

Long-Term Care Planning Instrument (LTCP)

Directions: People have many different ideas about what may need to be done to prepare for the future. I would like to find out what you think about some of these ideas. For this series of questions, think about each statement I read and tell me if you Strongly Agree(=1), Somewhat Agree(=2), Somewhat Disagree(=3) or Strongly Disagree(=4) with the statement.

When I think about getting old ...		SA	A	D	SD
1	I know I can ask people to help me with housework and getting around.	1	2	3	4
2	I think it will be hard for me to ask for money if I need it.	4	3	2	1
3	I imagine it will be very difficult for me to ask for help with everyday activities like cooking or bathing that I find hard to do.	4	3	2	1
4	it is comforting to think that family or people I know will be helping me with housework or errands.	1	2	3	4
5	I'm sure I will ask someone to help me with activities that become too difficult for me to do alone.	1	2	3	4
6	I'm sure I will be happy to accept offers of help for activities that I find difficult to do.	1	2	3	4
7	I think I deserve to get the help I need from family or friends who offer it.	1	2	3	4
To make the best of my future ...					
8	I have taken steps to make my home safer for old age such as handle bars or better carpeting or lighting.	1	2	3	4
9	I am saving some money each month.	1	2	3	4
10	I follow directions from a doctor, nurse or other healing professional when I am sick.	1	2	3	4
11	I have found a place to move to where I can age safely and manage daily life easily.	1	2	3	4
12	I regularly put money aside for my future.	1	2	3	4
13	I invest as much money as I can afford.	1	2	3	4
14	I have a regular health exam and screenings.	1	2	3	4
15	I made arrangements for where and with whom I am going to live when I am old.	1	2	3	4
16	I am putting aside money now to increase its value in the future.	1	2	3	4
17	I make sure I plan health checkups regularly.	1	2	3	4
18	I've learned about the choices I will have for where to move when I can no longer care for myself alone.	1	2	3	4
19	I have talked with my family or friends about who will take care of me when I am old.	1	2	3	4
20	I always take the pills my doctor gives me.	1	2	3	4
21	I have told my family or friends how I want to be taken care of as I age.	1	2	3	4
22	I read and/or watch TV programs about staying healthy and treating health problems	1	2	3	4
23	I have found out about senior housing and services available in my community.	1	2	3	4

Scoring: Add all items; Total Score Range: 0-92

Friedemann, ML, Newman, FL, Seff, LR, Dunlop, BD (2004). Planning for Long-Term Care: Concept, Definition, and Measurement. *Gerontologist*, 44, 520-530.