



Baby Boomers dying with loose ends

People dying with loose ends, by leaving the mess for their family or friends to clean up.

FREMONT, Calif. - March 23, 2022 - [PRLog](#) -- We do a poor job in allowing people to die with dignity. Baby Boomers want to have and choose their own options to have life end on their terms. How can they do this?

By thinking about it, talking about it, writing the plans into their legacy guide, why leave our end of life decisions for our loved ones to decide?

As an End of Life Doula, I assist people to get ready to when they are in the process of retiring to write out their wishes, pre-care plans, end of life documentation, creating remembrances, legacy, obituary, and have any other unsaid conversations.

If a person/patient wants to die at home, they will need extra support as already there is a shortage of family members, friends and professional caregivers, hospice nurses and other health care workers.

According to the AARP, almost 80% of adults ages 50 and older prefer to stay in their homes as they age. This dovetails with efforts by the nation's strained healthcare system to keep sick seniors out of hospitals, assisted-living facilities and nursing homes. Now have people the baby boomers cared for at their home.

A recent report by the Global Coalition on Aging (GCOA) examined the current state of the caregiving workforce, predicting that a national shortage of 151,000 caregivers will exist by 2030 and a 355,000-caregiver shortfall by 2040.

We can never know when we will go, it's always better to be prepared just the same. These wishes is a living guide they can be changed, added or deleted as our life goes on.

During COVID I've heard from many Insurance agents that it's a mess people had nothing was written down and their families were devastated, no insurance to cover the families.

When things go into probate a lot could go wrong.

It's imperative that we prepare ASAP.

Call Mari-Lyn an End of Life Doula and Support Coach to assist in your transition, visit <https://heartatworkonline.org>

Book an appointment and I'll send you my book the "Legacy Planner."

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