



# AGING IN PLACE

**Community Presentation By**  
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January 9, 2018

# WHAT IS AGING IN PLACE?

- ❖ A person living in the residence of their choice for as long as they are able, while maintaining their quality of life.
- ❖ A good plan is needed to focus on quality of life covering yourself, home, finances.

# AGING BRINGS ON MANY CHANGES

- ❖ Decreased muscle strength
- ❖ Reduced mental processing capabilities
- ❖ Increase risk of falls
- ❖ Increased risk of illness
- ❖ Reduced hearing/decreased mobility

# THESE CHANGES IMPACT

- ❖ Getting around the home as easily
- ❖ Driving safely
- ❖ Transportation /socializing
- ❖ Home upkeep
- ❖ Health maintenance

# AGING IN PLACE IS A CHOICE

Deciding to age in place means you are choosing:

- ❖ How you want to spend your retirement
- ❖ How you want your home to be set up
- ❖ What your health care choices will be
- ❖ What kind of assistance is right for you
- ❖ What your wishes are for major life events: Health, home, money
- ❖ Making these choices gives you control over your independence, quality of life, and dignity.

# AGING IN PLACE IS A CHOICE

- ❖ "Aging in place" is seen as an advantage in terms of a sense of attachment or connection and feelings of security and familiarity to homes and communities.
- ❖ Aging in place is for people who want to ensure their quality of life and live it out in dignity, without being a burden on their family or community.
- ❖ A great majority of those over 65 plans to age in place.
- ❖ Discuss the risks with family and caregivers and create a plan. Putting the time into building a plan will help keep you in control of your life.

# LIFE EXPECTANCY

- ❖ Male age 65 in 2010 average 17.5 years of life
- ❖ Female age 65 in 2010 average 19.9 years of life

# THINGS TO CONSIDER WHILE AGING IN PLACE

Making your home safe:

- ❖ Adding grab bars
- ❖ Entrance ramp
- ❖ Widen doorways
- ❖ Changing flooring
- ❖ First floor master bedroom and bath
- ❖ Meals on wheels
- ❖ Life Alert



# THINGS TO CONSIDER WHILE AGING IN PLACE

Living with chronic diseases at home:

- ❖ What type of support will you need?
- ❖ Having a Community Health Center like SVHC helps by having multiple services under one roof, home visits helpful according to the WHO.

# THINGS TO CONSIDER WHILE AGING IN PLACE

In home caregivers:

- ❖ Often family
- ❖ Support for care givers is needed for federal and state initiatives to provide financial support for care givers
- ❖ In home support costs are much less than a nursing home

# MAKING A CARE PLAN

- ❖ Have a care plan that addresses finances and health concerns while aging in place. This will need to be updated over time.
- ❖ Discuss whether you should purchase home care insurance
- ❖ Is a reverse mortgage an option?
  - Be careful as the lender does not care if you outlive your home's value

# HAVING THAT TALK WITH YOUR CHILDREN

- ❖ Take charge of your life so your children will not need to make decisions for you.
- ❖ Make known to the family what your plans and needs are for aging in place.
- ❖ The Five Wishes provides a great way to review ones options around critical medical/health decisions and make an informed decision on what you would want for yourself.

# AGING AND IN HOME CAREGIVER RESOURCES

- ❖ Southern Maine Agency on Aging (Cumberland & York County) 1-800-427-7411
- ❖ Seniors Plus (Oxford County) 1-800-427-1241
- ❖ KEPRO (formally Gould) 1-833-525-5784
  - Will assess your needs to see what help you may qualify for, then sets up this assistance
- ❖ Catholic Charities of Maine 1-888-525-5784
  - Provides transportation and caregiver support for senior citizens to increase their quality of life
- ❖ Elder independence of Maine 1-888-234-3920
  - A MaineCare program that can you apply for assistance with Home Based Care

# CONSIDER A GERIATRIC CASE MANAGER

- ❖ There are licensed professionals that will help evaluate, coordinate care, and provide crisis intervention.

[aginglifecare.org](http://aginglifecare.org)

# TRANSPORTATION RESOURCES

- ❖ **Logisticare** – Provides transportation to medical appointments for those with full MaineCare insurance coverage
- ❖ **Grateful Undead** – A group of individuals within the community that provide rides to those who do not have access to transportation or have MaineCare, and that have important medical appointments they need to get to.

# COMMUNITY ADAPTATION

- ❖ Resources become scarce in rural communities, especially transportation and socializing opportunities. Review the survey.
- ❖ **Grateful Undead** – This group can not only assist with transportation but focuses on helping the aging community get access to local resources for home repairs, local errands, shoveling/snow removal and other needs that may arise – Contact Melissa Gerard at SVHC to get connected with this group
- ❖ **SVHC Social Group** - Starting Tuesday, January 23<sup>rd</sup> from 9am-12pm (advertising to come) SVHC will open the health center meeting room twice a month (or more if needed) for 3 hours for anyone in the community that would like to come and play games, socialize, or engage in opportunities to give back to the community.



# OTHER COMMUNITY RESOURCES

❖ **Meals on Wheels** (Cumberland & York County) 1-800-400-MEAL (6325)

- Provided by SMAA, this program is more than just a meal; it is also a wellness check and friendly visit. Volunteers and staff are trained to make sure that clients are safe when they make their delivery. This brief check helps to provide peace of mind to our clients and their families.

❖ **Maine Legal Services for the Elderly** 1-877-353-3771

- Provides free legal advice regarding health care, health insurance, Medicare (including Part D), MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues to Maine's socially and economically needy elderly age 60 and over.

# OTHER COMMUNITY RESOURCES

- ❖ **Matter of Balance** – Program that introduces ways for aging individuals to increase strength through light exercise and work on balance if they may be at risk for falling – Classes are held periodically at SVHC and run by Marques Bostic who is our optometrist as well as a certified personal trainer.
- ❖ SVHC's Outreach and Enrollment Specialist Melissa Gerard also provides assistance regarding health care, health insurance, Medicare (including Part D), MaineCare (Medicaid) and Social Security