

Eleanor's Plan

Living well at home, one gentle step at a time

MY GOAL

Keep living in my own home, and keep my garden growing every spring.

NEXT UP • MY HEALTH

Get a reminder before you run low

A gentle nudge a few days ahead.

When you are ready, open My Medicines in SeniorThrive.

AFTER THAT

Take a look at your front step and stairs

My Home

Jot down questions for your next visit

My Health

YOUR PLAN AT A GLANCE

The Essentials

Claire Whitfield-Ramos is your first call in an emergency.

My Home

Bathroom looked at. 3 things left to fix.

My Health

5 medicines on your list.

My Circle

Claire and Tom are in your Circle. 21 days of check-ins since September 19.

2 more areas follow on the next pages.

The Essentials

Two things everyone needs first

WHERE THINGS STAND

HOME

412 Marberry Lane, Fairhaven, OR

FIRST CALL

Claire Whitfield-Ramos

Daughter · (555) 0147-6631

THEN

Tom Ramos

Son-in-law · (555) 0147-6640

DOCTOR

Dr. Amara Osei

(555) 0147-3900

All of this is on your Emergency Card. Set up with Claire's help.
Everything here is in place.

My Home

Thrive in your home

WHERE THINGS STAND

CHECKED

Bathroom

Bathroom September 22

FIXED

- **Rubber-backed bath mat, September 30**

STILL OPEN

- **Grab bars at the tub and toilet**
- **A way over the high tub wall**
- **Light on the path from the bedroom**

How-to steps for each are in the Room Safety Check report.

NEXT

Take a look at your front step and stairs

Your way in and out, made easy. In SeniorThrive: Room Safety Check.

My Health

Feel ready for whatever comes

WHERE THINGS STAND

MEDICINES

Lisinopril

Amlodipine

Atorvastatin

Metformin

Levothyroxine

Added September 24, with Claire's help

REFILLS

No refill dates yet

NEXT

Get a reminder before you run low

A gentle nudge a few days ahead. In SeniorThrive: My Medicines.

LATER

Jot down questions for your next visit

My Circle

Stay close to the people who matter

WHERE THINGS STAND

PEOPLE

Claire

Tom

DAILY CHECK-IN

21 days of check-ins since September 19

Last check-in October 12

IF ONE IS MISSED

Claire hears

NEXT

Think about who to ask for what

Knowing who's good at what makes asking easier. In SeniorThrive: Who to turn to.

LATER

Choose what your family can see

My Pet

Care for your companion

WHERE THINGS STAND

BISCUIT

Beagle mix, 9 years old

VET

Fairhaven Animal Clinic

Next visit November 4 · (555) 0147-8820

IF AWAY

Claire looks after Biscuit

Everything here is in place.

My Garden

Keep your garden growing

WHERE THINGS STAND

GROWING

Roses

Tomatoes

Basil

NEXT

Start a garden journal

A few notes now make next season easier. In SeniorThrive: My Garden.

Your plan fills in on its own as you use SeniorThrive. What you see here comes from what you have saved, so it is always about your own home and your own people. There is no score and nothing to keep up with. Take the next step when you are ready.

This plan is for your own records. It is not medical, legal, or financial advice, and it is not a professional home assessment. House fixes come from photos taken in the home; have a qualified professional review any change to the home. In an emergency, call 911.