

10 Ways to Age Successfully at **Home**



Your home is more than just a place where you lay your head to rest. It's a place filled with memories between you and your loved ones, and the thought of ever having to leave the home you love one day because of age related issues can be daunting. In fact, 90% of adults 65 and older have the goal of staying in their home as long as possible.¹ With a few changes in lifestyle and some forethought, aging in your home can be a reality for you.



Here are **10 things** that you can do to help ensure you won't have to say goodbye to the place you call home.

1. Prepare Your Home:

Be ready to install items like chair lifts, hand rails and night lights to ensure your safety as you navigate your home.

2. Contemplate Transportation:

Most adults will live 7-10 years past their ability to drive safely.² Plan now so this does not become an issue in the future.

3. Increase Your Physical Activity:

Staying active with cardio, strength and stretching as you age can reduce the risk of injury or other functional limitations that could make staying in your home difficult.³

4. Exercise Your Brain:

Learning a new skill and constantly expanding your knowledge base can slow cognitive decline, keeping your mind sharp for much longer.⁴

¹ Source: AARP ² Source: Journal of the American Geriatrics Society

³ Source: CDC ⁴ Source: International Psychogeriatrics

5. Eat Right:

Eating well balanced, wholesome meals and consuming sweets and alcohol in moderation can contribute to feeling better and staying more independent as you age.⁵

6. Focus on Staying Social:

Adults over the age of 65 that maintain an active social life may experience a slower rate of memory decline. Staying sharp will give you more confidence to stay in your home as you age.⁶

7. Plan for the Unexpected:

Having a plan in place for when something like an unexpected health event happens will ensure you're prepared for whatever comes your way. Be sure you're able to answer the who, what, when, where and how before something occurs.

8. Consider Care:

If you experience an unexpected health event, planning ahead of time who will care for you will alleviate excess stress now. This may need to include an in-home healthcare worker if your family and friends do not have the expertise or time necessary.

⁵ Source: HelpGuide ⁶ Source: Harvard School of Public Health

⁷ Source: Forbes

9. Plan Financially:

While your home may be paid off, other costs can easily add up. Ensure you'll be able to cover repairs and general home maintenance as you and your home age.⁷

10. Share Your Plan:

Your family and friends should know what your plan is as you age so they can assist you in whatever ways are necessary. Make sure they know that your goal is to age in your home and what your wishes are if an unexpected health event occurs. It may be uncomfortable to talk about, but you'll be glad you did if the time comes that you need help.



No matter what problems you may encounter as you age in the home you love, there are likely solutions available. With a program like Envisage, you won't be alone in your search for solutions. Your personal wellness and care coordinator can do all of the research for you, and coordinate any services you may need so that you can stay in your home without a second thought.

Learn more at www.Envisage.org

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