

Aging in Place, Aging in Community

Program Description

This program will explore ways that individuals, family members, and professionals can prepare older adults to live safely, independently, and comfortably at home and in community as they age. The program expands the concept of aging in place to encompass aging in community.

Preparing to maximize wellbeing while aging requires much more than installing ramps and handrails. This program is intended to help learners consider how to plan for aging in place, regardless of financial circumstances.

To live safely, independently, and comfortably requires not only quality housing, but also access to health and community services, social connections, and other resources. The speaker will provide information about several aspects of aging in place, such as living arrangements, safety, home modifications, technology, and affordability.

This program can be provided as a 1-hour introductory presentation, or a 4-hour participatory workshop.

Learning Objectives

Upon completion of this workshop, participants should be able to:

1. Outline various aspects of aging in place, including the concept of aging in community.
2. Describe available housing options and living arrangements.
3. Identify resources available to support aging in place and aging in community.
4. Name steps individuals can take to support aging in place and aging in community.

Target Audiences

Community members of all ages, Family caregivers, Professionals in aging services, other professionals who work with older adults

Contact Hours

1.0 to 4.0 contact hours

Program Agenda - 4.0 contact hour version

1:00 PM – 2:30 PM Housing Options and Living Arrangements

- Traditional Housing Options
- Creative Housing Solutions
- Assessing for Livability
- Activity

2:30 PM – 2:45 PM Break

2:45 PM – 4:15 PM Critical Areas for Consideration

- Community
- Services and Supports
- Technology

- Finances
- Planning Ahead

4:15 PM – 5:30 PM Putting the Pieces Together for an Ideal Individualized Fit

5:30 PM Complete Attestation and Adjourn

Faculty

Alison Climo, MSW, Ph. D., is a community engagement specialist at UNC-Chapel Hill, School of Social Work, Center for Aging and Adult Research and Education Services (CARES). From 2016 to 2022, she served as the coordinator for Age-Friendly Buncombe County. During that time, Alison helped form and facilitated the Housing Options for Aging in Place (HOAP) Working Group, which consists of professionals and community advocates with years of experience and expertise in health, aging, community services, planning, housing, and design. HOAP was featured on North Carolina Public Television's program NCimpact in March 2022.