

independence goals

FOR LIVING FULLY



Create an internal conversation about what is most important to you as you age. After identifying your priorities, you may wish to share them with family or friends so that they understand your desires. This process helps you remain in control as you focus on the future.

Prioritize the items below by using numbers 1, 2, or 3. One is the most important to you or your first priority.

Priority	Goals
	Remain in my own home; "age in place"
	Stay physically active
	Maintain friendships and community interactions
	Stay independent as long as possible
	Focus on volunteering and helping others
	Continue working
	Enroll in ongoing education classes
	Find or engage in a hobby
	Create a plan or safety net should my health fail in the future
	Downsize my house
	Retire in a different location
	Move closer to adult children or family
	Plan now for home care, senior, or assisted living
	Travel
	Buy a second home
	Begin a new business
	Remain financially independent
	Spend more time with family and friends
	Secure reliable transportation
	Ensure healthy meals and nutrition
	Share housing with family or friend

envida is a nonprofit organization that assists individuals to "stay in place" with caregiver services and promotes independent living with dignity. We hire family members or friends as caregivers who are paid to assist with unskilled care. We also hire non-family to provide homemaker services to help with daily living activities. Health benefits are offered to care providers (with 30 hours or more of care a week), and the package includes health, dental, and retirement.

Contact us for more information on how we can help support the independent life you or someone you care about desires: infohome@envidacares.org or 719.301.6870.