

*forethought planning*

**WEALTH  
CIRCLES**

YOU ARE WORTHY OF WEALTH

# JUNE NONPROFITS



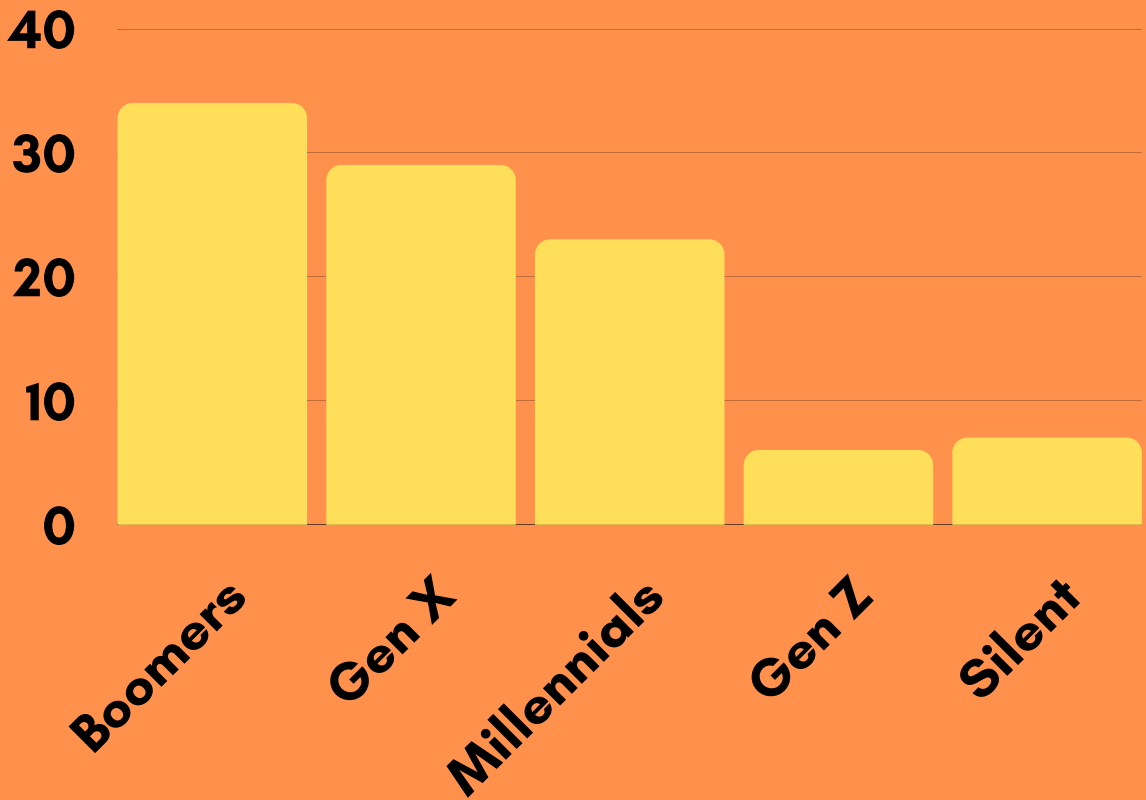
# 2022

## SELECTED NONPROFIT RECIPIENT



FORETHOUGHT PLANNING IS COMMITTED TO SUPPORTING NONPROFITS WHOSE MISSION SUPPORTS EQUITY FOR WOMEN, PEOPLE OF COLOR, OF DIFFERENT ABILITIES, SUSTAINABILITY, FINANCIAL EDUCATION, CLOSING THE WEALTH GAP, ECONOMIC EQUITY ETC.

# WHO ARE TODAY'S FAMILY CAREGIVERS?



**43.5 million**  
2015

**53 million**  
2020



**18%**  
2015

**21%**  
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.

MORE AMERICAN ARE CARING FOR MORE THAN ONE PERSON.

**18%**  
2015

**24%**  
2020

MORE FAMILY CAREGIVERS HAVE DIFFICULTY COORDINATING CARE.

**19%**  
2015

**26%**  
2020



**61%**  
WOMEN



**39%**  
MEN

MORE AMERICANS CARING FOR SOMEONE WITH ALZHEIMER'S DISEASE OR DEMENTIA.

**22%**  
2015

**26%**  
2020

MORE FAMILY CAREGIVERS REPORT THEIR OWN HEALTH IS FAIR OR POOR.

**17%**  
2015

**21%**  
2020

**45%**  
HAVE HAD AT LEAST ONE FINANCIAL IMPACT



**61%**  
ARE STILL WORKING

SOURCE: <https://www.caregiving.org/caregiving-in-the-us-2020/>

WHAT  
ARE THE  
IMPACTS  
TO  
*you?*

- WORK RELATED SET BACKS
- FINANCIAL CHANGES
- RESPONSIBILITY CHANGES
- EMOTIONAL CHANGES
- PHYSICAL HEALTH

# HOW CAN I *plan ahead?*

## STRATEGY

FINANCIAL

LEGAL

HEALTH

## COMMUNICATION

LOGISTICS

PHYSICAL LOCATION

BELONGING/WISHES

## RELATIONALLY

SELF

FAMILY

PROFESIONALLY

# BUILD YOUR *resilience*

## BOOST CONFIDENCE



SELF TALK  
JOURNAL

SELF COMPASSION  
BUILD YOUR TRIBE

## SAFE SPACES



EMOTIONAL &  
PRACTICAL  
SUPPORT

## SELF-CARE



STAY HEALTHY  
COMMUNICATION  
BOUNDARIES

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