

## **Fast-Forward: Explore your aging and look into your family's future...**

If you could see your family's future, would you change anything? Fast-Forward follows four families as they travel through time to meet their future selves. [Watch the documentary](#) - and explore the NextAvenue resource [Take Control of the Rest of Your Life](#) for resources to help you plan for the future. Explore guides that address topics like health care, housing options, and managing belongings.

Source

[PBS](#)