

Retirement By Design

Retirement By Design is a program to give you the tools to help you make informed, educated decisions about issues that will effect your retirement future.

Volunteers and staff members are available to provide:

- One on one counseling
- Presentations
- Multi-media resources
- Group discussions

Retirement By Design provides information on:

- Medicare
- Long term care planning
- Retirement Planning
- Caregiver Support

Project Renewment Group

Make your retirement the most rewarding and satisfying time of your life. The Project Renewment group will enable you to find your focus after you retire. This group for pre-retired and retired women whose career has been a major focus of their lives. "The Project Renewment group is based on the book by Bernice Bratter and Helen Dennis, "Project Renewment: The First Retirement Model for Career Women".



Retirement Forum

Dive into Retirement By Design's interactive forum. This is a place where you can respond to questions and issues on retirement. Respond to a selection of articles or videos. We want to hear from you, let us know about your retirement goals and challenges. Join us at www.cpaaa.org



Retirement By Design



*Actively Design
Your Retirement Future*



Central Plains Area Agency on Aging

316-660-5120

www.cpaaa.org



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Medicare

Navigating the maze of Medicare information is a daunting task. There are ways you can make the task much easier. Retirement By Design offers services that can help with understanding your Medicare benefits. Our staff and volunteers are available to answer questions on:

- Basic Medicare
- Medicare Part D prescription drug coverage
- Supplemental insurance (Medigap)
- Medicare Advantage Plans

This program can also provide you with information on other assistance and services that you might qualify for under Medicare, such as assistance with paying your Medicare premiums, deductibles, and savings on prescription drugs.

Long Term Care Insurance

Deciding whether or not to purchase a long term care policy is a tough decision. You will first need to decide which plan is more beneficial and consider factors that contribute to that decision. Consider if you need to ...

- Protect your assets
- Decrease your chances of relying on Medicaid
- Give yourself the freedom to choose the type of care you receive
- Protect your family from having to pay for your care

The Retirement By Design program can also provide you the information and resources to make an informed decision about long-term care insurance.

Retirement Planning

Retirement By Design will give you the tools

to design your own retirement. Receive information on:

- Community and web based resources
- Community Involvement
- Long Term Care Planning
- Housing Options

Caregiver Support

Juggling the responsibilities of caregiving and other personal responsibilities is often a difficult task. Caregiver support services provide information, personal assistance, and support for individuals caring for a loved one. Retirement By Design helps you make sense of the maze of issues that many caregivers face. Services include respite care, counseling, community resources, and care giver support groups.



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2622 W. Central, Ste 500
Wichita, KS 67203
316-660-5120
www.cpaaa.org