

GROWING OLDER IN A PLACE THAT FEELS LIKE HOME

QUESTIONS AND CONSIDERATIONS

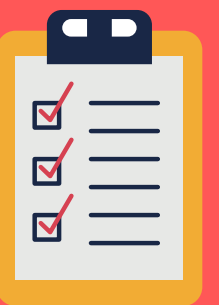
WHAT IS AGING IN PLACE?



Aging in place means being able to grow older while staying in your own home. For some people, this could mean living independently by oneself. For others, this could mean living with assistance from a spouse, child, or other caregiver.

HOW TO USE THIS GUIDE

The questions listed below are intended to help you prepare for the next few years or decades of living in your home. They can be used as a starting point for further discussion with your partner, family, or others in your support network.



BENEFITS OF AGING IN PLACE



Staying in your home as you grow older allows you to remain connected to your social network and neighborhood. Older adults who are engaged in their local communities report greater quality of life, which is closely linked with physical health.

Do you need to go up or down stairs when moving around your home, either inside or outside?



Do you have a bedroom and full bathroom on the main floor of your home?



How much landscaping or maintenance does the outside of your house require?



Can you install grab bars in your shower, next to your toilet, or near other places where you may need assistance standing or moving?



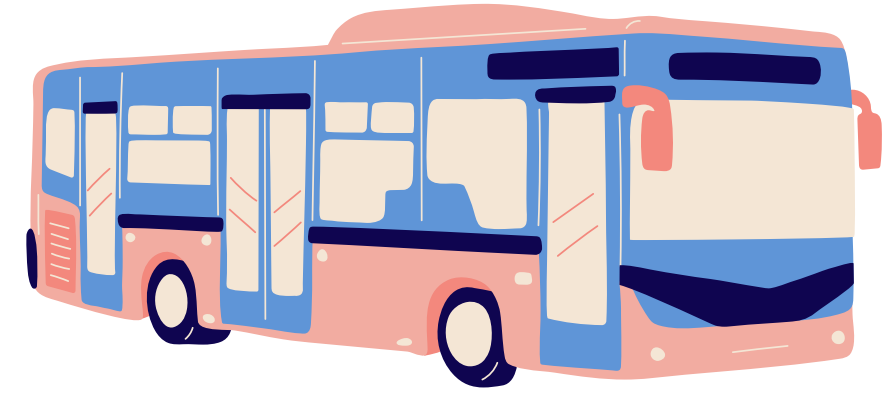
Would you be able to navigate your home with a walker or wheelchair?



Do you live within walking distance of a grocery store and other amenities?



Do you have easy access to public transit for when you may need to make longer trips?



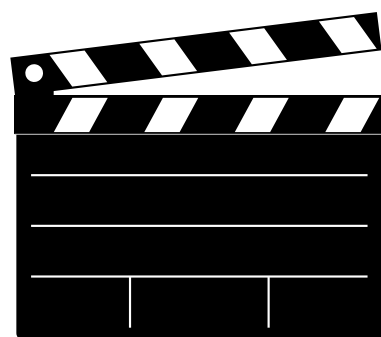
How close are you to your doctor, pharmacy, hospital, or other healthcare facility?



How far away are your friends and family from where you live?



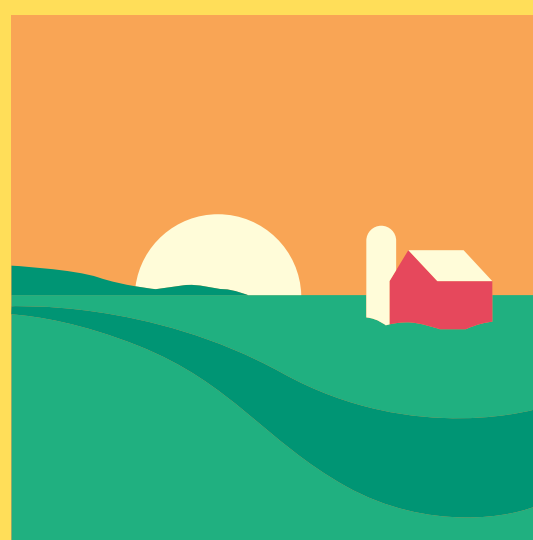
Is access to restaurants, movie theaters, or other entertainment important for you?



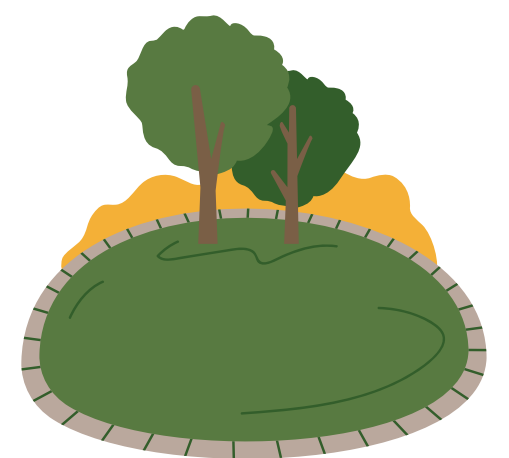
Do you have someone nearby that can assist you with a difficult task?



Do you enjoy an urban/downtown lifestyle or suburban/quiet lifestyle?



Is access to parks or green spaces essential?



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RESOURCES

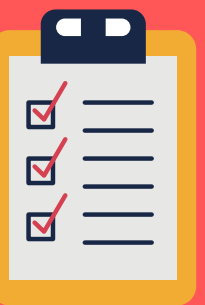
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The organizations and pages listed below provide useful information and/or direct support for seniors who are interested in aging in place. You can access each website by clicking on the link or typing the address into your browser.



LOCAL GOVERNMENT SUPPORT

Salt Lake County Aging & Adult Services offers a variety of services for seniors, including home and community-based care, assistance with finding housing, and scheduled rides to medical appointments.

➔ <https://slco.org/aging-adult-services/>

☎ (385) 468-3200



SENIOR CENTERS

Senior centers connect residents with community services that encourage healthy, happy, and active lifestyles. Seniors can learn new skills, engage in hobbies, and connect with other seniors in their community.



➔ <https://slco.org/aging-adult-services/senior-centers/>

ASSISTANCE WITH HOME IMPROVEMENTS

Salt Lake City offers a Handyman Program for low-income seniors that provides free services, including installing grab bars, cleaning gutters, or repairing leaks. Residents who are 62 years or older and have an income below 80% of the area median (roughly \$57,000 for a single-person household in 2022) are eligible. The city has two additional programs that provide home repair grants or loans for low-income residents.

➔ <https://www.slc.gov/housingstability/city-housing-programs/handyman-program>



(801) 535-7228

PHYSICAL ACCESSIBILITY

AARP offers a variety of free resources for seniors on physical accessibility, including a short checklist of home improvements and a more in-depth guide.

➔ <https://www.aarp.org/home-family/your-home/info-2021/aging-in-place-checklist.html>

➔ <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>



PUBLIC TRANSPORTATION

The Utah Transit Authority operates bus, TRAX, FrontRunner, and Paratransit service in Salt Lake City. Public transit is one of the best ways to maintain mobility and independence when you are no longer able to drive.

➔ <https://www.rideuta.com/>

➔ <https://www.rideuta.com/Rider-Info/Accessibility/Accessible-UTA/Paratransit-Services>



AMENITIES

The Wasatch Front Regional Council has interactive maps to visualize how close your home is to regional resources like grocery stores and hospitals.

➔ bit.ly/slc-hospitals

➔ bit.ly/slc-grocery-stores

ACCESS TO NATURE

Salt Lake City Public Lands has resources to help you find parks near your house or in other parts of the city.

➔ <https://www.slc.gov/parks/parks-division/>