Seniors living choices



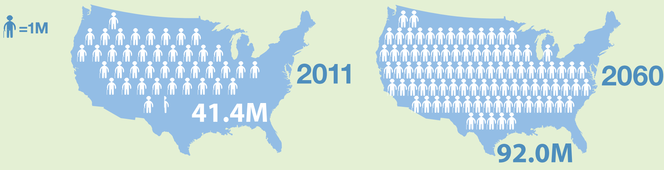
Happy Birthday!
The average person is living much longer today[1]



10,000
Baby boomers turn 65 every day![2]

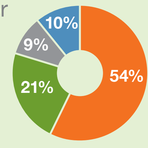


The number of seniors in the U.S. (2011) will **MORE THAN DOUBLE** by 2060[3]



Perceived likelihood of being able to live in current home for remainder of life[4]:

- **54%** very likely
- **21%** somewhat likely
- **9%** not too likely
- **10%** not likely at all





4 out of 5 plan to live in their current homes[4]

Should you stay or should you go?



Stay?

This may involve adapting and improving accessibility in the home to tailor it to specific requirements.

Some cost effective modifications that can create independence for your loved one and increase safety in your home are[5]:

Straight stair lift $3,000–$5,000
Curved stair lift $10,000–$25,000
Porch lift $5,000–$10,000
Interior vertical lift $10,000–$25,000
Home elevator $20,000–$50,000
(above prices include installation)



Go?

Moving to a senior facility will involve a number of initial outlays plus the monthly living expenses shown in the table below which roughly compares independent living, assisted living and nursing homes.[6]

- Average cost of movers: $1,000–$1,500 (2-3 bedrooms)
- Average real estate fees for sale: 2.5% of the selling price (e.g. $10,000 on a house of $500,000)
- Average cost of retirement residence (monthly), assisted living or nursing home:

	Independent living facility 1 or 2 bedroom apartment	Assisted living facility 1 bdrm limited kitchen	Nursing home
Monthly housing	$1,500–$3,000	$2,500–$4,000	$4,000–$8,000
Meals	Optional (higher cost)	3+	3+
Personal care	No	Yes	yes
Mobility assistance	No	Yes	yes



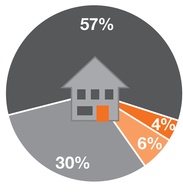
Aging in Place[2]

A recent AARP survey found that

90% of seniors want to stay in their own homes as they age, often referred to as **"aging in place."**

Even if they begin to need day-to-day assistance or ongoing health care during retirement, most,

82% would prefer to stay in their homes.



Seniors live[7]…

- **4%** in a nursing home
- **6%** in senior living communities
- **30%** alone
- **57%** with spouse or family

Senior incomes[8]

In 2009 the median income for seniors was

♂ **$25,877 for men**
$15,282 for women ♀



Senior Safety



The US Centers for Disease Control cites **FALLS** as the leading cause of injuries in seniors

Causes[9]

Home structures:
stairs, handrails, uneven floors, etc.

Home fixtures:
trip hazards (clutter, small rugs, shoes), step stools & ladders, tubs, etc.

Health:
balance & strength, medicines, vision, use of mobility devices, previous falls, etc.

Effects[9]

Physical:
bruising, fractures, head injury, burns, pneumonia or worse.

Immobility:
reduced activity, loss of muscle, stiffer joints, etc.

Mental:
depression, loss of confidence, fear, restriction of lifestyle, etc.

Nearly 32% of seniors have suffered an injury from falling in the past year[10]



Prevention is key[11]

exercise, review your medicines, check your vision and make your home safer!! (grab bars, **safe stairs,** railings, mobility devices, lighting, etc.)

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Sources: [1]Berkeley University of California; [2]AARP.org; [3]U.S. Census Bureau; [4]http://assets.aarp.org/rgcenter/il/four_walls.pdf; [5]Silver Cross; [6]Aplaceformom.com; [7]*Housing America's Older Adults – Meeting the Needs of an Aging Population*, Joint Center for Housing Studies of Harvard University; [8]*A Profile of Older Americans: 2010, Administration on Aging*, U.S. Department of Health and Human Services; [9]Physio-pedia.com; [10]National Center for Assisted Living; [11]CDC.gov/Steadi