



Navigating Aging Gracefully (Part 2 of 2): Housing and Caregiving Support Resource

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As people age, their needs change – physically, emotionally and socially. Finding the right support can make a significant difference in ensuring safety, comfort and dignity during the later stages of life.

Part 1 of this blog post provided resources for maintaining health and well-being. An integral part of maintaining health and well-being is being in the right housing situation. Part 2 provides potentially useful resources for discovering the best living situation and caregiver support tailored to specific needs and preferences.

Aging doesn't have to be a solitary experience. With the right support network and community resources, older adults can continue to lead fulfilling, engaged lives. Whether you are an older adult, a family member, or a caregiver, knowing what resources are available empowers you to make informed and confident decisions. Here's a look at key resources that can help along the way.

1. Housing Options

- **Aging in Place: Understanding your options.**

<https://www.assistedliving.org/aging-in-place-options/>

2. Making Home Safe for Aging

- **AARP Home Fit Guide:** <https://www.aarp.org/content/dam/aarp/livable-communities/livable-documents/documents-2015/HomeFit2015/AARP-HomeFit-Guide-2015.pdf>
- **Home Safety with Alzheimer's:** <https://www.nia.nih.gov/health/home-safety-and-alzheimers-disease>
- **Technology to make home aging safe:** <https://whealthcareplan.com/education/Living+Transitions/Technology+to+make+a+home+aging+friendly>



3. Caregiver Support Resources

- **Family Caregiver Alliance (FCA)**

Provides online tools, resources, and support groups for those caring for older adults.

Visit: www.caregiver.org

- **Guide to Caring for an Aging Parent From Long Distance**

Visit: <https://www.assistedliving.org/guide-to-long-distance-caregiving/>

- **Caregiver Action Network (CAN)**

Access educational videos, tips, and guidance tailored to family caregivers.

Visit: www.caregiveraction.org

4. Home and Community-Based Services

- **Meals on Wheels**

Offers nutritious meals delivered directly to seniors' homes.

Find a provider: www.mealsonwheelsamerica.org

- **Aging and Disability Resource Centers (ADRCs)**

Provides help in finding in-home services, transportation, and long-term care options.

Contact your local ADRC for more information.

These resources are just the beginning of what's available to help you and your loved ones navigate aging with dignity and purpose. Stay informed, stay connected, and remember — you're never alone on this journey.



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