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Few people are adequately prepared for all the tasks involved in planning and providing care for aging family members. SeniorSmart provides an essential road map for navigating the process. This resource guide explores the myriad of care options and offers essential information on topics ranging from self-care to legal and financial preparedness.

CONTENT:

- Essential documents — what to have in place at what stage
- Checklist for picking care options
- Regional care options — Northern, Eastern, Central, Southern Maine
- Financial planning — what do you need for savings and how to get there
- Caregiver Lifestyle consideration
- Conversations to have with family members
- Memory care warning signs

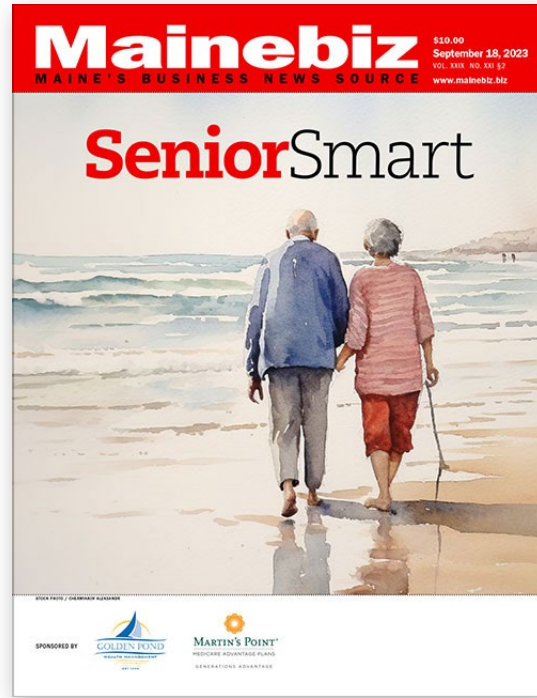
LISTINGS SECTION:

- Glossary of Terms
- Independent Living
- Assisted Living
- Skilled Nursing Care
- Home Care

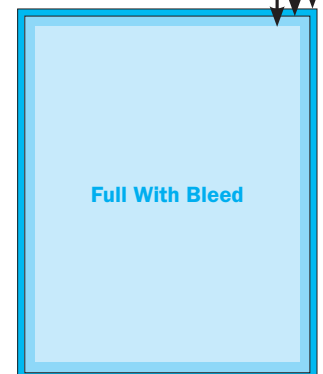
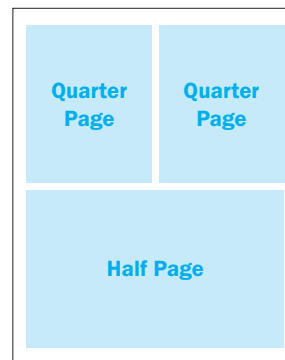
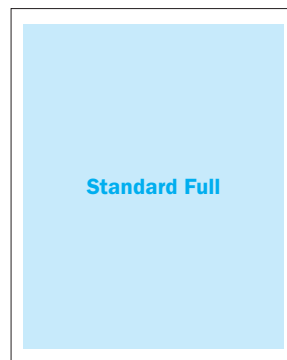
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2023 COVER



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To ensure print quality:

- Blacks and grays need to be made with only black ink, not a CMYK mix.
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- At least 20% variation of color is recommended when representing contrasting tones.
- The total ink density of colors should not exceed 240%. Photos with areas above 240% ink density may lose fine detail in those areas.