



How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement

By Mary A. Languirand Ph.D., Robert F. Bornstein Ph.D.

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How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement By Mary A. Languirand Ph.D., Robert F. Bornstein Ph.D.

The first authoritative and comprehensive guide to "aging in place"--a burgeoning movement for those who *don't* want to rely on assisted living or nursing home care--which allows seniors to spend their later years living comfortably, independently, and in their own home or community.

For millions of Americans, living in a nursing home or assisted living facility is *not* how they'd prefer to spend their retirement years. This is why more and more people are choosing to "age in place."

In this empowering and indispensable book, clinical psychologists and aging specialists Mary Languirand and Robert Bornstein teach readers how, with planning and foresight, they can age with dignity and comfort in the place of their own choosing. *How to Age in Place* offers useful, actionable advice on financial planning; making your home physically safe; getting around; obtaining necessary services; keeping a healthy mind, body, and spirit; and post-retirement employment. A necessary resource for seniors, their adult children, and eldercare professionals, *How to Age in Place* is both a practical roadmap and inspirational guide for the millions of seniors who want to make their own decisions and age well.

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- Rank: #291126 in Books
- Brand: Brand: Ten Speed Press
- Published on: 2013-09-03
- Released on: 2013-09-03
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .69" w x 6.13" l, .70 pounds
- Binding: Paperback
- 256 pages

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Editorial Review

Review

“This should be required reading for anyone over fifty. Much more than just a guide to aging in place, this book provides a comprehensive roadmap for boomers eager to enjoy the best retirement possible. Written in an engaging and upbeat style, this is an incredibly informative, useful, and valuable read.”

—Nancy Collamer, author of *Second-Act Careers* and creator of MyLifestyleCareer.com

“This excellent book doesn’t tell you to stubbornly stay wherever you happen to live now. Rather, it helps you see decades into the future, so you can decide where to live, why it’s best for you, and how to make it happen. Highly recommended!”

—John E. Nelson, author of *What Color is Your Parachute? for Retirement*

About the Author

Dr. Mary A. Languirand and **Dr. Robert F. Bornstein** are the coauthors of *When Someone You Love Needs Nursing Home, Assisted Living, or In-Home Care*, which received the 2003 Caregiver Friendly Award from the National Association of Caregivers. They have appeared on the Discovery Channel, CNN Headline News, NPR, and have been featured in the *New York Times*, *Chicago Sun Times*, *San Francisco Chronicle*, *Atlanta Constitution*, and *Psychology Today*, among others. Learn more at www.aging-wisely.com.

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What Is “Aging in Place”?

Aging in Place is a national movement aimed at enabling older adults to remain in their own homes by making available the social support, health care, and home maintenance services that people need to live safe, happy, productive lives in the community. Aging in place may mean continuing to live where you have lived for many years, or moving to a new residence (or new locale) that maximizes your ability to live independently.

Aging in place involves confronting some practical issues. If left undone, these issues can interfere with independent living:

- Financial planning
- Safe housing
- Neighborhood safety and “walkability”
- Accessibility of services (a pharmacy, for example, or nearby grocery store)
- Proactive medical and mental health care
- Opportunities for community, cultural, and civic engagement
- Sustainability to ensure long-term cost effectiveness

Beyond the practical issues, aging in place represents a philosophical shift—a social movement—which includes:

- Developing a new vision of healthy aging—a new attitude regarding needs of people in their 70s, 80s, and 90s, and the myriad ways in which older adults can contribute to society

- Creating innovative, efficient models of eldercare services that make aging in place economically viable for the individual and society

As you can see, aging in place requires some planning. But arranging those services that will enable you to live independently, safely, and comfortably, and stay active and engaged throughout your retirement, will help make aging in place the “new normal.”

Users Review

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Hector Hartung:

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