

Published on *SeniorNavigator* (<https://seniornavigator.org>)

[Prepare to Care: A Planning Guide for Families](#)

[Prepare to Care: A Planning Guide for Families](#) was developed by AARP to help make the job more manageable. It includes information on how to have vital conversations with older family members, organize important documents, assess your loved one's needs and locate important resources.

AARP was founded in 1958 and has 37 million members. It is a nonprofit, nonpartisan organization for people over the age of 50. AARP is well-known for its advocacy efforts, providing its members with important information, products and services that enhance quality of life as they age. They also promote community service and keep members and the public informed on issues relating to the over 50 age group.