

One Conversation Can Make a Difference

Talking about the things you want for yourself can be challenging. There are so many questions when you plan for the future: will I have enough money, will someone make decisions for me, does anyone really know what is most important to me, or does anyone know what makes me afraid?

Aroostook Agency on Aging can help you navigate this process.

Research has shown *The Conversation Project* offered by the Agency is effective. We can assist you in developing questions or sharing concerns that you have with your loved ones and family doctor.

Having a say in your health care is important. One conversation can make all the difference! Sharing your wishes for end-of-life care can bring you closer to the people you love. Let us help.

The Aroostook Agency on Aging has services, resources and answers for many of your needs. Staff are available to assist older adults to remain independent and live safely in their own homes. If you have questions, we are here to listen and help. Together, we will find the answers.

***Call today for your
free Starter Kit!***



(207) 764-3396 • 1-800-439-1789
TTY Dial 711
PO Box 1288
Presque Isle, ME 04769
aroostookaging.org