

# Family Care

## Advice On Better Managing Your Health, Finances, Caregiving And More



(NAPS)—Aging gracefully—when it comes to safety, providing care, and finances for retirement—may be a bit easier now that you can read all about it in a series of advice publications available free online from the MetLife Mature Market Institute.

### The Guides

They offer easy access to consumer resources on aging, caregiving, personal finance and retirement, among other topics, and include:

- **The Essentials**—Materials in question-and-answer format, many of which list additional resources on a variety of topics, including legal matters, receiving care at home, health care, retirement planning, finances, insurance, long-term care and housing. Examples are “Falls and Fall Prevention,” “Preventing Elder Abuse,” “Social Security” and “Legal Matters.”

- **Guides and Tools**—These provide up-to-date resources and strategies for those who need care or are caring for others, with guides such as “Navigating the Health Care System,” “Coping with a Disability,” “The Caregiving Journey” and “Retirement Planning,” along with checklists and assessment tools.

- **Helpful Hints**—Key considerations are listed in a short, step-by-step manner with additional resources for further information. Individuals and families can find issues to think about and steps to take if someone needs care on topics such as preventing elder abuse, long-distance caregiving, choosing a long-term care facility and more. Guides include “Ten Tips for Talking to Your Aging Parents,” “Advocating for a Family Member,” “Caregiving from a Distance” and guides on how to choose “Assisted Living Facilities and Adult Day Services.”

### How to Get Them

To download copies of these advice publications produced by the MetLife Mature Market Institute—Metropolitan Life Insurance Company’s (MetLife) center of expertise on aging, longevity and the generations—or to search for other Consumer Advice publications by topic, visit [www.metlife.com/mmi/publications](http://www.metlife.com/mmi/publications).

The site also features quizzes, articles of interest, and research reports designed to help expand the knowledge and choices for those in, approaching or assisting those in the 40+ market.