

# Plan your future today

## LIVE THE LIFE YOU WANT TOMORROW

### What is “Aging in Place”?

Aging in Place means having the health and social supports and services you need to live safely and independently in your home or your community for as long as you wish and are able.

Most older adults want to age in place in their own home and their own community.

### Why is having a plan important?

Making a plan will give you a better chance to have a satisfying and positive experience as you age, and will help you to age in place.

Planning for Aging in Place could help you improve your future and the future of your loved ones.

### When should I start planning?

The earlier you start planning for Aging in Place, the more prepared you will be to respond to changes that may occur as you age such as changes in your health, finances, mobility or social connections. Being prepared for the future could help you make the most of your later years.

Making choices now could give you greater control over your independence, quality of life and dignity.

For more information on seniors-related topics or to access other tools or videos that can help you Plan for Aging in Place, visit [Canada.ca/Seniors](http://Canada.ca/Seniors) or contact your provincial or territorial government. You may also contact 1 800 O-Canada (1-800-622-6232). TTY users can call 1-800-926-9105.

#### FEDERAL/PROVINCIAL/TERRITORIAL MINISTERS RESPONSIBLE FOR SENIORS



This document has been jointly prepared by the Forum of Federal, Provincial and Territorial Ministers Responsible for Seniors. The Forum is an intergovernmental body established to share information, discuss new and emerging issues related to seniors, and work collaboratively on key projects.

Québec contributes to the F/P/T Seniors Forum by sharing expertise, information and best practices. However, it does not subscribe to, or take part in, integrated federal, provincial, and territorial approaches to seniors. The Government of Québec intends to fully assume its responsibilities for seniors in Québec.