



You Are Not Alone Elder Care LLC  
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**Vision: Each moment from birth to death is equally valuable.**

**Preparation for the End of Life Begins Today**

The **Leverage Your Life Summit** has sparked a commitment to living your best life. As **An Elder to End Of Life Care Specialist**, I have identified **stressors** that can pull you away from doing so. The following statements will show you how prepared you are for **Quality of Life** all the way to the **End of Life** for **You** and **The Aging Loved Ones That You Care For** (If Applicable).

<p style="text-align: center;"><b>Can You Answer YES To Each Potential Stressor?</b></p>	<p style="text-align: center;"><b>You</b></p>	<p style="text-align: center;"><b>Aging Loved Ones That You Care For (If Applicable)</b></p>
I want to live a good quality of life, my whole life.		
I want to have the power to make my own life choices.		
I want care that treats me as a whole person, not just a disease.		
I know what medical decisions are important to me.		
I know who I want to make decisions for me if I am not able to do so.		
I am confident in navigating the healthcare system.		
<p style="text-align: center;">My family/loved ones know what my end of life wishes are. (If Applicable)</p>		
I know how I want to spend the last moments/days of my life.		
I know what I want my legacy to be.		
I know how I want my life to be honored.		
<p style="text-align: center;"><b>Caring for my aging loved ones has me feeling stressed/guilty.</b> (If Applicable)</p>		