

STAGES of SENIOR CARE

Your Step-by-Step Guide to Making the Best Decisions | *by Paul and Lori Hogan*

Chapter 4: Aging in Place

Aging in place enables seniors to live safely and comfortably in their own homes or other primary residences. This option utilizes some or all of the following: special housing design for seniors, the installation of safety and convenience equipment, and services that enable the senior to remain at home.

Advantages

- Maintains familiar environment
- Fosters community continuity
- Maintains valuable social networks
- Provides cost savings over other options
- Strengthens families
- Promotes physical and mental well-being
- Naturally occurring retirement communities (NORCs) provide opportunities for residents to band together to access services

Disadvantages

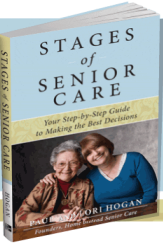
- Low to moderate investment in home equipment and home modifications, but the cost can be high depending upon the extent and nature of modifications performed
- Lead time may be lengthy (weeks) for determining need, finding a contractor, and completing modifications for individual home remodels outside a village environment
- Without home modification, structural barriers in the home may present challenges and contribute to falls and injuries
- Seniors may be resistant to home modifications and the installation of helpful technology

Choose This Option If

- Senior is functional on all activities of daily living (ADL), which include: eating, bathing, toileting, dressing, maintaining continence, and transferring (getting out of a bed or chair)

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- Limited assistance is required by senior
- Prospect is good for sustained independent living

Average Annual Cost

- Varies, depending on what support services and equipment are needed

Resources Available

- For community-based services, check with local Area Agency on Aging, n4a.org
- National Aging in Place Council, naipc.org
- SeniorResource.com, seniorresource.com/ageinpl.htm
- Aging in Place Initiative, aginginplaceinitiative.org
- Center for Aging Services Technologies, agingtech.org/about.aspx
- American Association of Homes and Services for the Aging, aahsa.org
- National Association of Home Builders with certified aging-in-place specialists, nahb.org
- Sources for a certified aging-in-place specialist, nahb.org/caps
- To learn more about Universal Design, design.ncsu.edu/cud or ap.buffalo.edu/idea
- Beacon Hill Village, beaconhillvillage.org

Issues You Should Be Aware Of

- Certified aging-in-place specialists—trained and certified by the National Association of Home Builders—are knowledgeable in addressing the special needs of older people

When It Is Time to Move On

- It is no longer safely feasible for the senior to remain at home
- More skilled or professional senior care services are necessary to enable the senior to live safely at home
- More frequent or around-the-clock supervision is needed
- Significant medical assistance is necessary

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