



**HOUGUM
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May 2023 Newsletter



6 Ways You Can Help a Senior During Older Americans Month

Do you have a senior loved one in your family? Were you aware that May is National Older Americans Month? During the month communities, families and loved ones are encouraged to get involved in learning about the issues that our Older Americans face as they age. This month as you visit your senior loved one, we would like to suggest 6 ways that you could help your senior loved one.

1. Help by grocery shopping and meal planning. You can relieve stress for your senior loved one with mobility issues, and provide nutritious food choices. You can prepare easy-access finger-foods and pre-cooked multi-serving dishes can be helpful. Using plastic cups, plates and straws can make clean-up easy.

2. Help by supervising bathing because bathtubs and showers can be slippery and dangerous. Throw rugs and other such obstacles should be removed to reduce the risk of falling. Look into adaptive bathing equipment that is helpful, such as shower chairs and hand-held showerheads.

3. Help by being sure there is no lapse in dental care because a lapse in dental care for Older Americans could lead to complicated, and painful, health issues. Make sure your senior loved one is brushing his or her teeth after every meal or help keep dentures clean if he or she needs assistance. Be sure to consult a dentist for more specific advice.

4. Help with medication management. Older Americans often take much more medication than a younger person. The task for your senior loved one of managing his or her medicines and prescriptions may be overwhelming. Be sure to ask your senior loved one if you could help.

5. Help with checking in on estate planning. While research tells us that less than half of all Americans have an estate plan, we often find that Older Americans are in the group who have created an estate plan. The key here is to make sure that it reflects what they truly want at this point in their lives. For example, do they have the person they want in place to make decisions about their finances or health care if they do not have the capacity to act for themselves?

6. Help with asking about long-term care plans. We know, as experienced Florida estate planning attorneys, that while many Older Americans have an estate plan they have not considered planning for long-term care. Consider talking to your senior loved ones about how they would pay for assistance in a long-term care facility if it was needed? Have they had a financial assessment of what they can afford? Do they have certain medical conditions they need to be planning for?

We know this article may raise more questions than it answers. We want to help you protect your aging relatives. We encourage you to contact us and schedule a meeting with attorney Alan Hougum today.



Planning Your Estate After Remarriage When You Have Adult Children

Are you contemplating remarriage? Did you know that statistics tell us that for 55 year olds, and older, the remarriage rate has grown from 24 percent in 1960 to 57 percent in 2013? This is more than any other age group and the trend is continuing. Do you find that during your lifetime you have experienced marriages, births, divorces, deaths, and separations? All of these important events play an important role in your daily life, but have you thought about these events in the context of your Wisconsin estate planning?

The desire to marry again is exciting, however, you should carefully plan for it. As you think about your future nuptials, have you thought about how your marriage will impact your estate plan, including your planning for your adult children? You should be aware that your age group has more assets coming into a remarriage. So, you want to be sure that the assets from your first, or earlier, marriage are available to your adult children when the time comes that you are no longer here.

We would like to share some thoughts for you to consider when it comes to protecting your adult children in your second marriage.

1. You need to think about your existing asset structure and protect it. When anyone remarries later in life, there are usually more assets to consider planning for. These assets may range from homes, vehicles, and personal tangible goods, to retirement accounts, savings, life insurance policies, and brokerage accounts. It is only natural that you will want to ensure the adult children of your first marriage are the recipients of these assets. When you work with your experienced Wisconsin estate planning attorney he will be able to show you careful planning considerations for your estate plan and may

even recommend a prenuptial agreement. This agreement can lay a foundation for understanding your goals for your previously owned assets at the time you entered into your marriage, and protect your existing adult children.

2. You need to carefully plan for both your new spouse and your adult children. When you create a Wisconsin estate plan you are developing a legacy. Even with a prenuptial agreement, there is no reason that you cannot plan for both your new spouse and your adult children. Your Wisconsin estate planning attorney will discuss with you how to create a last will and testament or trust agreement that details the distribution of specific assets you want your new spouse or your adult children to receive.

3. You need to understand the laws of the state of Wisconsin. Be aware that the state rules of Wisconsin will apply as well. Upon your passing, your spouse must receive his or her elective share unless you plan around this in advance in your prenuptial agreement. If your primary goal is to provide for your adult children from a previous marriage you will want to work closely with your Wisconsin estate planning attorney.

4. You need, and it is highly recommended, to have open communication about your goals. Often our clients want to keep their goals for their legacy private for as long as possible, however, open communication in this area can be so important to avoiding future legal challenges. We encourage to discuss your goals with your new spouse as well as your adult children. Consider including them in your meetings with your Wisconsin estate planning attorney so everyone knows, and has time to both adjust and respect your wishes.

We know this article raises more questions than it answers. We encourage you to contact us and schedule a meeting with attorney Alan Hougum today.



Attorney Alan Hougum and his compassionate team will help you protect yourself and the people you love with strategic planning strategies, such as wills, asset protection and trusts, powers of attorney, estate trusts, elder law planning, Medicaid crisis planning, Medicaid eligibility and application, probate and estate administration, avoiding probate, charitable planning and giving, special needs, and estate tax planning. Hougum Law Firm, LLC, serves the entire Wausau, Wisconsin area.

Our office is located in Wausau at 305 S. 18th Avenue, Suite 200, Wausau, Wisconsin 54401. Do you have questions you need answered before or after your appointment? Just let us know! Contact us by email at info@hougumlaw.com or call us at 715-843-5001.