

Is it time to update your estate plan?

This can help you decide

How you pass along your belongings says a lot about you. For many of us, the task of creating or updating a plan – a will or living trust and other important documents – is one of those items we repeatedly move to the bottom of our “to do” list. It’s tempting to ignore this kind of planning, but you owe it to yourself and your family to be prepared.

To determine if now is the time to create or update your plans, review this short list.



If you answer “yes” to any of the questions on this checklist, it’s time to create or update your plan.

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| YES | NO | Has it been three or more years since you last reviewed your plan? |
| YES | NO | Have you entered the workforce, changed jobs or rolled over your retirement plan? |
| YES | NO | Has there been a birth or death in your family? |
| YES | NO | Has your health or the health of a loved one changed? |
| YES | NO | Has your marital status changed? Or that of your children? |
| YES | NO | Have you recently moved to a new state? |
| YES | NO | Have any of your children reached adulthood (age 18)? |
| YES | NO | Have the circumstances of your executor or beneficiaries changed? |
| YES | NO | Have you decided to leave a gift for a favorite charity in your plan? |
| YES | NO | Are you wondering if tax law changes affect you? |
| YES | NO | Have you recently sold a business or property? |

TELLING YOUR LIFE STORY

When you create or update your estate plan, take the opportunity to communicate your values by leaving gifts to the causes you supported during your lifetime – such as the Alzheimer’s Association.

Leaving a gift to the Alzheimer’s Association in your will, trust or by beneficiary designation costs you nothing now and allows you to provide for your loved ones *and* the Association. You retain control of your assets during your lifetime, and you can change your beneficiaries at any time.

THREE ESSENTIAL DOCUMENTS

The following documents are an important part of your estate plan and should be reviewed annually.

1. WILL OR LIVING TRUST:

Your will or living trust is a legal document that allows you to specify your wishes for the distribution of your assets after your death.

2. BENEFICIARY FORMS:

Since many of your assets can transfer separately from your will or trust, it’s critical to ensure that your beneficiary designations are complete and up to date. All retirement plan accounts (e.g., 401(k) plans and IRAs), financial accounts such as brokerage and bank accounts, and life insurance policies should undergo periodic review.

3. POWERS OF ATTORNEY

A durable power of attorney for finances and a healthcare power of attorney allow you to name a trusted person to make financial and medical decisions on your behalf if you are incapacitated or otherwise unable to act.



“It was a natural fit to include the Alzheimer’s Association in our estate plans. ... we want to be a part of this battle even when we’re gone.”

– Andy and Ricci Sanchez,
Founders Society members

WE’RE HERE TO HELP

If you have questions about estate planning or want to understand how you can benefit from a legacy gift, we can help. To notify us of a gift you have made, or to discuss the best gift option for you, please contact:

Jill Workman, Senior Director, Planned Giving
Alzheimer’s Association

225 N. Michigan Ave, Floor 17, Chicago, IL 60601-7633
toll-free phone: 1.866.233.5148 | email: plannedgiving@alz.org | Tax ID# 13-3039601

More information about easy ways to create your legacy can be found at www.alz.org/estate_giving.