



Aging In Place

"Creating a successful plan to age in place"

A six-part series to best equip you with all the necessary tools to maintain your independence.



Proudly presented by: The Iowa City Area Association of REALTORS®, Johnson County Livable Community and The Greater Iowa City Area Home Builders Association



STEPS TO PUTTING YOUR PLAN IN PLACE

Use these steps as a reference when you start to put your Aging In Place to work. In times of stress, communication can break down. To avoid this, use these tips to help improve communication to find consensus amid the chaos.

STEP 1: Start thinking and talking about Aging in Place

STEP 2: Write your thoughts down

STEP 3: Meet with your family

STEP 4: Research options with family

STEP 5: Use your community experts and resources

STEP 6: Put the plan in place



JOHNSON COUNTY LIVABLE COMMUNITY

Johnson County Livable Community (JCLC) is an initiative of the Johnson County Board of Supervisors. It addresses the needs of an aging population and serves as a unifying structure that brings together common interests and collective resources to foster effective collaboration, cooperation, communication, education, and direction of efforts that will build and sustain a livable community for successful aging.

Among the JCLC committees, the educational efforts of the Housing Action Team focus on affordability, accessibility, and availability of adequate housing options. Other committees focus on caregiving, transportation and falls prevention.

To find local resources and more information, visit
www.livablecommunity.org
contact an Aging Specialist, Johnson County Social
Services at (319) 356-6090



My Aging In Place Plan

While you are still healthy and active, use this checklist of questions to help you prepare for a time when you may depend on others more.

Your Living Situation:

- Do you want to live in your house for as long as possible? Are there things you want to do to your house so it's safe and comfortable for you as you age? What are some of those changes to make?

What are your thoughts on moving into a smaller place that's easier to manage, like a condo? When?

Have you thought about whether you would want to stay in the house if you were alone?

Would you be willing to hire someone to help you at home if you can't do things on your own anymore?

Would you consider moving in with a child if all agree that you need help with your personal care or aren't safe at home alone anymore? How do you feel about moving into an assisted-living facility?

Would you like to scout out quality assisted-living facilities and nursing homes now, so you know what's available and what you would prefer in case you need one in the future?

Your Health:

Have you talked to your doctor about the normal aging process?

Will you consider giving your doctor permission to talk to your children in case they have questions about your medical treatment?

Can a loved one accompany you to some doctor's appointments? Of course, you are entitled to your right to privacy, but maybe they can help keep track of everything your doctor says at your visit.

Have you thought about what kind of medical treatment you want in the future and who would make those decisions if you can't make them on your own? Have you put these desires in writing?

How do you feel about being kept alive with ventilators, feeding tubes or other interventions? And under what circumstances would you want that? Do you and your family all understand what these terms mean?

If you have advanced-care-planning documents, where do you keep them? Have you shared them with any family members, doctors or clergy?

Your Finances:

Have you written a will? Does someone you trust know where it is? Who should your family contact about it?

Have you consulted a reliable financial planner who can help anticipate your needs as you age?

Are you willing to have a joint checking account with a loved one so they can help you pay bills if necessary?

What are your thoughts on receiving help with handling some of your financial responsibilities, such as reviewing credit-card statements and paying some bills?

Would you give a trusted person power of attorney over your financial affairs in case there's a time you can't handle them yourself?

Personal Information Page: (Name, Phone Number/Contact Information)

Doctor: _____

Dentist: _____

Insurance Agent: _____

Pharmacy: _____

Attorney: _____

Eye Doctor: _____

Other: _____



Aging In Place Checklist

Use this as a reference for some aging in place items to consider. Prepared in collaboration with Iowa City Area Association of REALTORS® Johnson County Livable Community, The Greater Iowa City Area Home Builders Association

Housing:

- Minimum 5' by 5' landing space outside and inside entrance door
- Weather protection: Covering over entrance - roof, canopy or awning
- No step entrance to main floor living spaces:
 - Kitchen
 - Bedroom
 - Laundry
 - Full Bathroom
- Attached garage/covered parking with adequate space for maneuvering walker/wheelchair
- 36" Doors
- 42" Hallways
- Accessible Bathroom
 - Curb-less shower
 - Walk-in shower
 - Grab bars
 - Hand-held shower head and seat in shower
 - Comfort height toilet

- Sufficient space (36" and 42" ideal) to use a walker or wheelchair and space that makes appliances accessible
- Windows - 24" - 30" above floor
- Nonslip floor/stair surfaces
- Adequate lighting (well lit)
- Outlets and Jacks 18' - 24' above floor
- Electrical panel on main floor
- Open plan design - Avoiding loadbearing inside walls
- Rollout storage shelves - Adjustable height closet rods
- Pocket (sliding doors)
- Stairways
 - 48" wide to allow for future chairlift
 - Sturdy handrails on both sides
 - Straight stairway that will accommodate chairlift

Accessories:

- Rocker-style electrical switches
- Lever door handles
- Single-lever hot and cold water faucets
- Appliances with front-mounted controls; front-load washer and dryer
- Garage door high enough to accommodate vans
- Outside light sensors and way for visitors to communicate with residents
- Multi-level work spaces in kitchen and space under sink for wheel chairs



Certified
Aging-in-Place
Specialist

A Certified Aging-in-Place Specialist (CAPS) is a great resource to access while you put your Aging in Place plan in place. Certified Aging-in-Place Specialists are trained to address the growing number of individuals that will soon require the modifications we have discussed in these forums. While most CAPS professionals are remodelers, an increasing number are general contractors, designers, architects and health care professionals. To learn more, or to find a local Certified Aging-in-Place Specialist to assist you, contact The Greater Iowa City Area Home Builders Association at (319)-351-5333.



The Aging In Place Forums are free and open to the public. It is our goal to provide you with all the necessary tools to maintain your independence and age in place. For more information on the Aging in Place initiative and for a wealth of helpful community resources, visit www.livablecommunity.org

