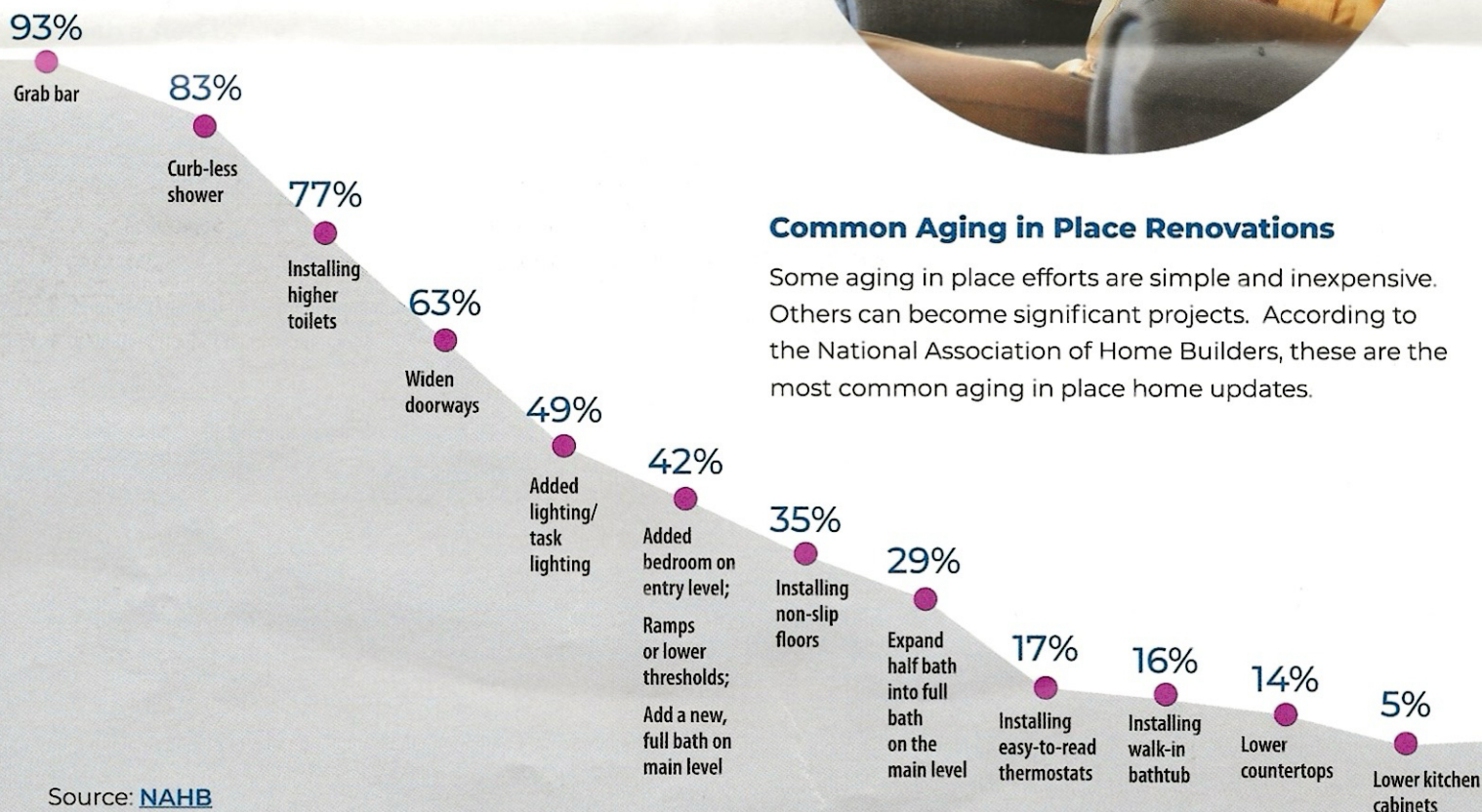


Meeting the Challenges of Aging in Place

For seniors, aging in place is not as simple as just deciding that they'll stay in their own home. For many, that home was well-suited for their more active, more mobile years. As they age, that home may present increasing challenges for them, caregivers and family. In fact, one-third of the participants in a 2021 AARP survey said modifications would be necessary in their current residence so they or a loved one could continue to live there should physical limitations occur.

Needed changes can come from decreased mobility—an upstairs bedroom that once offered privacy and quiet may be increasingly difficult to get to. If the senior is using a walker, getting to a second-floor bathroom may be a near impossibility. For others, diminished cognitive skills and memory challenges may suggest the need for protection from a stove left on, scalding water, tripping hazards and more.

There may come a time when a senior must move to a facility that provides greater assistance. Until then, there is a lot that can be done to make aging in place a more viable option. You can help your clients and their families think about whether aging in place is the right choice and how to best do it. 🏠



Common Aging in Place Renovations

Some aging in place efforts are simple and inexpensive. Others can become significant projects. According to the National Association of Home Builders, these are the most common aging in place home updates.