



Proactively Create Your Future Housing Plans A+B

Housing Options, Guidelines, Resources

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- By 2030 all BABY BOOMERS will be 65 or older.
- Making decisions about future housing needs as you age will impact your selections.
- 117M 65+ need care; only 45M unpaid caregivers exist.
- You can anticipate and plan ahead for possible housing needs. That puts you in a **PROACTIVE** position.
- Waiting until you have a crisis requires you to meet unexpected needs; that puts you in a **REACTIVE** position.

The **DECISION** is yours! With every decision there's a consequence, some positive, some not.

Your lifestyle has evolved.

- ⊗ Aging in Place
- ⊗ In-home Personal Caregiver
- ⊗ Downsizing
- ⊗ Moving in with Family
- ⊗ Home Sharing
- ⊗ Subsidized Housing
- ⊗ Independent Retirement Communities
- ⊗ Assisted Living
- ⊗ Continuing Care Retirement Communities
- ⊗ Adult Family Homes
- ⊗ Skilled Nursing Facilities
- ⊗ Memory Care
- ⊗ Hospice

Aging in Place

In-Home Personal Caregiver

- **77% of adults 50+ want to remain in homes long term.**
- **1/3 of adults 50+ need to modify current home to do so.**
- **There is no one way to age in place.**
- **May need a few new products, small changes to your home.**
- **For larger modifications, seek professional help.**
- **www.nia.nih.gov/health/aging-place-growing-older-home.**



Downsizing

- **Organize and pack early.**
- **Start small, discard duplicates.**
- **Devise a plan, set a timeline.**
- **Document your favorite setups.**
- **Lay out your new floor plan.**
- **Hire the needed help to make the move easier.**
- **Protect your physical, mental, emotional health.**



Moving in with Family



Home Sharing

- **Minimize surprises.**
- **Discuss roles, expectations.**
- **Be on the same page.**
- **Maintain a positive relationship.**
- **Get support from friends.**
- **Maintain as much independence as possible.**



Subsidized Housing



Independent Living Communities

- **King County Section 8 Housing**
- **Volunteers of America Senior Housing Toolkit**
- **Sound Generations – Local Agency on Aging**
- **CareWashington.org– WA Agencies on Aging**
- **Create document or notebook to track info**



And All the Remainder...

 **Assisted Living**

 **Continuing Care Retirement Communities**

 **Adult Family Homes**

 **Skilled Nursing Facilities**

 **Memory Care Housing**

 **Hospice**



Guidelines for Diverse Care Facilities

- **Aging Life Care Manager can be helpful.**
- **Be aware of .com vs. .org information.**
- **Sales associates can be very persuasive.**
- **Seek online guides for detailed information.**
- **Equip yourself with questions, checklists.**
- **Be proactive, persistent and patient!**

Questions/Checklists available for:

- Home Modification
- In Home Personal Caregiver
- Assisted Living
- Adult Family Home
- Continuing Care Retirement Communities
- Skilled Nursing Facility
- Facility Discharge
- Facility Transfers
- Hospice

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Request specific document or web address