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Aging is the period of life when we begin to slow down and experience many age-related changes.

As you age, your life can change a lot. The friends and family you leaned on might not be around or be a part of our lives as they once were. If you worked your entire adult life, retirement may be on the horizon. Living in a different location or environment might be a consideration.

However, the choices you make now can help make these years more enjoyable and meaningful! To help you think about what you might need and where you might want to live, explore income supports including [Medicare and Medicaid](#), [future planning](#), and [legal issues](#).

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