



**SENIOR LAW DAY  
COLLABORATIVE**

WHAT YOU NEED TO KNOW  
TO AGE SMART

**AGING IN PLACE:  
OPTIONS, CHOICES,  
AND AFFORDABILITY**

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# What is “Aging in Place?”

Aging in place is a term used to describe a person living in the residence of their choice, for as long as they are able, as they age. This includes being able to have any services (or other support) they may need over time as their needs change.

# Signs of Changes

Aging brings changes to all of us. As a person begins their aging in place experience, it is important for them to consider and plan for the changes that will happen and what impact these changes will have on their lives. As we age, our bodies and capabilities change. Examples of changes you might experience are:

# Signs of Changes

- Reduced vision
- Decreased muscle strength or endurance resulting in compromised ambulation
- Reduced mental processing capabilities (dementia/Alzheimers)
- Increased risk of falls due to instability and balance
- Increased risk of illness, co-morbidities
- Hearing loss
- Loss of additional ADLs (bathing and grooming, dressing and undressing, meal
  - preparation and feeding, functional transfers, toileting/incontinence, Safe Restroom Use and maintaining continence, ambulation, memory care and stimulation

# Why is Aging in Place Important?

A majority of seniors, aged 65 and older are living either with a spouse or alone in their own home. Many of these elderly people struggle with everyday tasks, their health care, and the lives they lead in their homes. For many, their quality of life diminishes as they age. Remaining in their home establishes peace of mind, continuity and maintains familiarity and routine.

# Remaining at home may establish:

- Continued control of your life
- Peace of mind
- Continuity
- Maintains familiarity and routine

# What does “Aging in Place” mean to my family?

- House remodeling
- Establishing accessibility
- Support
- Intruding on personal time
- Balancing family responsibilities of caregiving
- Managing emotional and physical stress

All issues should be dealt with in a way that empowers the senior aging in place and their caregivers. This aides in making informed decisions about life and care.

# “Aging in Place” is a choice

Aging in place is for active and responsible people who want to ensure their quality of life while living with dignity, hopefully without being a burden to their family or community.

Deciding you wish to age in place means you are choosing:

- How you want to spend your retirement years
- How you want your home to be set up
- What your healthcare choices will be
- Which types of assistance are right for you
- What your wishes are for major life events

Making these choices gives you control over your independence, quality of life, and lifestyle. Most importantly, aging in place does not mean you have to do everything yourself. That's where the planning comes in. It means you get to plan how your needs are met, who meets them, and when.

# **“Aging in Place” Financial planning**

There are many aging in place financial and legal preparations that you can make, which can benefit not only you and your future situation, but also can reduce the burden on your family or caregivers. In order to see the benefit of this type of planning, ask yourself these questions.

- How will your long-term care be paid for?
- What type of insurance or benefits make sense?
- Know your Medicare benefits and supplemental insurance
- Do you qualify for Medicaid?
- What is Managed Long Term Care?
- Do you have Long Term Care Insurance?
- Who will manage what if you are unable to? Dividing responsibilities amongst family members?
- Who will manage your financial affairs if you are no longer able?
- Who will manage your assets to ensure your spouse or loved on is protected and cared for?
- Who will be responsible for your personal care, such as medical decisions, where you will live, in-home assistance, etc.?
- How will your estate be handled and who will see to it that your wishes are carried out?

# Financial & Legal Professionals who can help

There can be no replacement for consulting with a reputable and experienced professional for aging in place financial or legal matters. Many of the legal and financial issues you will have as you grow older can be planned for in advance. Items such as financial planning, wills, long-term care, trusts, durable power of attorney, living wills, guardianship and others can all be planned ahead of time. We urge you to seek assistance from a certified financial planner and an elder law attorney.

# Useful Links



## THE COSTS OF AGING — Handbook —

The National Aging in Place Council's newest tool to help older adults and their families make plans for later life

[Click to download your free copy](#)





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