

PRE RETIREMENT PLANNING CHECKLIST

	Yes	No	Unconcerned
I have leisure activities and pursuits that I will continue as I grow older.			
I know where I will live in later life.			
I know the health concerns that many older women face.			
I know how to decrease my risk of developing common health problems.			
I understand how sexuality can change with time.			
I have discussed long-term care plans with my aging parents and know their needs and desires.			
My husband or partner has life insurance.			
If I have dependents, I have life insurance.			
I have adequate medical insurance.			
I will have adequate retirement income.			
I understand my retirement benefits package.			
I understand my husband or partner's retirement benefits package.			
If divorced, I understand my rights concerning my former husband's retirement package.			
I understand the Social Security benefits system, how to apply for benefits, and what my approximate benefits will be?			
My legal affairs are in order: I have a will. I have a living will. I have assigned power of attorney.			