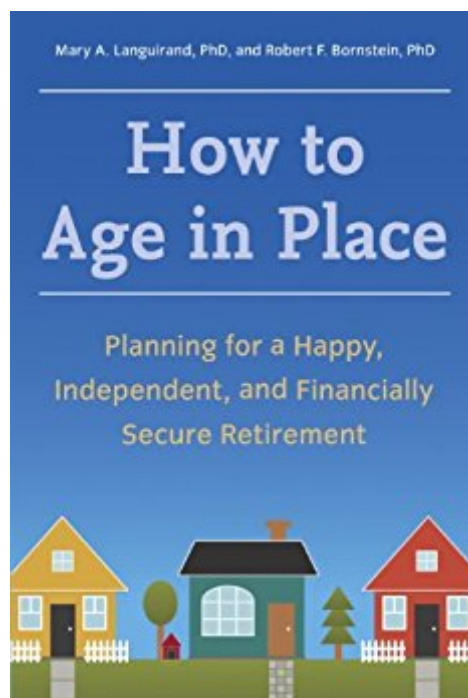


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# How To Age In Place: Planning For A Happy, Independent, And Financially Secure Retirement



## Synopsis

The first authoritative and comprehensive guide to "aging in place"--a burgeoning movement for those who don't want to rely on assisted living or nursing home care--which allows seniors to spend their later years living comfortably, independently, and in their own home or community. For millions of Americans, living in a nursing home or assisted living facility is not how they'd prefer to spend their retirement years. This is why more and more people are choosing to age in place. • In this empowering and indispensable book, clinical psychologists and aging specialists Mary Languirand and Robert Bornstein teach readers how, with planning and foresight, they can age with dignity and comfort in the place of their own choosing. *How to Age in Place* offers useful, actionable advice on financial planning; making your home physically safe; getting around; obtaining necessary services; keeping a healthy mind, body, and spirit; and post-retirement employment. A necessary resource for seniors, their adult children, and eldercare professionals, *How to Age in Place* is both a practical roadmap and inspirational guide for the millions of seniors who want to make their own decisions and age well.

## Book Information

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## Customer Reviews

Although i have started reading books about retirement, this is my first "Aging in Place" book. I borrowed it from the library, and after reading it I just placed an order thru . However, it is not a great book for general audiences. For example, taking advantage of its advice requires considerable financial resources at least until society advances to the point where several of its assumptions are widely met (e.g. "Universal Home Design", walkable neighborhoods, affordable housing). The pointed reviews that pan this book because of these financial constraints are correct, as far as they go. But since the wife and I are considering relocating, and social security will be a relatively small part of our resources, many of the topics are certainly worth re-reading and considering when looking at houses/neighborhoods/etc. Also agree that very little information is given on Long-Term Care (LTC) insurance, odd since most LTC benefits go toward in-home care that one would think consistent with aging in place. Although somewhat off-topic in this review, I recommend "Long-Term Care, How to Plan & Pay for It" from NOLO press, which has the best discussion of LTC insurance that I've found to date.

I am already retired for several years but I continue to research for more information about retirement. This book has a lot of great information which happily I already have done with success. Regardless, at any age or stage you will find something new to learn. And learning is one of the best things you can do in retirement.

As most seminars are on this subject, this book uses very wide brush strokes. Maybe I read it to late in life and knew most of the subject already. I would suggest this book for people in their mid 40's who have no idea what's coming. I gave it to my younger sister to help her Age in Place.

I've been researching retirement from many angles recently and was amazed at the information provided in this book. Both authors have the credentials and background to cover many topics of concern to someone planning to retire and age in place. They start out saying aging in place is not for everyone - and they explain exactly why. That's a very important issue and one that needs to be confronted head on before anyone blithely states "I want to live in my own home, don't put me in a nursing home!!" I helped an elderly mother who aged in place and thought I was an expert on the topic after that sad experience (my mother ended up having dementia). No way - these authors

have covered all bases and where they don't go into depth on some topics, they touch the pros and cons and you can take it from there in other books on finance or whatever (e.g. long term care, reverse mortgages.) I have learned alot and, although I initially took this book out of the library, I'm ordering a copy from and keeping it as a reference. It's that useful. My only criticism is that the authors sometimes get too folksy in an attempt to keep readers interested. No need to do that. The writing is clear and succinct.

Perfect book for those contemplating the senior years whether retiring or not. Aging in place is really the first "how to" for those of us who are traveling or heading toward the elder years. We have so much to offer and yet are not sure how to use our life worth of talent and experience. I am recommending this book to those of us who work with elders and seniors as well to help them navigate the new territory of Aging in Place.

Excellent review of information for people before and after retirement. Although not new material helpful in looking at ones needs.

Book had a lot of common sense information. Much of it I already knew, so I think it's really best for those looking ahead while they are in thier 30s ,40s 50s. Merely my view. However, it is well organised and a reference for one going thoughts.

I found this purchase to be a total waste of money after. I had pre-ordered and was eager to read. The book is not worth the price - the ability to stay in place relies entirely IMO on the ability first and foremost to afford it. Installing hand rails is a moot otherwise. LTC insurance is perhaps central to aging in place yet it warranted only one page in the book. It is a disservice to write a book about aging in the home without much information on this topic which is confusing and often not well explained by insurance agents or financial planners who make money on selling a policy. Save your money and don't buy this book.

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