

Who Is Your Team?

Use this list to identify the people and professionals who will support your parents through the transition.

Family & Personal Support

- Primary family contact (you or a sibling)
- Siblings or extended family members involved
- Trusted friend or neighbor
- Caregiver or home aide

Medical & Health Support

- Primary care physician
- Specialist(s) (e.g., neurologist, geriatrician)
- Home health or occupational therapist

Housing & Downsizing Professionals

- Realtor or senior housing advisor
- Downsizing or move manager
- Packing/organizing service
- Cleaning service
- Storage facility contact

Financial & Legal Support

- Financial planner or advisor
- Elder law attorney
- Insurance agent

[illegible]