

Shape your future

The bushfire devastation in Australia is a humbling reminder of how natural forces can unexpectedly change many lives. The debate is now shifting to cause, prevention and harm minimisation, accompanied by doses of blame and retribution. Hopefully this will be a productive process and result in better preparation and outcomes in future.

We often see this cycle in our busy lives. We see a potential problem. We think about it and maybe take some half-hearted actions. Suddenly we are faced with a multitude of challenges while a crisis rages and we are no longer able to take a cool-headed approach.

What about ageing?

Ageing is a natural phenomenon. It progresses just a day at a time but there can be sudden and unexpected major flare-ups in our lives. Unless we have thought through our situation and prepared some contingent actions, we are prone to make hasty and inappropriate decisions. Research shows that older people are increasingly anxious about their future.

Predicting and preparing

We know a lot about how and why we age. We also know that each of us is different and that we tend to get more different from each other over time. Taking account of these differences gives some idea of how well and how long we may live.

Then we can decide on how to prepare for this. While we can't predict what or when something will demand our attention, by being prepared we can better enjoy our lives while we pursue our goals. Importantly, we can ensure that those

we want to support our decisions down the track are well prepared too.

What about me?

The free SHAPE Analyser is designed to help you understand yourself better, to identify particular issues you may want to address and to propose a possible timeframe. What might you do on the strength of knowing this?

The Longevity Plan provides you with a unique personal process to prepare for the rest of your life. Reflecting your SHAPE results, it shows possible stages of your longevity and prompts actions to discuss with your health advisers. It highlights longer term issues like housing, appointing supporters like your guardian and power of attorney and how to approach your will. It helps identify your preferences for aged care, dependency and end of life issues. There are suggestions on working with professionals in health, finance and law.

You receive ongoing support in developing your Plan and staying up to date. It is always there on-line for you to adapt. We can't predict the future – but we can prepare ourselves to make the best of it.

Not yet a subscriber?

Your Longevity Plan is available by subscription – just \$1 per week.

Try your free upgraded
SHAPE Analyser now