

The Truth about Living to 100: A New Reality

Presented by:

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All the biological evidence now shows we are pushing back not only the average age of people, we are also pushing back the maximum age — as more people reach 90, many are reaching 100. As more reach 100, many are reaching 105 or 110 years. We will see many more centenarians — and supercentenarians — over the next decade.

-Sarah Harper, Professor of Gerontology, University of Oxford

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5 Predictable Dilemmas of Getting Older

- Access to and affordability of suitable living arrangements...
- The ability to manage health and healthcare needs within a complex system...
- Creating and maintaining supportive relationships as circumstances change...
- Protecting and managing financial resources...
- Living and leaving memorably and without regrets...

through the very end.

MY NOTES



Based on today's seminar, what are three action steps you will take to prepare for living a "longer than expected life?"

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