

Your Aging Toolkit Quick Guide

1. Things to Consider When Aging in Place

- **Transportation:** Consider how you'll get to doctors, stores, and activities if you can't drive.
- **Home Safety:** Plan for possible modifications like ramps, chair lifts, or accessible bathrooms.

2. Daily Living Needs

- **Activities of Daily Living (ADLs):** hygiene, dressing, toileting, feeding, mobility.
- **Instrumental ADLs (IADLs):** managing meds/finances, shopping, meal prep, housekeeping, communication, transportation.

3. Levels of Care

- Levels range from minimal support (reminders, medication management) to full support (dementia care, frequent supervision).

4. Housing Options

- **Independent Living:** For adults 55+, social and supportive environment, but no ADL support.
- **Continuing Care Retirement Communities:** Spectrum of care in one location.
- **Assisted Living:** Meals, ADL/IADL support, supervision, activities.
- **Memory Care:** Secure environment with dementia-specific care.
- **Skilled Nursing/Rehabilitation:** Medical and long-term care, sometimes covered short-term by Medicare.
- **Group Homes:** Smaller, homelike settings with higher staff ratios.

5. Role of Care Managers

- Care managers help assess needs, coordinate services (medical, legal, financial), and adjust care plans over time.

For more information or to schedule a consultation, please contact:

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