

Aging In Place

By Melissa Fischer, LVN

Autonomy is important. We all want the ability to choose how and where we will spend the later years of our lives. Many Americans are now choosing to remain at home or “age in place.”

87+%

Adults over the age of 65 want to stay in their current home and community as they age

70+%

Adults between 50 and 64 years old want to age in place

It’s an increasingly popular lifestyle choice. According to AARP, 87 percent of adults over the age of 65 want to stay in their current home and community as they age. Over 70 percent of adults between 50 and 64 years old want to age in place.

It makes sense. Homes are full of memories and they come to embody the character of their owners. Plus, staying at home preserves connections to family, friends and the local community.

One of the pressing health challenges of our time is creating aging in place solutions for aging adults. We have the luxury of service options that can keep us secure, safe and healthy in the comfort of home but it’s important to be aware of your current and future needs.

When evaluating your needs, ask yourself the following questions:

- Home Modifications. Is your home safe? Does it need remodeling?
- Health & Wellness. Do you have access to the healthcare you need? Are you aware of aging professional resources, such as caregivers or in-home medical care?
- Transportation. Do you have access to the transportation you need? Are you comfortable using public transit or smartphone applications?
- Personal Finances. Do you have sufficient funds for retirement?
- Social Activities. Are you part of a community and do you have



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access to the entertainment you want?

There are a variety of professionals that can help you achieve your goals. Geriatric care managers are a great resource for all aspects of long-term care planning. They will review your financial, legal and medical needs,



and bring together a team of professionals suited to your needs.

This may include an Occupational Therapist for home assessments, independent contractors for remodeling needs, financial planners and healthcare services.

Home care services include non-medical and medical options. Profes-

sional caregivers can assist with non-medical activities of daily living (eating, bathing, dressing, toileting and walking) while a registered nurse can provide care tailored to your medical needs. Nurses can provide weekly visits for wellness checks and medication management or 24/7 live-in care.



Nurses can be especially beneficial after a surgery or hospital stay. They monitor the surgical site to prevent infections—which reduces the risk of hospital readmission—and provide the one-on-one attention needed to help you heal at home. Other services include tube feedings, regular injections, infusion therapy and airway or ventilation care so that you can comfortably and safely age in place.

The success of living and aging in place is directly related to an awareness of resources and the effectiveness of support to seniors and their families. Take control of your independence and quality of life with a long-term care plan and the support of local aging professionals.

Melissa Fischer is the COO for NurseRegistry, California's leading provider of skilled nurses. Contact NurseRegistry at 650-462-1001 or visit online at NurseRegistry.com.



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