

Planning longevity



Needs and Desires

Social	<ul style="list-style-type: none">• Friends, family and neighbours• Cafes, bars, clubs
Access	<ul style="list-style-type: none">• Within the home – kitchen and bathroom, stairs, garden• Outside the home – travel options including walking and public transport
Facilities	<ul style="list-style-type: none">• Shops – food and non-food, pharmacies• Pastimes and entertainment – including those that will stimulate mind and body
Support	<ul style="list-style-type: none">• Care, GPs, nursing, night-time help, holidays and respite care• LA/charitable services
Activity	<ul style="list-style-type: none">• Physical exercise, physiotherapy, walking, swimming• Pools, gardens, parks, trails etc.
Money	<ul style="list-style-type: none">• Capital – how much to spend and how much to save• Spending money – disposable income, cost of enhanced services