

## CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***I want to stay in my home, but I have some concerns about being able to do so.***



**Nine in ten older adults intend to continue living in their homes for the next 5-10 years.**

**To make it successful, planning is key.**



# How do I decide if I should continue to live in my current home?

Start by thinking about your goals for living independently. Do you love your home and can't imagine moving? Is the neighborhood or proximity to stores appealing to you? Do you have friends or relatives nearby? Are there locations that might suit you better?

Living independently does not mean that you must stay in the home you currently live in. It can mean staying put, but it may mean moving into a home that can satisfy your needs as you age. For some, a ranch style home with no stairs may be better, or a condo with maintenance help for lawn and snow.

## Is aging in place right for me?

There is no single answer to this question. You may want to consider several things together to come up with the best answer for you.

- Will your physical space continue to be appropriate for your needs?
- Can you adapt your two-story home if stairs become burdensome? It may be possible to add a chair lift or elevator to your current space.
- Can your bathroom be modified with safety handles? Is the doorway large enough for a walker or wheelchair?
- Is your home nearby to family, grocery stores, and medical care?
- How will you continue to maintain the exterior of your home?
- Can you afford to hire a caregiver if one is needed?





### **What are the costs of staying in my current home?**

There are financial costs to both staying and moving and taking a good look at financial details will help you decide what is best. Every home requires repairs and maintenance. There is a mental cost to each home repair task. Think about how much time and effort you will put into each home repair when it arises. If the thought of calling a plumber and getting quotes for repairs is overwhelming to you, that is an additional cost you should consider.

### **Still can't decide?**

Try making a list of pros and cons to staying in your current space. If that task still feels overwhelming, a care manager may be in the best position to help you through this difficult decision.

# How can CJE SeniorLife help?

We provide the following supportive services:

**CJE Benefits Services**—We are available to help you identify and apply for a broad range of benefits and supportive services available to older adults. Benefits Specialists are SHIP certified to provide guidance on Medicare.

**CJE Care Management Services**—We make assessments, develop Care Plans and refer clients to appropriate services. We work collaboratively with physicians, coordinate home care, guide families and find practical resources that support independence.

**Community Engagement**—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

**CJE Counseling Services**—Our Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

**To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.**

Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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