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Aging is Changing — New AARP “For Dummies” Book Helps You Choose How You Want to Live

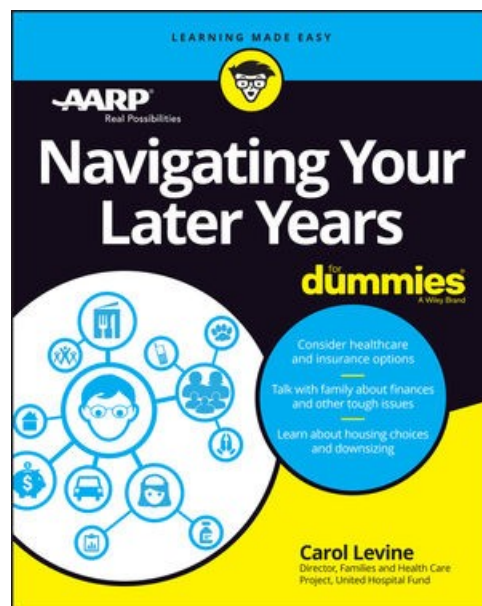
People are living longer lives than ever before. AARP’s *Navigating Your Later Years For Dummies* offers expert advice on long-term care and how to best prepare for future needs so you can meet your personal goals, live independently, and maintain strong personal ties. With special sections for people who are LGBT, veterans, and caregivers.

HOBOKEN, NJ—People are living decades more than previous generations. With these exciting bonus years come many questions and concerns about future planning and long-term care. AARP’s *Navigating Your Later Years For Dummies* helps readers and their families navigate this unfamiliar and evolving terrain.

“There are many paths to achieving a fulfilling and comfortable life in your later years,” says author Carol Levine. “Accurate information is essential, but so is the process of deciding what’s most important in life and what can be given up.” Her unique book provides both.

Navigating Your Later Years For Dummies offers a comprehensive, easy-to-understand roadmap to help answer many questions people ask about the future. Where to live? How to downsize? Is long-term care insurance worth it? How to get the best medical care? What to do about advance directives, wills and trusts, and estate planning? And how to pay for it all after you retire? Chapters also address the special needs of LGBT Individuals, family caregivers, and veterans.

The book provides readers with the information and resources they need to plan for the next steps in their life, regardless of circumstances and needs.



By Carol Levine - Paperback and e-book,
\$22.99/\$14.99 - ISBN: 978-1-119-48158-4

- *Stay at home* - Covers affordable home modifications so you can stay at home safely for as long as you like.
- *Living options* - Lays out the opportunities and costs associated with independent living, assisted living and other options.
- *Getting around* - Gives you a range of driving and transportation alternatives.
- *Healthcare* - Helps you navigate the healthcare system, Medicare, and Medicaid.
- *Home care* - Sorts out the various sources of care at home.
- *Legal guidance* - Reviews the legal documents you may need.
- *Insurance answers* - Helps you determine whether you need long-term care insurance.
- *Expressing your wishes* - Gives you guidance on talking with your family about sensitive issues, including your wishes as you age.

Navigating Your Later Years For Dummies follows AARP’s *Social Security For Dummies*, winner of the 2018 EXCEL Silver Award, and the bestselling *Medicare For Dummies*. This series aims to provide information to empower and inspire readers, foster lifelong growth, and improve quality of life.

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About the Author

Carol Levine directs the Families and Health Care Project at the United Hospital Fund in New York. She writes frequently about aging, health, long-term care, and family caregiving for consumer and professional audiences.

About the Book

Navigating Your Later Years For Dummies (Dummies, August 2018, ISBN: 978-1-119-48158-4, \$22.99) is available for pre-order at bookstores nationwide, from major online booksellers and direct from the publisher.

For more information, please visit the [book's page](#) on wiley.com.

About Dummies

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About AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence and nearly 38 million members, AARP strengthens communities and advocates for what matters most to families: health security, financial stability and personal fulfillment. AARP also produces the nation's largest circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit [www.aarp.org](#) or follow @AARP and @AARPadvocates on social media.

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