
Caring for the Caregiver – Financial, Legal, and More

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CEO, Francis Financial, Inc. and Founder, Savvy Ladies



My Story



Caring for the Caregiver

- The Finances
- The Legal
- Your Support Team
- Self-Care

Maria's Story



After her husband's stroke, Maria was thrust into caregiving and finances—without access to passwords, accounts, or even basic bill info.

Maria's Story

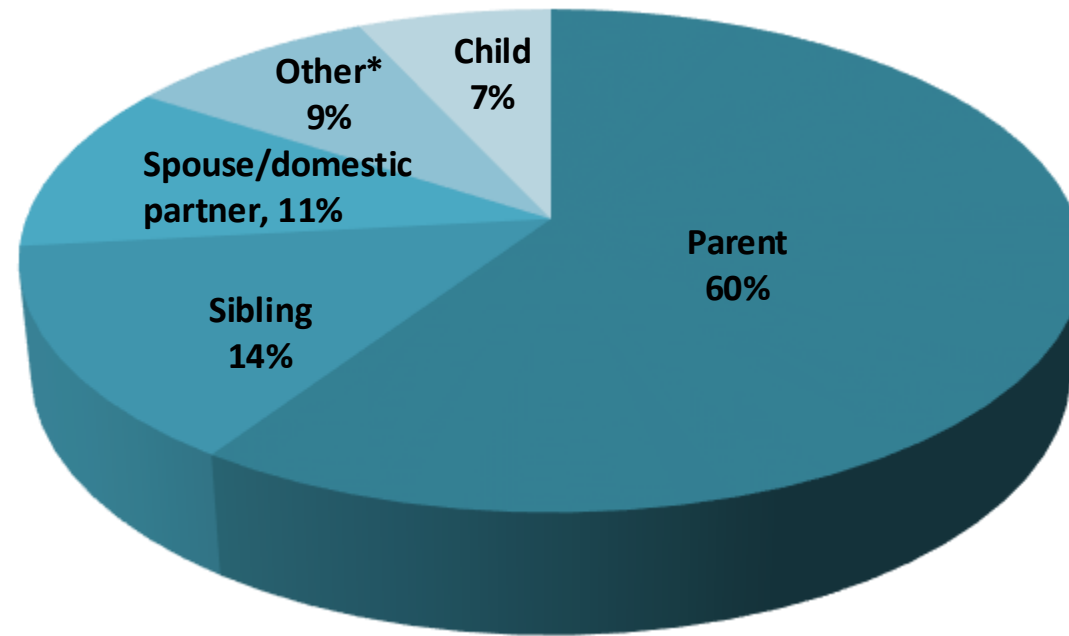


Takeaway: Even loving, long-standing relationships can create blind spots. Maria now tells others: "If you love your spouse, make sure they could carry on without you, before they have to."

The Number of Caretakers is Rising



From 2015 to 2020, the number of unpaid family caregivers in the U.S. **grew by nearly 10 million**—rising to 53 million.



*Other relative, friend or guardian

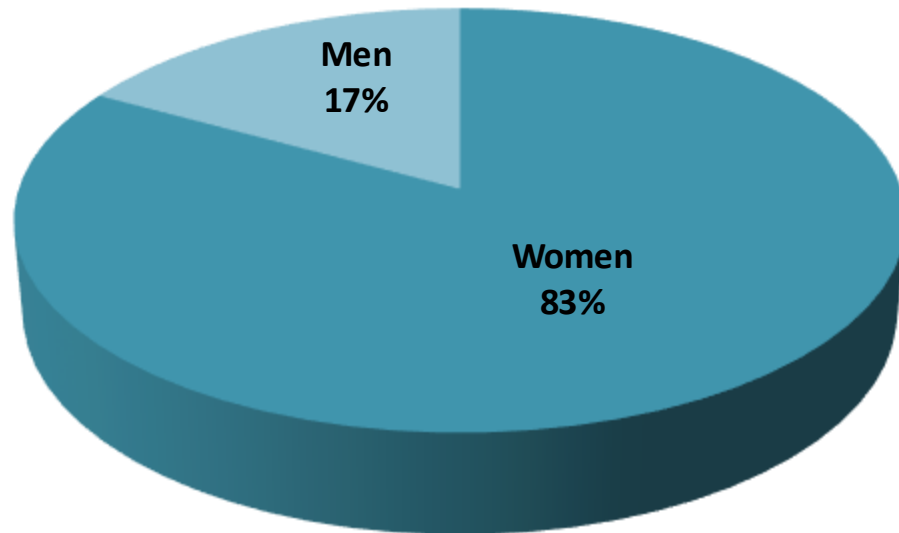
The \$600 Billion Dilemma

Impact of Caregiving

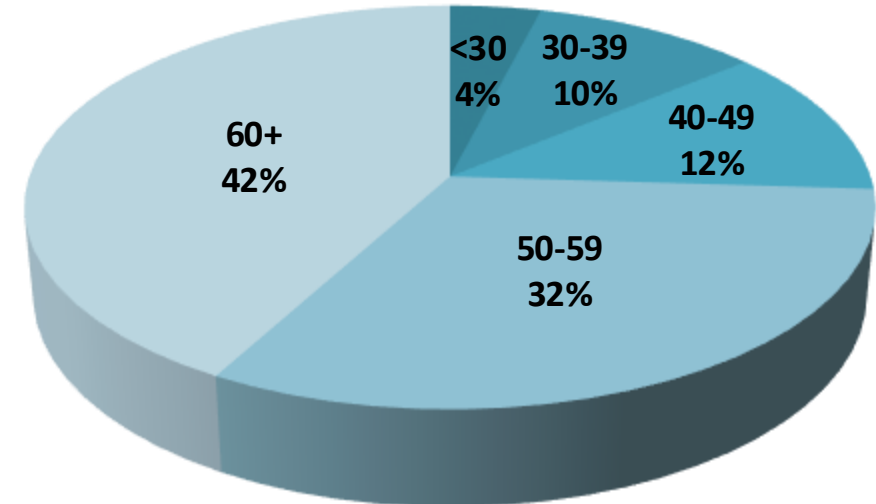
- The fact that 91% of caregivers are related to the person they care for reinforces the reality that caregiving is deeply personal.
- Loved ones can often feel obligated to provide care no matter the impact.
- Because caregivers are related to their care recipient, they may be less likely to seek outside help.

Who Are the Caregivers?

Caregivers' gender



Caregivers' age



Women make up nearly two-thirds of caregivers.
Many caregivers are over age 60 and on fixed incomes.

Impact of Caregiving

- Increases expenses for care
 - Family caregivers spend an average of \$7,242 per year out of pocket, with spousal caregivers spending even more.
 - On average, caregivers reported spending 26% of their incomes on activities including
 - Housing
 - Home modifications
 - Medical expenses
 - Transportation

Impact of Caregiving

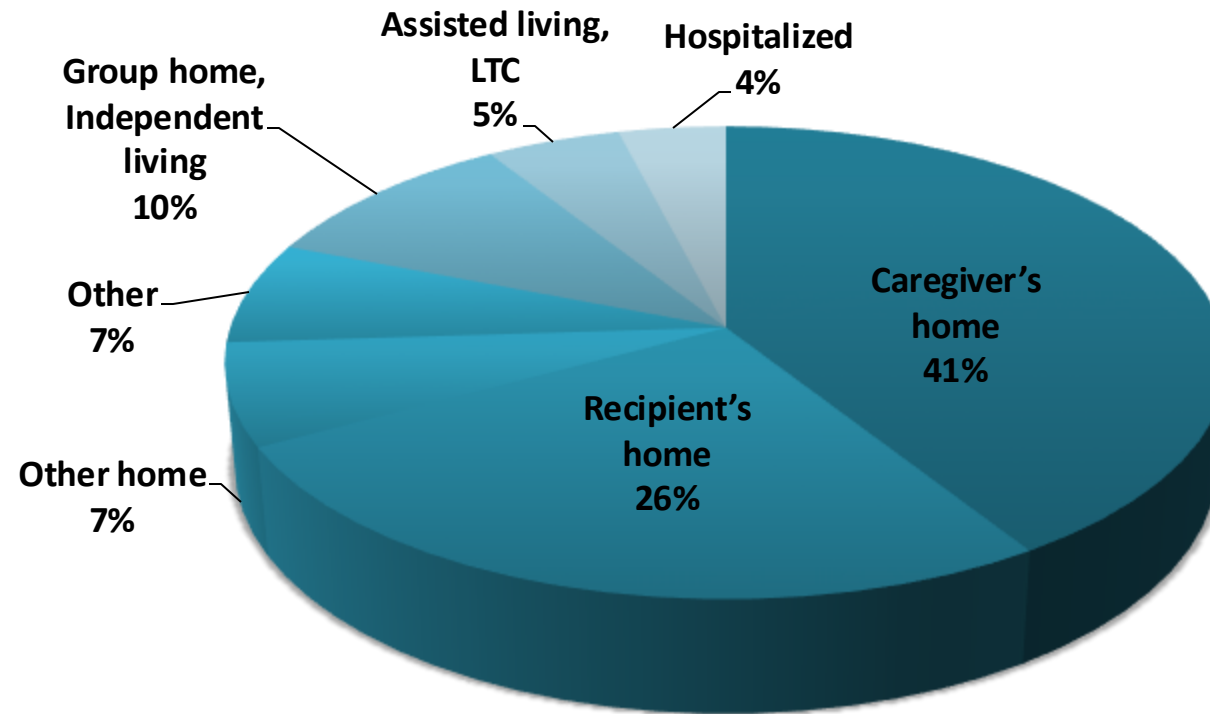
- Increases stress-related health costs for caretaker
 - Research shows an estimated 17-35% of family caregivers view their health as fair to poor.
- Bankruptcy
 - 66% of personal bankruptcies in the U.S. are triggered by medical costs.

Impact of Caregiving

- Undermines retirement security by draining savings.
 - A higher risk of financial instability in later life.



Where Do the Persons Receiving Care Live?

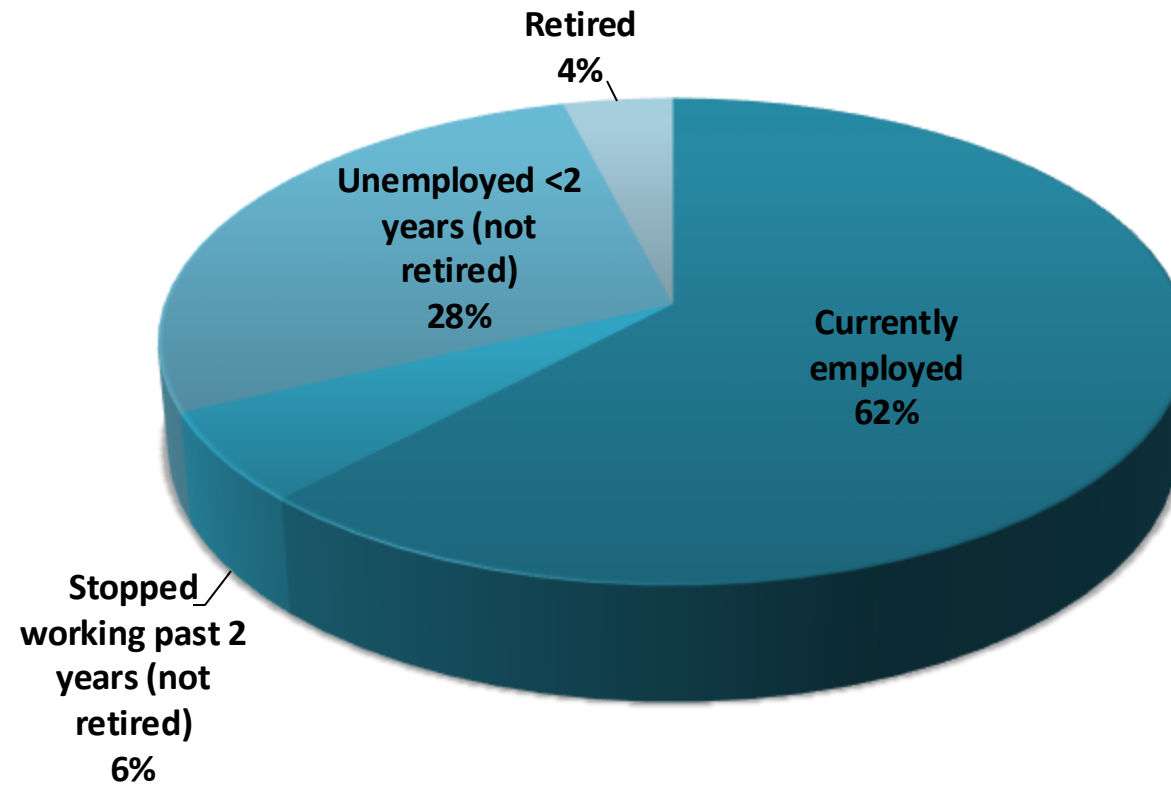


Impact of Caregiving

- Living with the care recipient makes it even tougher.
 - 52% of co-resident caregivers report stress, versus 34% if they don't live with them



Employment



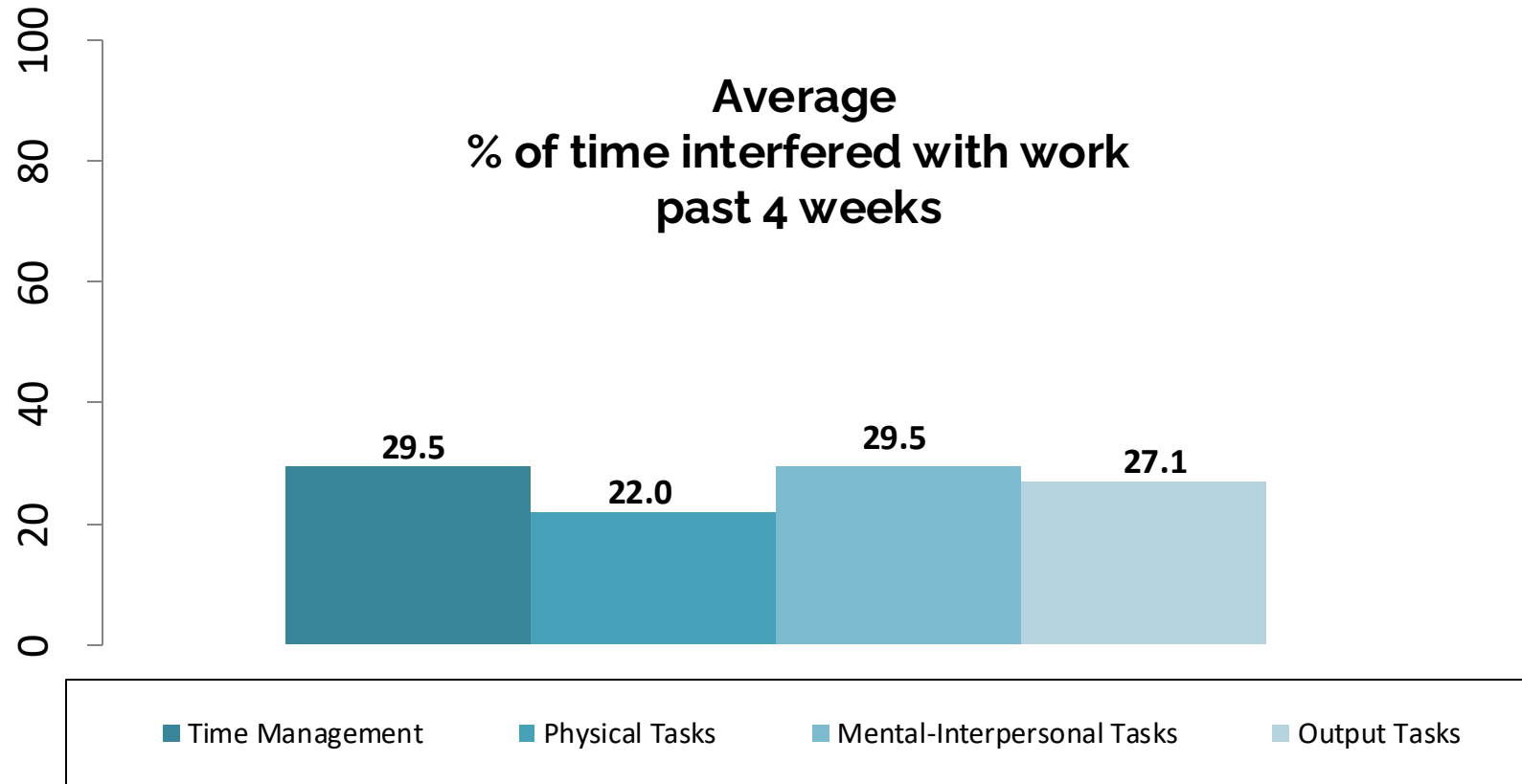
Impact of Caregiving

- Overlooking the costs of financial caregiving for loved ones can impact your budget and your career.
 - Caregiving typically requires 24 hours a week and causes issues with employment.
 - Average duration is 4.5 years.

WORK CONSEQUENCES

- Arriving late
- Leaving early
- Missed workdays
- Retiring sooner than planned

Caregiving Impact



“On average, caregivers missed 2–3 workdays and struggled with tasks up to 30% of the time over just four weeks.”

Caretakers miss
out on
\$43,500
in income each
year due to the
demands of adult care.

Caring for the Caregiver - Finances



Financial Issues While Caregiving



Often must take on financial responsibilities—sometimes for the first time, or all alone.



A person might avoid dealing with money (like budgeting, talking about finances, or opening bills), even if they know it's important.



This money avoidance can have dire consequences, as some important financial decisions need to be made during caregiving.

Getting Financially Organized While Caregiving



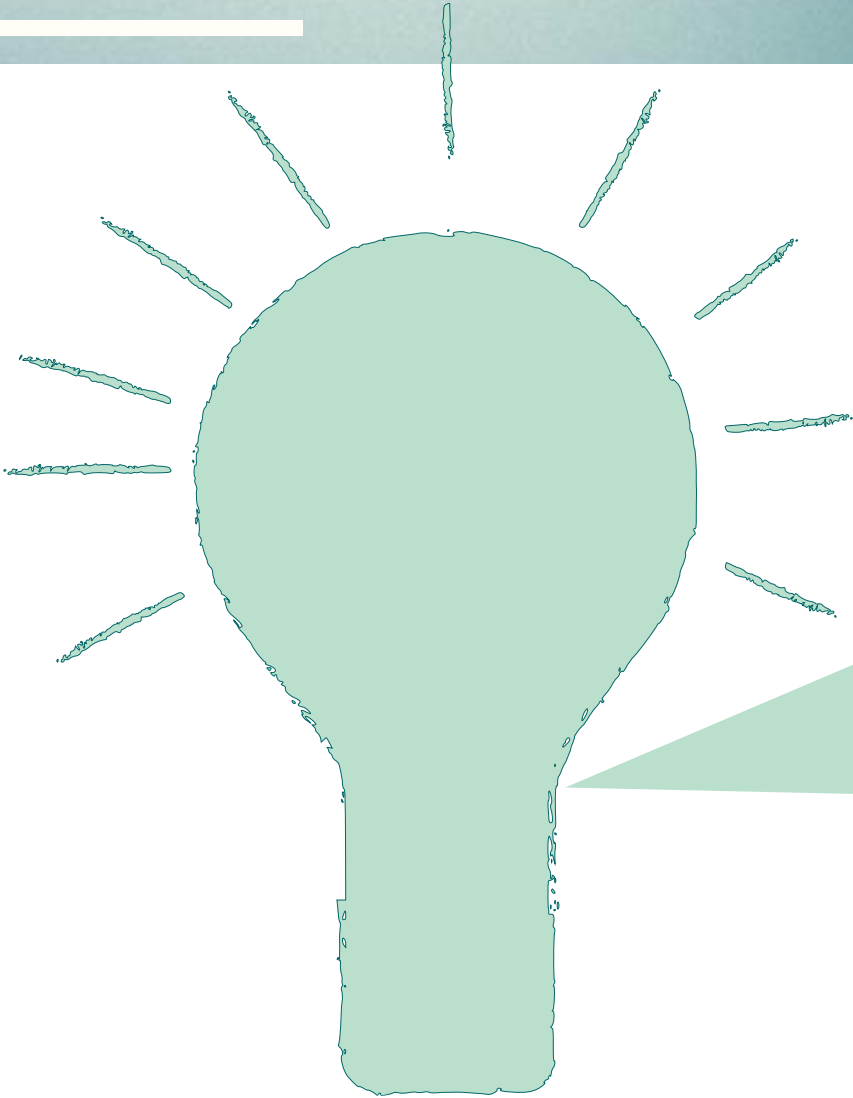
Start Collecting Financial Records

- Gather copies of statements for:
 - Bank accounts
 - Brokerage accounts
 - Pensions
 - Retirement accounts
 - Insurance policies
 - Health, life, disability, long-term care, auto, homeowner's
 - Credit cards
 - Outstanding mortgages and loans

Start Collecting Financial Records

- Get copy of titles/deeds
 - Real estate
 - Car
 - Boat
- Gather copies of statements for:
 - Employer income and benefits
 - Pension income
 - Social security income
 - Rental income
 - Annuity income

Passwords are Key



- Ensure you have access to your spouse's password manager (e.g., LastPass, 1Password, Keeper, Dashlane)
- Keep a record of all usernames and passwords
- Document the method of secondary authentication (e.g., text to a phone, email prompts)
- Keep your loved one's email and cell phone active to receive authentication codes



BECAUSE I LOVE YOU:
A LEGACY PLANNING
COMPANION

Legacy Planning Checklist: Documents, Accounts, and Instructions

Prepared By: _____

Date Prepared: _____

This checklist is a practical tool to help your loved ones, whether it's your family, executor, or financial advisor, easily locate your essential documents and understand your wishes. While not a legal document, it complements your estate plan by making everything simpler to find and manage. To get started, open a password-protected Word document and create a folder to store your responses. Use this checklist as your guide. Be sure to review and update it annually, or whenever a major life event occurs. Keep it in a secure place, and make sure your trusted contacts know how to access it.

1. Online Accounts & Access

- ☐ List of account names (banking, investments, utilities, email, social media)
- ☐ Usernames and passwords
- ☐ Method of secondary authentication (e.g., text to cell, email prompt)
- ☐ Note: Have your loved ones keep your cell phone active after death to receive authentication codes

2. Social Security Information

- ☐ Your Social Security Number
- ☐ Most recent benefits statement from www.ssa.gov (print and attach annually)

3. Employee & Workplace Benefits

- ☐ Names of companies and HR contact information
- ☐ Description of benefits (e.g., life insurance, pensions, 401(k))
- ☐ Copies of benefit statements, if available
- ☐ Confirm that listed beneficiaries are accurate and up to date

4. Legal & Vital Documents

- ☐ Will
- ☐ Power of Attorney
- ☐ Healthcare Proxy or Advance Directive
- ☐ Living Will
- ☐ Marriage or birth certificates
- ☐ Property deeds or vehicle titles
- ☐ Other documents: _____
- ☐ Location of these documents: _____

5. Health Insurance

- ☐ Copy of your current health insurance card
- ☐ Insurance provider name and customer service number
- ☐ How the premium is paid and how often

6. Long-Term Care Insurance

- ☐ Company name and policy number
- ☐ Policyholder name
- ☐ Customer service phone number
- ☐ Premium amount and due date
- ☐ Request and attach a current benefits summary each year

7. Property & Casualty Insurance

- ☐ Homeowners or renters policy
- ☐ Auto policy
- ☐ Umbrella (liability) policy
- ☐ Policy numbers and insurance providers
- ☐ Customer service phone numbers
- ☐ Attach the most recent copies of each policy

8. Financial Accounts & Assets

- ☐ Bank accounts (checking, savings)
- ☐ Investment and retirement accounts (IRA, Roth IRA, brokerage, 401(k))
- ☐ Non-bank assets like U.S. savings bonds, iBonds, or physical stock certificates
- ☐ Account type, institution, owner, and number (or last 4 digits)

9. Credit Cards

- ☐ Card name and last four digits
- ☐ Issuing bank or institution
- ☐ Customer service number

10. People to Contact

- ☐ Accountant
- ☐ Attorney
- ☐ Financial advisor
- ☐ Family members
- ☐ Trusted friends
- ☐ Others: _____

11. Taxes

- ☐ Copies of the last three years of individual income tax returns (Federal and State)
- ☐ Location of documentation needed to prepare future tax returns
- ☐ Contact information for tax preparer or CPA, if applicable
- ☐ Copy of estate tax return, if filed after spouse's death

12. Monthly Expenses

- ☐ List of monthly bills and expenses (e.g., mortgage/rent, utilities, subscriptions)
- ☐ Due dates and amounts for each recurring bill
- ☐ Website logins or instructions for accessing billing information
- ☐ Note whether payments are set to auto-pay or require manual payment

Creating Financial Security



Understanding Your Current Financial Picture

- Understand your cash flow and the amount of money needed to pay ongoing expenses
- Track spending for 2 months to get a clear idea about future expenses
- Save 3-6 months of living expenses to have on hand



Financial Moves for Caregivers

- Know what you have
 - Make list of assets and liabilities
- Make the right housing decision
 - Should you stay, sell, or renovate to fit care needs?
- Keep you job, if possible
- Plan for your own long-term care and medical costs
 - Explore insurance, Medicaid, and private pay options
- Update your financial plan
 - Adjust as care responsibilities and costs evolve

SMART FINANCIAL MOVES FOR CAREGIVERS

Plan Understand Reimagine
Make Decision Update
Long-TERM **Financial** Tax
Housing Should Stay Sell Renovate
Plan-Ahead **Financial** Long-Term Strategy
Expenses Adjust Expenses **Care** Due Early
Update Your Caregiving **Caregiving**
Responsibilities and costs evolve

Financial Moves Caregivers

- Tax-savvy moves
 - Claim person you care for as a dependent
 - Head of Household filing status
 - Deduct medical expenses exceeding 7.5% of your adjusted gross income (AGI)
- HSAs – Health Savings Account
 - Require that you have a high-deductible health plan
 - Money grows tax-free
 - Withdrawals for qualifying medical expenses are not subject to income tax
- FSA – Flexible Spending Account
 - Contributions are pre-tax; withdrawals are tax-free for medical expenses
- Dependent Care FSA
 - Contributions are pre-tax; withdrawals are tax-free for dependent care expenses

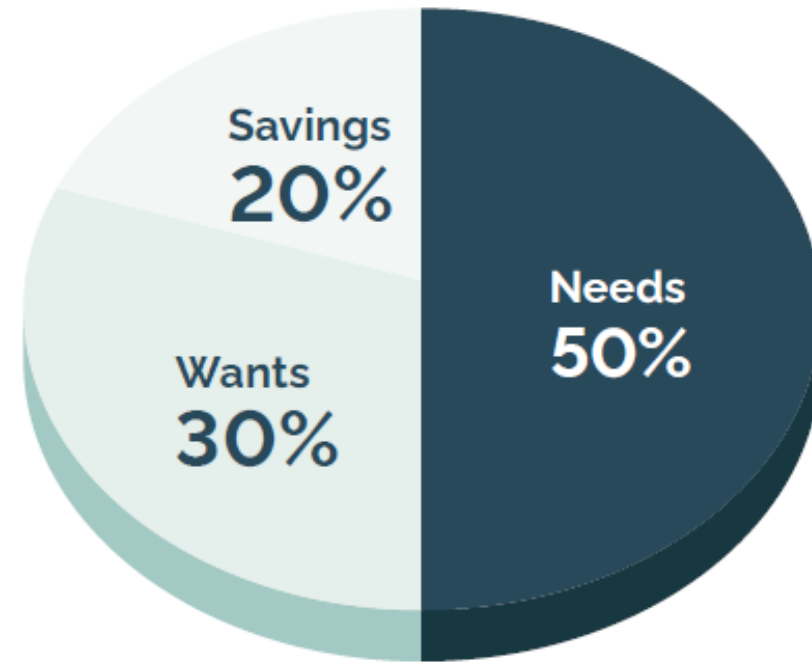
FSA, Dependent Care FSA Vs. HSA

Feature	Flexible Spending Account (FSA)	Dependent Care Flexible Spending Account	Health Savings Account (HSA)
Eligibility	Available with most employer health plans	Available with most employer health plans	Must be enrolled in a high-deductible health plan (HDHP)
Contribution Limits (2025)	\$3,300 (individual limit)	\$2,500 (individual limit), \$5,000 (per household)	\$4,300 (individual), \$8,550 (family), +\$1,000 catch-up (age 55+)
Funds Roll Over	Limited carryover (\$660 in 2025) or grace period	Use it or lose it (some plans allow short grace period)	Funds roll over year to year with no limit
Tax Benefits	Contributions are pre-tax; withdrawals are tax-free for medical expenses	Available with most employer health plans	Triple tax benefit: pre-tax contributions, tax-free growth, tax-free withdrawals
Investment Options	No investment options	No investment options	Can be invested in stocks, bonds, mutual funds
Use for Non-Medical/ Care Expenses	Not allowed - subject to taxes and penalties	Not allowed - subject to taxes and penalties	Allowed after age 65 - subject to income tax only (no penalty)

Before Retirement: 50/30/20 Rule

This rule divides net income into certain percentages:

- 50% toward needs
- 30% toward wants
- 20% toward debt and savings



After Retirement: 4% Safe Withdrawal Rate Rule

- Withdraw 4% of an investment portfolio each year of retirement
- Reduce distributions during years with stock market losses for added safety



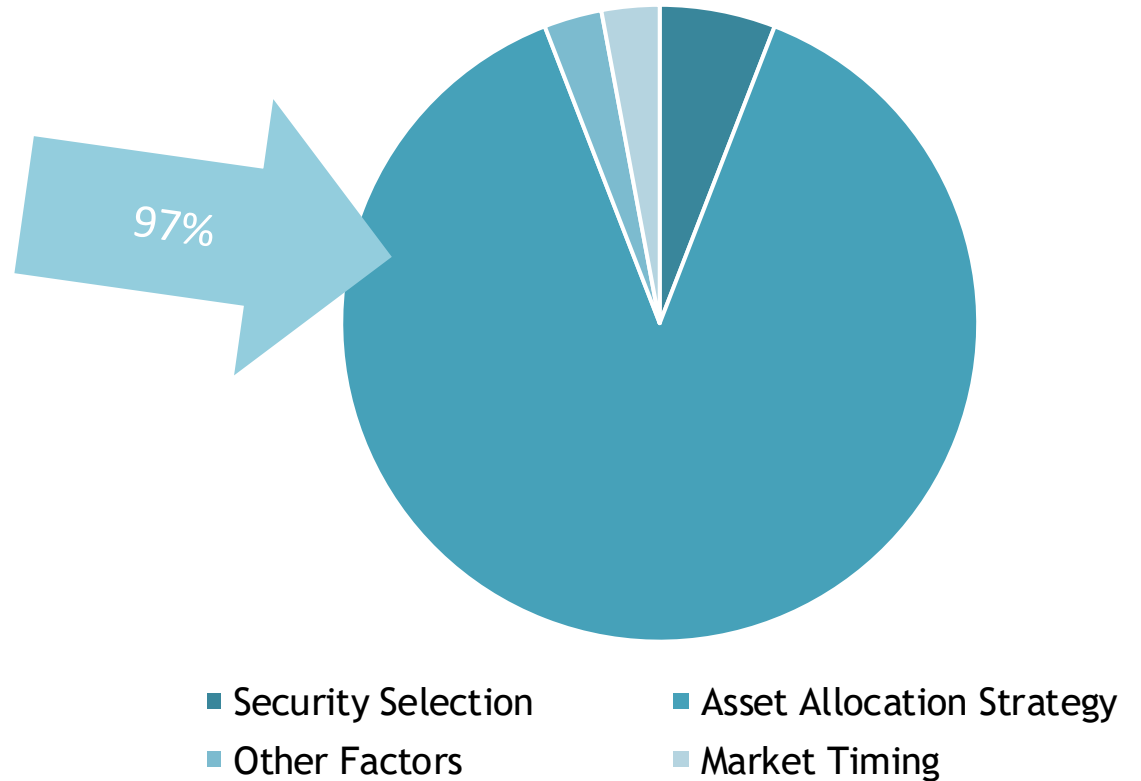
After Retirement: 4% Safe Withdrawal Rate Rule

$$\$1,000,000 \times 4.00\% = \$40,000 \text{ per year}$$



Asset Allocation

- Successful Investing
 - Asset allocation can help you become a successful investor!
 - It is far more important than individual securities you own.



The Best Trading Days Follow the Worst

S&P 500 Worst and Best Trading Days over last 20 years

Rank	25 Worst Days	Loss
1	10/15/2008	-9.0%
2	12/1/2008	-8.9%
3	9/29/2008	-8.8%
4	10/9/2008	-7.6%
5	11/20/2008	-6.7%
6	8/8/2011	-6.7%
7	11/19/2008	-6.1%
8	10/22/2008	-6.1%
9	4/14/2000	-5.8%
10	10/7/2008	-5.7%
11	1/20/2009	-5.3%
12	11/5/2008	-5.3%
13	11/12/2008	-5.2%
14	11/6/2008	-5.0%
15	9/17/2001	-4.9%
16	2/10/2009	-4.9%
17	8/4/2011	-4.8%
18	9/17/2008	-4.7%
19	9/15/2008	-4.7%
20	3/2/2009	-4.7%
21	2/17/2009	-4.6%
22	8/18/2011	-4.5%
23	8/10/2011	-4.4%
24	3/12/2001	-4.3%
25	4/20/2009	-4.3%

Rank	25 Best Days	Gain
1	10/13/2008	11.6%
2	10/28/2008	10.8%
3	3/23/2009	7.1%
4	11/13/2008	6.9%
5	11/24/2008	6.5%
6	3/10/2009	6.4%
7	11/21/2008	6.3%
8	7/24/2002	5.7%
9	9/30/2008	5.4%
10	7/29/2002	5.4%
11	12/16/2008	5.1%
12	1/3/2001	5.0%
13	12/26/2018	5.0%
14	10/20/2008	4.8%
15	3/16/2000	4.8%
16	8/9/2011	4.7%
17	10/15/2002	4.7%
18	8/11/2011	4.6%
19	5/10/2010	4.4%
20	4/5/2001	4.4%
21	1/21/2009	4.3%
22	9/18/2008	4.3%
23	11/30/2011	4.3%
24	10/16/2008	4.3%
25	3/18/2008	4.2%

8 of the 25 worst days were immediately followed the next day by one of the 25 best days

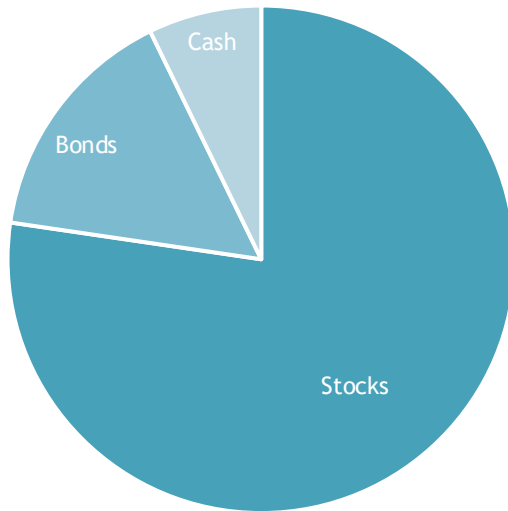
Asset Allocation

- Adjust investments to reflect caregiving priorities and cost
- Investment Risk Tolerance
 - What Is Your Investment Risk Tolerance?
 - **Vanguard Investor Risk Questionnaire**



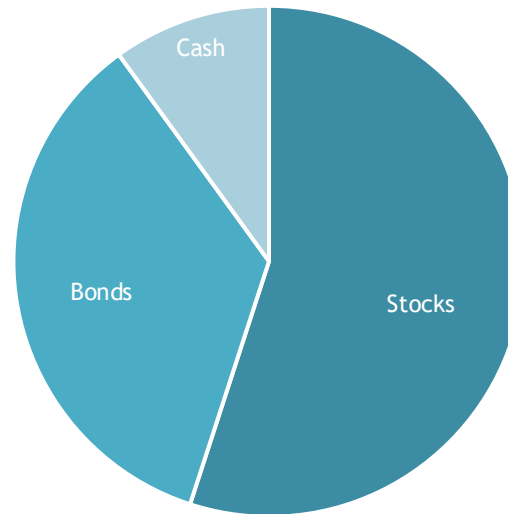
Asset Allocation

Higher Risk Investors



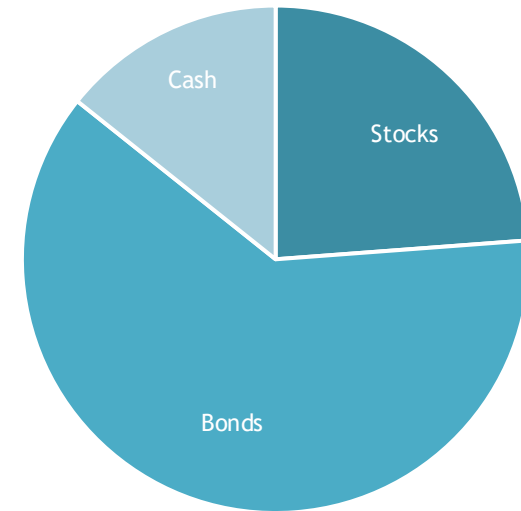
Stocks – 70-80%
Bonds – 10-20%
Cash – 0-10%

Balanced Portfolio



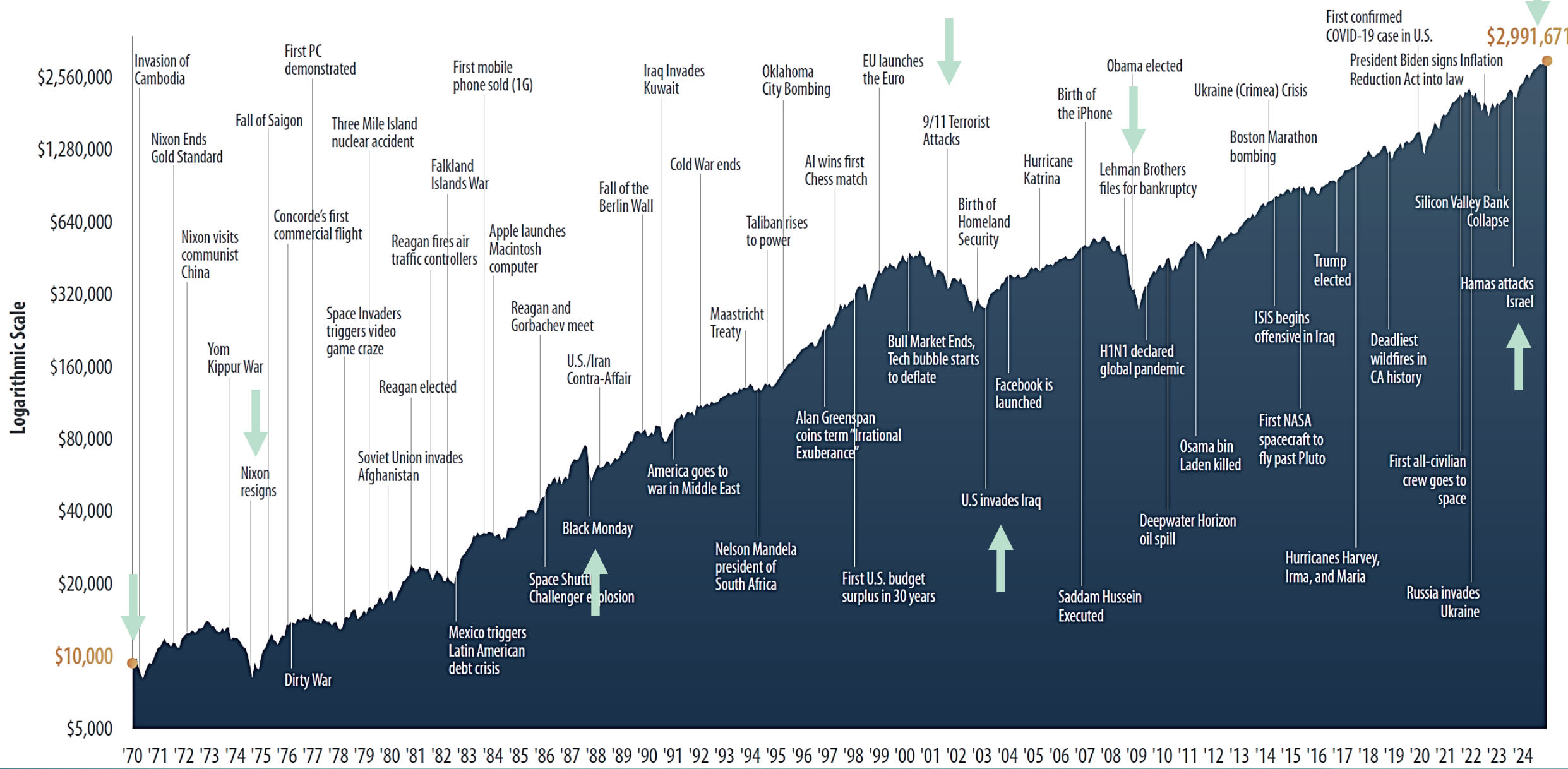
Stocks – 50-60%
Bonds – 30-40%
Cash – 5-15%

Capital Preservation



Stocks – 20-25%
Bonds – 60-70%
Cash – 10-20%

The average annual total return of the S&P 500 Index for the period shown below was 10.92%.



Diversification – 20 Years of Results

2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Emerging Markets	Emerging Markets	Emerging Markets	U.S. Fixed	Emerging Markets	Small Cap	Real Estate Funds	Emerging Markets	Small Cap	Large Cap	Real Estate Funds	Small Cap	Emerging Markets	Real Estate Funds	Large Cap	Small Cap	Large Cap	Real Estate Funds	Large Cap	Large Cap
34.00%	32.17%	39.38%	5.24%	78.51%	26.85%	14.96%	18.23%	38.82%	13.69%	13.95%	21.31%	37.28%	7.36%	31.49%	19.96%	28.71%	6.55%	26.29%	25.02%
Real Estate Funds	Dev ex-U.S. Equity	Real Estate Funds	Global ex-U.S. Fixed	High Yield	Emerging Markets	U.S. Fixed	Dev ex-U.S. Equity	Large Cap	Real Estate Funds	Large Cap	High Yield	Dev ex-U.S. Equity	Cash Equivalent	Small Cap	Large Cap	Real Estate Funds	Cash Equivalent	Dev ex-U.S. Equity	Small Cap
20.15%	25.71%	4.84%	4.39%	8.21%	18.88%	7.84%	6.41%	32.39%	11.46%	1.38%	17.13%	4.11%	1.87%	25.52%	18.40%	21.02%	1.46%	17.94%	11.54%
Dev ex-U.S. Equity	Small Cap	Dev ex-U.S. Equity	Cash Equivalent	Dev ex-U.S. Equity	Real Estate Funds	High Yield	Small Cap	Dev ex-U.S. Equity	U.S. Fixed	U.S. Fixed	Large Cap	Large Cap	U.S. Fixed	Dev ex-U.S. Equity	Emerging Markets	Small Cap	Hedge Funds	Small Cap	Hedge Funds
14.47%	18.37%	1.44%	2.06%	33.67%	5.26%	4.98%	16.35%	21.02%	5.97%	0.55%	11.96%	21.83%	0.01%	22.49%	18.31%	14.82%	-4.14%	16.93%	9.83%
Hedge Funds	Large Cap	Global ex-U.S. Fixed	Real Estate Funds	Small Cap	High Yield	Global ex-U.S. Fixed	Large Cap	Real Estate Funds	Small Cap	Cash Equivalent	Emerging Markets	Small Cap	High Yield	Emerging Markets	Hedge Funds	Dev ex-U.S. Equity	High Yield	High Yield	High Yield
9.30%	15.79%	11.13%	-10.70%	27.17%	15.12%	4.36%	16.00%	12.90%	4.89%	0.05%	11.11%	14.65%	-2.08%	18.41%	11.83%	12.62%	-11.19%	13.44%	8.19%
Large Cap	Real Estate Funds	Hedge Funds	Hedge Funds	Large Cap	Large Cap	Large Cap	High Yield	Hedge Funds	Hedge Funds	Hedge Funds	Real Estate Funds	Global ex-U.S. Fixed	Global ex-U.S. Fixed	High Yield	Global ex-U.S. Fixed	Hedge Funds	U.S. Fixed	Emerging Markets	Emerging Markets
4.91%	15.27%	9.96%	-19.03%	26.47%	15.03%	2.11%	15.81%	9.13%	2.98%	-1.12%	7.79%	10.51%	-2.15%	4.32%	10.11%	10.16%	-13.01%	9.83%	7.50%
Small Cap	Hedge Funds	U.S. Fixed	High Yield	Hedge Funds	Hedge Funds	Cash Equivalent	Real Estate Funds	High Yield	High Yield	Dev ex-U.S. Equity	Hedge Funds	Hedge Funds	Large Cap	Hedge Funds	Dev ex-U.S. Equity	High Yield	Dev ex-U.S. Equity	Hedge Funds	Cash Equivalent
4.55%	12.89%	6.97%	-26.16%	19.98%	10.25%	0.10%	9.79%	7.44%	2.45%	-3.04%	5.44%	8.59%	-4.38%	10.45%	7.59%	5.28%	-14.29%	8.12%	5.25%
Cash Equivalent	High Yield	Large Cap	Small Cap	Global ex-U.S. Fixed	Dev ex-U.S. Equity	Small Cap	Hedge Funds	Cash Equivalent	Cash Equivalent	Small Cap	Dev ex-U.S. Equity	High Yield	Hedge Funds	U.S. Fixed	U.S. Fixed	Cash Equivalent	Large Cap	Global ex-U.S. Fixed	Dev ex-U.S. Equity
3.06%	11.85%	5.49%	-33.70%	7.53%	8.95%	-4.18%	6.36%	0.07%	0.04%	-4.41%	2.75%	7.50%	-4.75%	8.72%	7.51%	0.05%	-18.11%	5.72%	4.70%
High Yield	Global ex-U.S. Fixed	Cash Equivalent	Large Cap	U.S. Fixed	U.S. Fixed	Hedge Funds	U.S. Fixed	U.S. Fixed	Emerging Markets	High Yield	U.S. Fixed	Real Estate Funds	Small Cap	Global ex-U.S. Fixed	High Yield	U.S. Fixed	Global ex-U.S. Fixed	U.S. Fixed	U.S. Fixed
2.74%	8.16%	5.00%	37.00%	5.93%	6.54%	-5.25%	4.21%	-2.12%	3.19%	-4.47%	2.65%	6.66%	-1.10%	5.09%	7.11%	-1.57%	-7.70%	5.53%	1.25%
U.S. Fixed	Cash Equivalent	High Yield	Dev ex-U.S. Equity	Cash Equivalent	Global ex-U.S. Fixed	Dev ex-U.S. Equity	Global ex-U.S. Fixed	Emerging Markets	Global ex-U.S. Fixed	Global ex-U.S. Fixed	Global ex-U.S. Fixed	U.S. Fixed	Dev ex-U.S. Equity	Real Estate Funds	Cash Equivalent	Emerging Markets	Emerging Markets	Cash Equivalent	Real Estate Funds
2.43%	4.86%	1.87%	-43.56%	0.21%	4.95%	-4.21%	4.09%	-2.60%	-3.09%	3.22%	1.49%	3.54%	-14.09%	4.39%	0.67%	-2.54%	-20.09%	5.01%	-2.27%
Global ex-U.S. Fixed	U.S. Fixed	Small Cap	Emerging Markets	Real Estate Funds	Cash Equivalent	Emerging Markets	Cash Equivalent	Global ex-U.S. Fixed	Dev ex-U.S. Equity	Emerging Markets	Cash Equivalent	Cash Equivalent	Emerging Markets	Cash Equivalent	Real Estate Funds	Global ex-U.S. Fixed	Small Cap	Real Estate Funds	Global ex-U.S. Fixed
-8.65%	4.33%	-1.57%	-53.33%	-30.40%	0.13%	-18.42%	0.11%	-3.08%	-4.32%	-14.92%	0.33%	0.86%	-14.57%	2.28%	0.34%	-7.05%	-20.44%	-12.73%	-4.22%

How Much Money Will You Need?



Retirement Calculator

- Retirement start age
- Yearly expenses
- Savings rate
- Total savings
- Percentage in retirement assets
- Portfolio asset allocation

<https://www.troweprice.com/>

Personal Information

Tell us a little about yourself. All fields are **required**.

Stacy

First Name

Stacy

Gender

Female

Date of Birth

08/1974

Employment Status

Business Owner

Marital Status

Single

State of Residence

New York

How Much Money Will You Need?



Key Financial Information

Employment Status	Business Owner
Annual Employment Income	\$ 100,000
Eligible for Social Security	<input checked="" type="radio"/> Yes <input type="radio"/> No

[Add Other Retirement Income](#)

State of Residence	New York
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Your Retirement Savings

Total Amount Saved for Retirement Today	\$ 500,000
Portion in Qualified Retirement Accounts (e.g., 401(k), 403(b), IRA)	50 %
How much are you contributing to your Qualified Accounts annually?	\$ 19,000
How do you plan to invest your retirement assets? *	Conservative

Will you receive other cash in the future to fund retirement?	<input type="radio"/> Yes <input checked="" type="radio"/> No
---	---

How Much Money Will You Need?

Will you be in the retirement Confidence Zone?

Future returns are unpredictable. We test 1000 possible future outcomes to estimate the likelihood you'll be in the Confidence Zone.

If enough of them are successful, you're in the Confidence Zone. This is called your Probability of Success.

You're Below the Confidence Zone

42%

Probability of Success

Explore Results

Play Zone

Make changes to improve your probability or find options you might like better.

Savings

Additions Each Year:

Part-Time Work

Add Part-Time Work

Other Cash Received

Add Other Cash Received

State

Residence in Retirement:

Investments

Style: *

Goals

Stacy Retires:

Living Expenses:

Will you be in the retirement Confidence Zone?

Future returns are unpredictable. We test 1000 possible future outcomes to estimate the likelihood you'll be in the Confidence Zone.

If enough of them are successful, you're in the Confidence Zone. This is called your Probability of Success.

You're In the Confidence Zone

84%

Probability of Success

Explore Results

Play Zone

Make changes to improve your probability or find options you might like better.

Savings

Additions Each Year:

Part-Time Work

Stacy

Years of Work:

Annual Income:

Other Cash Received

Add Other Cash Received

State

Residence in Retirement:

Investments

Style: *

Goals

Stacy Retires:

Living Expenses:

Caring for the Caregiver - Legal



Estate Planning Documents & Beneficiaries

Core estate planning documents you need:

Will

Power of Attorney

Healthcare Proxy

Revocable Trust

Beneficiary Designations

Caring for the Caregiver – Your Team



Putting A Team in Place

Who is the current support team?

- The most important professionals on the team:
 - Financial advisor
 - Estate planning attorney
 - Therapist



Financial Advisor

- Find an advisor who is:
 - Fiduciary
 - Fee-only
 - Independent
 - CFP®



Financial Advisor

- Involve a financial advisor to help navigate caregiving costs
- Understand the impact of leaving the workforce
- Evaluate how pulling from savings affects long-term goals
- Assess how dedicating part of your income changes your financial picture



Plan Summary | Base Facts

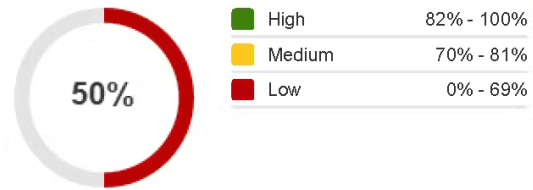
The Plan Summary report lists high-level facts about a single plan, scenario, or Base Facts.

Probability of Success 50%

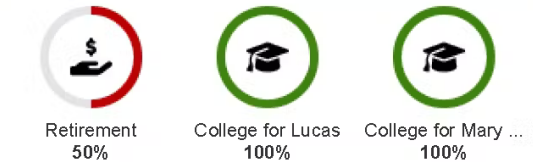
Total Portfolio Assets Left (\$1,065,594)

Age Assets Last Until 94 / 93

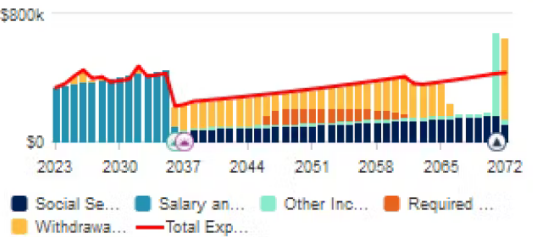
Probability of Success



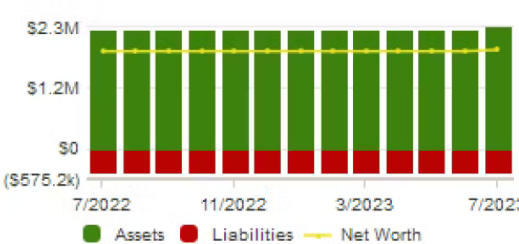
Goal Summary - Probability of Success



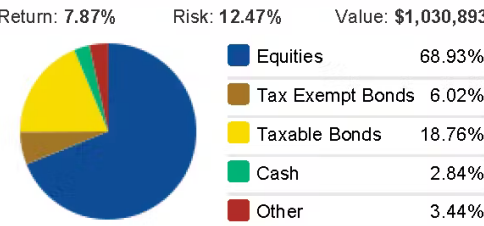
Cash Flow Overview



Net Worth History



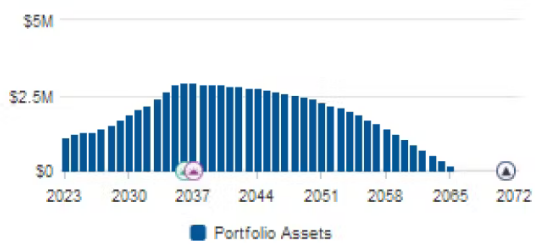
Asset Allocation



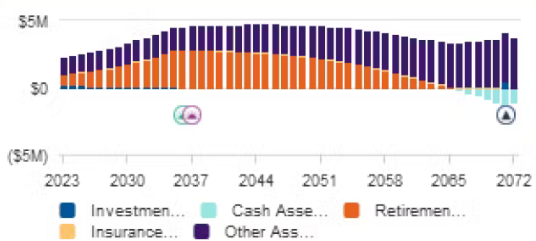
Asset Re-allocation

- Your current allocation is too aggressive based on your risk profile and our discussions.

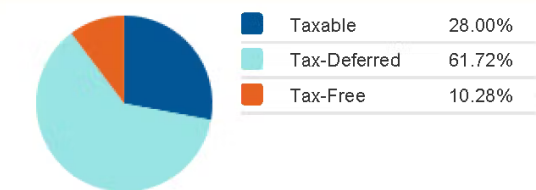
Lifetime Portfolio Value



Assets



Assets by Tax Type



This analysis must be reviewed in conjunction with the limitations and conditions disclosed in the Disclaimer page. Projections are based on assumptions provided by the advisor/representative, and are not guaranteed. Actual results will vary, perhaps to a significant degree. The projected reports are hypothetical in nature and for illustrative purposes only. Return assumptions do not reflect the deduction of any commissions. They will reflect any fees or product charges when entered by the advisor/ representative. Deduction of such charges would result in a lower rate of return. Consult your legal and/or tax advisor before implementing any tax or legal strategies.

Estate Planning Attorney

- Hire an accredited lawyer whose focus is trust and estate law

How to find the right attorney:

The National Association of Estate Planners & Councils

The American Academy of Estate Planning Attorneys

Estate Planning Attorney

- Review and update documents regularly (not just once!)
- Discuss trusts, powers of attorney, and healthcare directives
- Ask for help storing and sharing documents securely



Estate Planning Attorney

- Ask how they recommend preparing for incapacity
- Understand guardianship processes and options
- Clarify how to avoid legal delays during a medical emergency



Social Worker/Therapist

- Caregiving can trigger anticipatory grief, anxiety, or burnout
- A grief-informed therapist can offer support before and after loss
- Normalize asking for help; therapy isn't "extra," it's essential



Self-Care



Caregiving Impact



38% rate their experience as highly stressful – this is even higher than hurricane Sandy Victims.



23% report caregiving has negatively affected their physical health.



40–70% of family caregivers show clinical symptoms of depression.

Caregiving Impact

- Common physical caregiving responses can include any of the below issues, individually or concurrently:
 - Digestive issues
 - Sleep disturbances (too much or too little)
 - Chronic fatigue or low energy
 - Anxiety and overwhelm
 - Changes in appetite or weight



Coping with Caregiving Impact

- Here are several ways to engage in self-care while caregiving:
 - Work with a therapist
 - Join caregiving community
 - Get exercise
 - Eat properly
 - Get rest
 - Let others help



Next Steps



Next Steps...

- Use the Legacy Planning Checklist to get organized
- Begin gathering and storing important documents
- Talk to your partner about wishes and priorities
- Build your care team



Caregiving aired on PBS on June 24th.
Directed by Chris Durrance.

QUESTIONS?

Stay in Touch!



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**Reach out to us to schedule your
complimentary consultation!**

What our clients are saying



*These reviews were voluntarily provided by our clients. Francis Financial did not compensate clients for their reviews, and those who provided reviews have no conflicts of interest. We requested ratings from all clients via email. Clients who chose to respond either wrote their own review, or collaborated with Digital Dynamo, a third-party marketing agency, to convert their spoken words into written testimonials. Each client posted their own feedback on Google. Digital Dynamo is compensated by Francis Financial on an hourly basis and does not alter client ratings or feedback.

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