

Housing Handout

Questions to ask yourself:

- What can you afford? Financial resources, budget
- What lifestyle do you want?
- How is your health?
- What do you currently need help with, what do you anticipate?
- Do you have family support?
- Can you rely on friends?
- Are you a member of a faith community?
- What activities do you enjoy?
- Are you a loner or a social butterfly?
- How much space do you *really* need?
- What appeals most/least about moving to a residential community?
- Do you want multi-age or all aging adults?
- Is your current home well suited for your future needs?
- Do you have history in this home/community?
- Do you have pets or dependent adult children to consider?
- Might your decision change if your circumstances change?
- Do you want to make a single move or are you open to moving more than once?

Housing options

- Aging in place
- Lifecare community
- Cohousing
- House sharing
- Age restricted housing
- Village concept
- Naturally Occurring Retirement Community
- Supportive housing

Levels of Care

- Independent living
- Assisted living/ personal care
- Memory Care

Skilled Nursing

Lifecare communities

Subsidized and affordable housing

Evaluating a Community

Using an Aging Lifecare Professional

Can you see yourself as a member of this community?

How do people spend their day?

How welcoming are they to new people?

Are there activities you want to engage in?

Do community members rely on staff or peers for support and activities?

Would you be able to live here comfortably if you did not drive?

What are the transportation options?

Would you still want to live here if your partner became ill, disabled, or passed away?

Do you want to make a single decision for your remaining years or would you make different decisions as you go along, depending on your needs and options?

What if you and your partner need different levels of care?

What are the community rules and policies?

What is the decision-making process? Are new ideas welcome? Is there an active resident council?

Do you know anyone who lives here? Are they happy? Do they call it home?

Are staff happy/long-term? What do you observe about interactions with residents and staff?

How do the fees work? Are up-front fees returnable? What *exactly* is covered?

If there are levels of care, are they all highly quality-rated?

Is the whole community well maintained and safe?

Make sure you visits to check out the social scene, food, activities, apartment lay-out. Go at different times of week and day.

<https://www.princeton senior.org/community-resources/housing-alternatives/assessing-facilities/>

Resources

Area Agency on Aging or Senior Center

Senior Service providers

AARP

AginginPlace.org

Aginglifecare.org

Morris, V., *How to Care for Aging Parents*