

Planning for retirement



When you leave the workforce—and possibly your health plan—it's important that you and your family have the coverage you need as you move forward. Below is a list of resources regarding planning for long-term healthcare costs and related financial topics during retirement.

LongTermCare.gov

- Resources to help individuals plan for future long-term care.
- Step-by-step guides for care planning, Medicare and Medicaid, deciding where to live, the costs of care, and how to pay.
- Visit <http://longtermcare.gov>

Eldercare Locator

- Helps connect you to services for older adults in your area. Search online by location or topic, or call for assistance.
- Visit <https://eldercare.acl.gov> or call 800.677.1116

Nolo

- Information about how to save for retirement, working after retirement, withdrawing money from your 401(k) plan, and other resources
- Visit www.nolo.com/legal-encyclopedia/retirement-planning

Women's Institute for a Secure Retirement (WISER)

- Easy-to-understand tools and information on retirement and financial planning.
- Free publications, workbooks, and calculators.
- Visit www.wiserwomen.org

National Care Planning Council (NCPC)

- Articles, books, guides and other resources regarding long-term care planning and a variety of eldercare concerns, and other senior services.
- Visit www.longtermcarelink.net or call 800.989.8137



866-779-2731

answers@HealthAdvocate.com
HealthAdvocate.com/UofL

Call • Email • Message • Live Chat 

 **HealthAdvocate**SM

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2024 Health Advocate HA-M-2401066-58FLY