on where you live.)

Please write down details for pharmacies:

Pharmacy #1 (local)

Pharmacy #2 (with mail order)

Please include people who might be able to help with:

Collecting my mail

Picking up newspapers

Checking on bills to be paid

If an emergency happens, it is important for people to know who your primary care doctor is, who your emergency contacts are, and how to reach them.

Please type the details of your primary care provider in the boxes below.

Name

Clinic or hospital

Please type the details of your emergency contacts in the boxes below.

Contact #1: Name

Contact #1: Phone

Contact #2: Name

Contact #2: Phone

Let's eliminate the final subpage of each section entirely (e.g., "Congratulations! You're finished with the Hospitalizations section!"). And, instead, simply present a CTA button to the next-in-line section.

Continue to “Falls” ▶

Summary

- Hospitalizations ▶
- Falls ▶
- Memory Loss & Alzheimer’s ▶
- Talking To Others ▶
- Finances ▶

Email My Summary

Print My Summary

Unlike the existing site (where the Summary is broken out into many pages), **this** Summary will be a complete, single, longscroll page. The navigation pane at left will simultaneously function as **both** (1) internal jump-link anchors **and** (2) passive indicators of which region you’re currently scrolled to.

Primary Care Provider

Name

Pre-filled value goes here

Clinic or hospital

Pre-filled value goes here

Emergency Contacts

Contact #1: Name

Pre-filled value goes here

Contact #1: Phone

Pre-filled value goes here

Contact #2: Name

Pre-filled value goes here

Contact #2: Phone

Pre-filled value goes here

If I need subacute rehabilitation in a skilled nursing facility (SNF), I would like to go to:

Pre-filled value goes here

If I need help in my home, I would like to use:

Pre-filled value goes here

If I need help in the home, I would like this group to be contacted:

Pre-filled value goes here

If I need low-cost help in the home, I would like this group to be contacted:

Pre-filled value goes here

Information about pharmacies

Pharmacy #1 (local)

Pre-filled value goes here

Pharmacy #2 (with mail order)

Pre-filled value goes here

People who might be able to help with:

Collecting my mail

Pre-filled value goes here

Picking up newspapers

Pre-filled value goes here

Checking on bills to be paid

Pre-filled value goes here

56% complete

Progress automatically saved 1 minute ago

 Northwestern Medicine

 Feinberg School of Medicine

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Introduction

Each section on **Plan Your Lifespan**® will cover an advanced life event that may increasingly happen to people as they age. The life events that are presented include:

Hospitalizations: Learn what resources are available and how to connect with local in-home services should you need help after a hospitalization. Find out what rehabilitation options are available to you and choose where you would like to receive care should you ever need it.

Falls: Learn practical steps you can take to help prevent falls and make your home safer.

Memory Loss: Find out what your care options are should you ever experience memory loss and share your long-term goals with loved ones.

Also find information on how to **communicate with others** and finding ways to **afford your plans** and preferences.

This valuable information is known by doctors, nurses, and social workers, but often is not passed onto older adults.

By having the real-life choices people have to make regarding these advanced life events and critical information shared with you, you will be given the tools to help you make your choices and share them with those most important to you.

You will have the option to pick what you would like in case any of these events happen. If you would like a copy of your choices or would like to share them with others, a summary can be printed at any time.

- If you would like to receive a copy by email, you can choose to enter your email.
- You will have the option of sending a copy of your summary to a loved one.
- All of your choices are confidential. Your email address will not be shared or distributed.

If you **Sign Up**, your information will be saved for you to return at any time. If you **Continue as a Guest**, you can access the site but your information will not be saved. If you change your mind and wish to save it, click sign-in at any time.

Sign Up

Continue as a Guest

Hospitalizations

CONTENTS

- ☒ [What if I am hospitalized?](#)
- ☐ [What are my rehab choices?](#)
- ☐ [Am I prepared to return home?](#)
- ☐ [Other things to consider](#)

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