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Wise Words for Worried Boomers

Boomers worry: About their children, about the economy, about their jobs, and now more than ever about all the changes that their parents are going through. “What Next? Navigating Later Life Transitions” is a new book designed to help you to better understand the changes and choices that your parents are or will be facing so that you can help them with some of the more difficult decisions they may have to make.

This book is a collaboration of six authors each of whom has developed an expertise working with seniors and their families.

Greg Bechard’s company Home Instead Senior Care enlightens by demystifying the Stages of Care. His work puts him in touch with many families who are trying to figure out how to support someone they love whose health is failing.

Bev Evans is a wealth manager serving clients who have retired and are trying to navigate uncharted waters. She presents the stories of three families struggling with life changes and offers important advice about how to handle them.

Through her company Trusted Transitions, Elaine Frost works with seniors when they are leaving the family home to downsize to more appropriate living accommodations. Her hints and tips will help you to better handle the stress that comes with letting go of long held possessions.

As a successful realtor Deirdre Slowey has had many clients who are now on their own and still saddled with a big house. Her guidance starts with criteria for making the ‘stay or go’ decision, and follows through with advice on how to successfully sell your home.

Jasmine Sweatman is a specialist in Estate and Trusts Law. Her chapter chronicles the (fictional) story of Laura, a middle aged single woman, to illustrate the issues that can come up if one doesn’t properly plan their estate.

Finally, Kim Whaley and her colleagues at Whaley Estate Litigation tackle the difficult subject of planning for the possibility that one day you might become disabled, ill or incapacitated. They offer sage advice on what needs to be done to avoid being taken advantage of if this happens to you.

The central theme offered by all authors is that knowing your options, and planning before a crisis hits are the two most important ingredients to successfully navigating later life. This book is a must read if you are in your post retirement years, or you have a loved one in that phase of their life.

For more information visit www.navigatinglaterlife.com. To order your copy of the book click on the link to one of the authors websites.

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