



Aging In Place: Is There A Price To Pay

According to a survey by AARP, 90% of older adults 65 and better would prefer to stay in their own homes and age in place rather than go to one of their area's independent living or assisted living communities. Aging in place is defined by the U.S. Centers for Disease Control and Prevention (CDC) as "the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level."

But there is a cost related to aging in place. Is your current home conducive for aging in place or will it need modifications to make it a more functional, safer, and more comfortable living space. This design concept based on making homes usable by multiple generations is called universal design. It includes features like single-level living space with wider hallways and doorways allowing for wheelchair access; lever-style door handles that are easier to open; nonslip floors; and handrails and grab bars to prevent falls. Your lifestyle is also an important consideration when aging in place. How will your living expenses and quality of life change as you get older. What if you or your partner require more care and medical attention.

Here are some factors to consider when determining if aging in place is right for you.



Home Upgrades:

What universal design improvements do you need to make so your home is safe and comfortable now and in the future?

- Walk-in shower and/or tub
- No-step home entrance
- Home on one level
- Doorways and hallways that can accommodate a wheelchair
- No-slip floors
- Handrails and grab bars
- Lever-style door knobs



Money Management:

What services and expenses do you need to budget for now and in the future?

- Rent or mortgage
- Property Tax
- Utility Bills
- Home Upkeep and Maintenance
- Vehicle maintenance, gas, insurance and repairs



Household Chores:

What are you currently doing around the house that you may need assistance with in the future?

- Housecleaning
- Laundry
- Yardwork (lawn, leaf and /or snow removal)
- Grocery Shopping
- Cooking



Health and Wellness:

What memberships, class, clubs, and organizations are you involved in to keep you physically and socially active? What is you or your spouse needs long-term care?

- Church
- Gym Membership
- Art Classes
- Social Outings
- Higher Levels of Care



Peace of Mind:

What help would you need to feel safe and secure?

- Trusted staff
- 24-hour security
- Alert system for medical emergencies

(865) 332-5000
info@yourhometeamcare.com
www.yourhometeamcare.com



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