Aging in place: WHAT YOU NEED TO KNOW TO STAY IN YOUR HOME

Why aging in place is important

**US population over age 65 is growing**
- 1950 – 8.1 million
- 1980 – 11.3 million
- 2010 – 12.9 million
- 2030 – 19.3 million
- 2050 – 20.1 million

**Life expectancy is increasing**
- 1950: 68.9 years
- 2009: 79.2 years
- 2050: 82.9 years
- 2059: 84 years

More than **40%** of those 65 and older will require long term care in a nursing home.

75% of those over 65 will need long term care of some sort.

45% of US households will have someone 55 or older by 2020.

Cost is a factor

**Nursing home or Assisted living**
- **$6,235/month** – semiprivate room in nursing home
- **$6,965/month** – private room in nursing home
- **$3,293/month** – one-bedroom unit in assisted living facility

**Living at home/with family**
- **$21/hour** – for home health aide
- **$19/hour** – for homemaker services
- **$67/day** – for adult day care center

The ratio of people 18 to 64 per person 65 and older is dropping
- 2000 – 5 to 1
- 2009 – 4.9 to 1
- 2030 – 3 to 1
- 2050 – 2.8 to 1
WHAT IS AGING IN PLACE: Aging in place is a term used to describe a person living in the residence of their choice, for as long as they are able, as they age. This includes being able to have any services (or other support) they might need over time as their needs change.

HOW TO START

PLAN FOR THE COST OF CARE: What does it cost to have a home health aide? How will your long-term care be paid for? Who will manage your financial affairs if you cannot? To reduce the burden on your family or caregivers, seek out the advice of an elder law attorney or financial planner now to determine answers before the questions arise.

FIND A COMMUNITY RIGHT FOR YOU: Know the resources available. Northfield offers XXXXXXX

SEEK OUT PROFESSIONALS:

REMODEL, UPDATE OR RELOCATE: How ready is your current home? Will it require moving, a remodel or simple additions to make it ready? To guide you, consider whether your home has:

- an open space layout. Fewer walls and rooms means easier navigating.
- single level living. Stairs become tougher to handle as you age.
- clean space. Is it easy to maintain with materials that inhibit germs or bacterial growth?
- easy to open/reach cabinets, drawers and appliances. The less you need to bend, reach or pull hard, the better.

LIVING SPACE: Make sure there is ample walking paths at least 32 inches wide, eliminate throw rugs that can bunch up or tear and slippery flooring, install light switches near doorways.

BEDROOM: Keep your cell phone next to your bed, put brighter lights in your closet, add a shelving system in your closet that doesn't require raising your arms over your head.

BATHROOM: Consider a taller toilet, put grab bars next to toilet and by bathtub, apply anti-slip coating to tub floor or install a walk-in tub. If you have a shower, put in a bench and an adjustable shower head. Use mirrors that tilt up or down.

KITCHEN: Install a shallow and roll-under sink, hands-free faucet, install pull-out shelves in cabinets below counter and pull down cabinets above, use "D"-shaped cabinet/drawer handles, install appliances with lighting and large numbers/letters.

USE TECHNOLOGY AIDS: Consider letting technology help keep you safe through devices -- pre-programmed cell phones, flow reducers that monitors water temperature and flow, automatic counter tops that raise or lower, automated lights and security and personal emergency systems to monitor your health condition or if you fall.