Aging in Place: Growing Older at Home

Mental Health · https://community.womensmoneymatters.org/es/resources/aging-in-place-growing-older-at-home/

Link:

The National Institute on Aging page on "Aging in Place" discusses the concept of seniors living independently in their own homes as they age. It emphasizes the benefits of aging in place, including familiarity, comfort, and maintaining social connections. The article outlines key considerations for making a home safe and accessible, such as modifying the living environment, utilizing assistive technologies, and accessing community resources. It encourages older adults to plan ahead for their health and mobility needs to ensure a supportive and fulfilling living situation as they age. Overall, it serves as a resource for seniors and caregivers on the importance of creating a conducive environment for independent living.