



Community Conversation: October 19, 2022

Facilitator: Tom Ehlers

Presenter: Sally Farrell

“Proactively Create Your Future Housing Plans A + B Housing Options, Guidelines, Resources”

Sally presented her power point and had Q+A session afterwards. She explained to us by 2030, there are so many 65+ years older seniors, therefore, there is a lot of competition. We need to plan.

Your lifestyle has evolved. There are many options:

1. Aging in Place/In-Home Personal Caregiver – most people want to stay in their homes. 1/3 of over 50-year old’s need to modify their current homes. Example: Small modifications – door openers, remove rugs, put handles in the shower.  
Larger modifications – install home handrails, install an elevator stair - these types of installs usually require professional help.

[www.nia.nih.gov/health/aging-place-growing-older-home](http://www.nia.nih.gov/health/aging-place-growing-older-home)

2. Downsizing – take pictures of what you love but don’t need. Give them a new home, donate to a thrift store. Pack and organize by rooms. Put labels on each side of each box, labels like kitchen, bathroom, etc. Ask for professional help so that they can protect you physically, mentally, and emotionally.
3. Moving in with Family/Home Sharing – keep a positive relationship. Maintain independence as much as you can.
4. Subsidized Housing/Independent Living Communities – for low income. AAA, Section 8 Housing, CareWashington.org – for family care givers in WA. etc.

[www.benefitscheckup.org](http://www.benefitscheckup.org) put your zip code and lead to the pathway.

5. Guidelines for Diverse Care Facilities - We have a lot of options. Go to the internet and search “care manager” on google. Engage specialists. Bring questions and checklists. Be aware of the sales pitch.

### 3 Ps – Proactive, Persistent, Patient!

6. Questions/Checklists available for:

Resources: [www.caring.com](http://www.caring.com)  
[www.care.com](http://www.care.com)

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Sally Farrell’s Q + A Corner:



- Q: How far in advance should you apply for services?  
A: It depends on your health and lifestyle. The usual wait list is 1 to 2 years. It really depends on what kind of facility you want. Smaller or bigger?
- Q: If you see she/he needs to move to facility, but if she/he doesn't want to move, how can we make a discussion to start?  
A: This is sensitive area. We should respect their dignity. Older people want to make their own decisions. Ask someone who experienced this and how they did it. Ask how you like to be treated. Older people want to control their life. Start with an easy conversation, talk about how they like their living conditions, etc., then it happens.
- Q: “Fall” - How not to fall?  
A: Anybody can fall. The biggest reason older people go to the ER is because they fell. The important thing is after that happens, determine how it happened and fix it. Make sure to remove area rugs.

- Q: Seniors feel loneliness. They need to meet people, need to be socially active. Right?
- A: Independent retirement communities or assisted living facility? It is up to their personality. Extrovert people love meeting people, it is good to mix with a big crowd, but it is not good for introvert people who want to be by themselves, so it is up to them.
- Q: Medicaid is limited. Sometimes no Medicaid is accepted.
- A: You spend your money first and spend other people's money. The Government wants you to spend your own money first. Then you may qualify for Medicaid.
- Q: Do we have reference books?
- A: <https://www.dshs.wa.gov/> - State reference link that take you to a lot of books.  
Library website – Aging housing option workshops. King county Library system is best – check speakers.
- Q: Dementia – how to talk to them?
- A: Go with flow with people who have dementia. Don't deny what they said. They don't remember what they said. Talk with them normally.
- Q: Care givers are often their spouse or their child. They are strained and stressed.
- A: There is a national association for aging care givers and the aging. Caregiver respite picks them up them on weekends.

#### Recommended books and resources:

“Five Wishes” “I’m dead now what?” “How to talk to people?” “Remember I can’t”

5 wishes – [www.agingwithdignity.org](http://www.agingwithdignity.org)

Will to update or new will. – [www.freewill.com](http://www.freewill.com) started by Stanford graduates. It is easy to make. Used in all 50 States. Fill in a form, print it out, sign and notarize it. It takes only 20 to 30 minutes.



Today's wonderful guest speaker was

Sally Farrell, a retired national "field of aging" professional. She also worked for AARP. She has a lot of knowledge of aging and gave us a lot of information and advice. She is a Sammamish Seniors Core Team member.

Contact: Sally Farrell:  
[farrellsally1@gmail.com](mailto:farrellsally1@gmail.com) for request specific document or web address.

We thank Sally for the wonderful presentation and Q+A today. We learned a lot from her. We wanted to ask more questions, but time went so fast!

If you would like the slides of the topic, please contact:  
[sammamishseniors@gmail.com](mailto:sammamishseniors@gmail.com)

All are welcome who are over 50+ years old to Sammamish Seniors. Please join us. There are many informative sessions like today's.



Note taker: Kimiko Olling