



Age in the Right Place

Aging in Place is a term meaning someone's ability to live in their home safely as they age. This means anyone at any age can begin planning to "Age In Place" by preparing themselves and their home.

Aging in the Right Place

means recognizing our individual needs to safely live at home. It's important to regularly reflect on your future plans so you can thrive wherever you are.



Strategies to Plan for Aging in Place

- 1** Discuss options with family or your physician
- 2** Conduct a home safety assessment
- 3** Apply simple home modifications
- 4** Look at community opportunities



What's Needed to Successfully Age in Place?

1

Plan Ahead: Explore resources, increase your knowledge, and decide your preferences

2

Identify Need for Support: Such as help with home or yard maintenance, or meal deliveries

3

Make Home Safe and Accessible: Receive a home safety assessment or complete a self-checklist

4

Learn about Community Resources: Events, workshops, local initiatives

5

Know the Cost: Plan financially for changes to make to home and resources near you

6

Maintain Physical, Emotional, and Mental Wellness: Remain active in hobbies and exercise

When Transitioning to a New Residence

If you're moving to a new home, whether it's an independent or assisted living facility, consider these strategies to enhance your experience and well-being.



Active Strategies:

- 1. Participate in physical and mental activities:** Exercise, puzzles, walking
- 2. Remain connected with others:** Schedule visitors, send out mail, call family and friends
- 3. Find a fresh routine and rhythm to your day:** Try old hobbies, discover new hobbies, continue doing what you love
- 4. Participate in Social Events:** Engage in leisure activities with others and make new connections
- 5. Engage in Spiritual Activities and Volunteer Activities:** Find activities that bring you meaning and purpose