

Seniors Guide to AGING IN PLACE

5 Things to Consider for Aging in Place Safely & Happily Ever After

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Aging In Place...

Also known as 'staying put'--it's the plan for a majority of seniors. You may have heard a friend say (or said yourself): "I'll live in this house until I'm carried out." And that's a plan that works for a lot of people. If you're planning on staying put for as long as possible, here are a few things to consider.

5 Things to Consider for Aging in Place:

1

Remodel or Move?

Aging in place doesn't necessarily mean in the same house that you've lived in for years. Sometimes it makes more sense to continue living on your own...but in a different home. If your current home is older and in need of major maintenance or has accessibility barriers (stairs, small doorways, lack of space to maneuver a walker or wheelchair, extra space that's unused, etc.), it may be in your best interest to consider purchasing or renting a newer home that has been built with current "universal design" standards that you may find helpful as your needs progress. That's where I come in! I will arrange for a professional contractor to assess your current home, as well as talk to you about the possibility of a new home that may be a better option.

2

Safety Assessment

Whether you're staying in your current home, moving to a newer home, or moving in with family, it's very important to routinely assess your environment for safety. Accidents and falls at home account for a main reason why seniors end up needing emergency or rehabilitative care. And while not all accidents can be prevented, using a Home Safety Checklist can decrease your risk and bring peace of mind to yourself and your loved ones. The AARP checklist can be downloaded from my website. Enlist a family member or friend (or a professional contractor) to go room-by-room in your home and address any safety issues that are found.

3

Technology

For many families, the idea of a loved one being at home without support can be scary. What if there's a fall, an accident, a fire, or a power/phone outage? Thankfully, technology advances have provided many ways to overcome these challenges. There are a variety of monitoring systems and security devices that can be incorporated into both the interior and exterior of homes. Such additions make it easier to both monitor and interact with family from a distance, while allowing seniors to continue to live privately and without the need for someone to physically 'check in' as regularly. There are even companies that provide 'virtual home health' support via cameras and audio equipment that can assist with tracking movement, medication schedules, health emergencies, and more. Wearable pendants, smart phones and notebooks can be equipped with GPS tracking for monitoring the location of seniors who are still driving or enjoy traveling or walking/hiking outdoors.

4

Community Support

Most communities offer a variety of senior services, you just might have to do a little research to find who/where they are. They can range from transportation support to meal delivery, or include assistance with medications and/or daily care. Hiring these services can provide a way to extend a senior's ability to stay at home longer and not require a move to an assisted living community. Medical insurance varies on coverage for these services, so it's recommended to find out early what is available to you. You can look for information on home health services, senior errand services, companion sitters, and more at your local senior center, your area's council on aging, or searching for a 'senior care coordinator' online. Aside from senior specific care, you may also want to sign up for delivery services for groceries, prescriptions, and more, to reduce your own driving time or lessen tasks that you would need family and friends to complete. I also have some great referrals if you need some suggestions!

5

Reverse Mortgages

Reverse mortgages are not very easy to understand...but they can be a great solution for seniors with ample home equity. Also known as a Home Equity Conversion Mortgage, it can provide funds for home renovations, medical expenses, or even the purchase of a new home. When considering a reverse mortgage, it is highly recommended that you do your research and speak to a few companies who routinely provide this type of product and can securely walk you through the process. I can provide a list of reputable companies to work with.

Want more information about your senior move?

Contact me for a free copy of:

- Senior Downsizing Plans
- Senior Community Visiting Guide
- Preparing for your Senior Move
- Having the Senior Move Talk with your Parents
- Home Safety Checklist
- And More!

Brought to you by your Senior Move Specialist:



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