

## Your Life Care Planning Team

*Attorney Tom Rulon* has practiced estate planning and trust law in Hawaii for over 40 years. He is an author and frequent lecturer on estate planning, probate, trust and elder law. Tom received his law degree from Northwestern University.

*Attorney Laurie Adamshick* has a diverse background including estate planning, guardianships, probate and probate litigation. She received her law degree from the University of Dayton. Laurie obtained first-hand experience navigating the health care maze as both the caregiver and care manager for her late parents.

*Sue Alden-Rudin* is a BSN, R.N. Case Manager with over 20 years of nursing experience. She has focused on elder care for over 11 years, providing care coordination as well as training to caregivers.

## Why hire a law firm to coordinate care?

As a life care planning law firm, we stand out from the crowd.

When you hire us, you pay a flat fee and get a dedicated team who will help you for a full year. In creating your comprehensive Life Care Plan, we go beyond the usual work of elder law attorneys.

- We guide you through living arrangement and personal care choices,
- Coordinate your various care sources,
- Estimate and plan for future financial decisions brought about by your care needs,
- Stand up for you and your wishes,
- Monitor the quality of the care you are receiving to ensure it meets expectations,
- Advocate for you with caregivers, care homes and family members when necessary, and
- Give you ongoing access to and help from our Elder Care Coordinator at no extra cost.

## THE LIFE CARE PLAN

### For Older Adults

Keep control of your life  
as you age.

A Life Care Plan can provide  
peace of mind for all.



### The Elder Law Practice of **RULON & ADAMSHICK LLC**

*A Life Care Planning Law Firm*



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# KEEP CONTROL OF YOUR LIFE DURING YOUR GOLDEN YEARS WITH *A LIFE CARE PLAN*



Now that you have entered your golden years when you should be enjoying the fruits of your labors with family and friends, it is undoubtedly important to you to maintain control of your life. **But the potential threat of a health crisis – heart attack, stroke, cancer, dementia or other debilitating illness or event – looms over all of us as we age and could derail our best-laid plans.** You know that old saying: *Life is what happens when you are making other plans.* So how do you maintain control?

You can take charge now and create a Life Care Plan to address many of the major issues you may face later in life, such as: where you will live, from whom you will receive any care you may need, and most importantly how you will meet your financial needs. If you have already suffered a major health crisis, it is even more important that you create a Life Care Plan *now* to help see you through the rest of your years with more peace of mind and less uncertainty.

The Life Care Plan is a roadmap to meeting your long-term care goals, custom designed with your individual and family needs in mind. Based on an assessment of your health care goals, needs and financial resources, the Life Care Plan estimates the cost of care and details the process required to meet those goals and needs while also protecting assets – using private funds, appropriate government benefits available to help pay for the care (via Medicare, Medicaid, VA benefits, etc.), and community and other care programs.

Our caring team puts your needs first in offering guidance and continuing support to help you and your family understand what needs to be done to implement your Life Care Plan, for everything from legal documents and government benefits qualification to obtaining help with medication management and respite

relief for the well-spouse – especially if there is a crisis.

## A Comprehensive, Interdisciplinary Plan

Our interdisciplinary team of attorneys and elder care coordinators works together to provide

- Legal Care: Estate planning, including wills, trusts, powers of attorney and advanced medical directives; Medicaid planning; conservatorships; advice regarding the process of settling an estate at death (probate, trust termination); and protection of the elder's right to safe and effective care.
- Care Coordination: Instead of leaving you to research, choose and monitor care yourself, we provide ongoing care coordination including assistance with locating in-home help and services or locating an alternative living arrangement, coordinating

immediate and long-term health care, monitoring quality of care with regular visits, providing family education and offering you decision-making support.

- Patient Advocacy: We stand up for you as your advocate to help you get and keep the highest quality of care in every care setting.

## YOU Are Our Top Priority

We are elder law attorneys who specialize in creating a comprehensive plan to help you live your golden years with as much peace of mind as possible. We approach our practice with one overriding principle: To represent YOU, the elder, above anyone else. When you are our client, your needs are our top priority. While we encourage you to include your loved ones in your meetings with us, we remain dedicated to YOU.