

# DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

## Chapter 1 : The Paradox of Aging in Place in Assisted Living

*Operators of assisted living facilities interpret aging in place very differently than residents do. This difference in interpretation must be taken into account by regulators, policymakers, and operators so that they may reconsider assisted living's place along the traditional continuum of care.*

Where do Retirees see Themselves Living? Aging in Place or Assisted Living Facility: November 6, At a glance: Just over 80 percent of respondents say they plan on living at home as they age. The second biggest push factor is the loss of the ability to drive at 30 percent. Bathroom modifications are key for most people planning on aging in place with nearly 75 percent saying they will make some sort of modification to their bathroom; be it adding grab bars and non-slip mats or larger things like a walk-in tub. Just over 30 percent of people plan on making changes to the exterior of their home wheelchair ramps, improved lighting as needed. When asked if they could no longer live on their own, 52 percent of people said they would rather live at home but with a part- or full-time caregiver over moving into an assisted living facility, moving in with friends or family or moving into a nursing home. Just over 30 percent said they would move into an assisted living facility, up 13 percent from Getty Introduction Our goal with this study is to get a glimpse into where people plan on living as they age, in particular, do they want to age in place, that is, stay in their own home and community, or do they want to live in an assisted living facility. We dug into the response data and found that while most people want to remain in their own home and community for as long as possible and are willing to use technology and home remodeling to do so, there are factors that would push them to move into an assisted living facility. Whatever stage in life you find yourself in, be sure to check out our aging in place resources and assisted living and home health care guides. Guides are broken down by city and state to help narrow down your search. A little more than two and a half percent of respondents 62 people said they plan on living in an assisted living facility. We asked how important six factors were when it comes to staying in your current home and community: A little more than 80 percent of people said being near places they frequent like grocery stores and doctors offices were important to important, followed by being near friends and family 68 percent. Based on these results it seems the number of assisted living facilities in a community or close to a community where one lives might make the idea of transitioning into an assisted living community a little more attractive to people. Most people recognize the need for a little help when it comes to making aging in place safer and more convenient. When asked about what home modifications they plan on making to accommodate aging in place, nearly 75 percent of people plan on making some sort of modification to their bathroom. This could mean small changes like adding grab bars and non-slip mats or larger changes like installing a walk-in bathtub. Around 30 percent of respondents also plan on making modifications to their bedroom and the exterior of their home, adding things like an adjustable bed , ramp access and improved interior and exterior lighting. Finally, we see that people are starting to consider the use of technology to make aging in place easier and more convenient. Of the six technologies we asked about: The chart below shows a snapshot of the upward trend.

# DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

## Chapter 2 : the paradox of aging in place in assisted living | Download eBook PDF/EPUB

*The author examines the ideals versus the realities of assisted living and the aging in place/continuum of care debate surrounding assisted living. The author presents the results of a detailed, comprehensive anthropological study, she also addresses policy issues which are of concern on the national level.*

In lieu of an abstract, here is a brief excerpt of the content: Gusmano and Jacquelyn Beth Frank. Bergin and Garvey, *Assisted Living in New York City*. Vanderbilt University Press, 1998. Concerns about population aging and increased longevity dominate many of our social policy debates. Ironically, despite all of the attention population aging receives, long-term care remains "largely off the political radar screen in any meaningful way" Kane. This is striking because, while older persons are healthier and have fewer disabilities than previous generations, there is a growing population of vulnerable older persons age eighty-five and over. Between 1980 and 1990, this population grew from 1.5 million to 2.5 million. The number of persons age eighty-five and over is projected to triple by 2020. This so-called older-old population tends to be less healthy and more socially isolated and is more likely to have two or more chronic conditions, more likely to have at least one functional limitation, and more likely to have mobility and social activity limitations than persons between ages sixty-five and eighty-four. The growth of this vulnerable population demands closer attention to long-term care policies and services. Nursing homes, which are modeled on hospitals, place efficiency and routine ahead of individual preferences Kane and Kane. Residents of nursing homes typically express high levels of satisfaction in surveys, but older persons are filled with dread at the thought of moving into such a place. One survey found that 29 percent of older persons "would rather die than enter a nursing home" *ibid.*: As Jacquelyn Beth Frank explains, older persons "see nursing homes as a place they go to die, not to live; yet, the usual idea of home we tend to carry with us invokes life, contentment, and happiness" Family members are often equally dismayed by the prospect of sending loved ones to a nursing home. Indeed, as Smith explains, the early pioneers of the assisted living movement were inspired to create an alternative for frail older persons because of their negative experiences with nursing homes. Assisted living emerged in the 1960s as a response to the dominant model of long-term care. Assisted living aspires to create a homelike alternative to the institutional, medical model of the nursing home. Although assisted living arrangements remain largely out of reach for moderate and low-income older persons, the popularity of this alternative is reflected in the extraordinary growth of the private assisted living industry. The growing popularity of this model notwithstanding, there are few studies of assisted living, and our knowledge of how it works in practice is limited. Both books rely on qualitative, case study examinations of assisted living sites to explore the limitations and promise of assisted living. Frank emphasizes understanding assisted living from the perspective of residents and administrators. She contrasts the reality of assisted living with the ideal espoused by the advocates of this model. She also uses the concept of home developed in the anthropological literature as a normative standard against which to judge the success of this emerging industry. Smith contrasts the reality of assisted living in New York City with the ideal as well but spends more time placing the current debate about the role of assisted living into its historical context. Smith also places greater emphasis on the economic and political questions that the growth of assisted living brings to the forefront. You are not currently authenticated. View freely available titles:

# DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

## Chapter 3 : Meaning of "Aging in Place" to Older People | The Gerontologist | Oxford Academic

*Two new books, [The Paradox of Aging in Place in Assisted Living](#) by Jacquelyn Beth Frank and [Reinventing Care: Assisted Living in New York City](#) by David Barton Smith, seek to remedy this gap. Both books rely on qualitative, case study examinations of assisted living sites to explore the limitations and promise of assisted living.*

WhatsApp There are, generally, two large choices when a senior and their loved ones are working to decide where the next step in care will take them: Aging in place means living at home or with loved ones, and it is the expressed preference of most seniors. Assisted living facilities provide more medical expertise and staff training, and they provide easy access to emergency facilities and care if necessary. Both solutions have pros and cons, without doubt, and the decision is a deeply personal one. Yet one factor may overrule all other considerations when it comes time to make this decision: It seems to be common wisdom that aging in place is cheaper than aging in an assisted living facility. The costs associated with assisted living are high. Yet there are sometimes hidden costs to aging in place, ones that do not always come up in studies and research concerning this important decision. This is for a one-bedroom unit, so it assumes that a pair of spouses would either share a bedroom or be housed in separate units. These costs are also usually tiered based on what level of care the resident needs, so they would increase or decrease depending on how much care a senior requires while living in the facility. Average Cost of Aging in Place Generally, a senior who is retired will either live with a relative or live in a home they own. This usually means that rent or mortgage payments are zero extra dollars, although property taxes must be accounted for. If this is not the case, and a senior rents an apartment, we will use Florida a popular retirement spot for many older Americans as a basis for the numbers. This does not include incidentals, a car payment or car insurance, or other healthcare costs not covered by insurance or Medicare. Another consideration in aging in place is the need for professional care. After a surgical procedure, or even regularly, a senior may require the care of a registered nurse or home health aide. This may be a cost covered by insurance or Medicare, or it may be only covered in part. In some cases it may not be covered at all. In an assisted living facility, the cost of regular care by a nurse or doctor is covered in monthly payments. Moving, Unpaid Labor Adding to the cost of both options is moving a senior from one home to another. Unless a senior is aging in place at home with important safety features and does not need to move to a more senior-friendly home or apartment, they will need to move. We would define a senior-friendly and safe living situation as being fall-proofed, wheelchair-friendly, and equipped with safety bars in the shower, at minimum. What is more, some seniors will need to move closer to relatives in order to age in place successfully. Moving costs must take into account a deposit on an apartment or house for rent, as well. This requires seniors to have a substantial amount of cash at their disposal. A non-professional caregiver will often spend personal time Unpaid labor is a cost related to aging in place, especially with non-professional caregivers. While this cannot be measured in dollars, it is an important cost that must be noted. A non-professional caregiver will often spend personal time, money, and energy doing things like cooking, cleaning, shopping, transporting, and caring for a senior who is aging in place. If this is not a practical solution say, for example, the family caregiver is an adult child with young children of his or her own, or the adult child or his or her spouse has a job that involves frequent travel, then this cost cannot be borne by the relative. As always, the best way to prepare for aging is to plan for it and to consider all possible needs and outcomes. For some seniors, aging in place is very practical for many years, but it may become impossible with severe health complications, which become more likely with age. Retrieved April 12, Cost of Assisted Living. Genworth Cost of Care Survey March 25, Retrieved April 13,

# DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

## Chapter 4 : An Economic Comparison between Aging in Place and Assisted Living - Seniors Matter

*The paradox of aging in place in assisted living. [Jacquelyn Beth Frank] -- Should we maintain the current place of assisted living in the continuum of care, or should we adopt a controversial alternative that allows older adults to remain in one residential setting until.*

Living at Home vs. Assisted Living 25 Mar Living at Home vs. The roots of our very being come from their guidance, instruction and love. Unfortunately, age catches up to all of us and our parents may have to turn to us for help. Driving may become harder, stairs are trickier, and, in general, our parents may not carry themselves in the way that they once did. The time may come when we have to make the decision of how to care for our parents. Eventually, we have to decide whether to help our parents live at home or encourage them to move into an assisted living facility. There are a number of options and considerations to explore in terms of aging in place for our parents. Companion care professionals help seniors perform various activities of daily life ADL including bathing, toileting, housekeeping and transportation. In-home care comes at a cost. Regardless of your financial situation, this can add up. To lower costs, many families choose to split the duties of taking care of a parent among siblings. Additionally, they work to make sure that the proper tools are in place to ensure their parents are safe at home and that they have access to help, if needed. They also receive meals and can participate in social activities. There are advantages and disadvantages to living at home and living in an assisted living facility. Advantages of living at home, whether with an in-home care agency or a family caregiver, include living in the most comfortable setting for the parent and having a sense of independence and control. Feeling comfortable and independent is critical when it comes to overcoming illness and aging well. Disadvantages of aging at home include the strain caregiving can place on family members and the costs of ensuring your parents are taken care of on a hour basis. The advantages of an assisted living setting is that it offers seniors hour medical and ADL support. It also provides social opportunities through regular interaction with others. Some of the disadvantages of assisted living include having a lack of independence and privacy and the emotional distress of not being close to family. If you and your parents opt to have them age in place in their own home, you will need peace of mind. The EyeOn app can provide that. The EyeOn app can make life easier by making life safer for your loved ones.

# DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

## Chapter 5 : The Difference Between Aging In Place and Assisted Living | Life Protect 24/7

*Two new books, [The Paradox of Aging in Place in Assisted Living](#) by Jacquelyn Beth Frank and [Reinventing Care: Assisted Living in New York City](#) by David Barton Smith, seek to remedy this gap.*

Implications for Planning shows women face a number of unique risks - including longevity, aging single, lower retirement incomes, greater healthcare costs and added caregiving responsibilities - and have not planned adequately to address these concerns, leading to a significant shortfall. According to the report, women expect to live until age 85, some until age 90, and are more concerned than men about affording health care, long-term care and outliving their assets. The data suggests that women who work collaboratively with spouses, partners, financial advisors and even knowledgeable friends, report higher confidence in their retirement security. We find that those who plan for a steady stream of income, along with some flexibility for the unexpected, are best prepared for what can be an extended future. These profiles illustrate the dichotomy between their aspiration of enjoying their retirement years and their fear of not being prepared financially, emphasizing the importance of immediate action. [Click here for the video.](#) Their spouses and partners can do their part by engaging in a joint strategy that serves the interests of both parties with various retirement scenarios. They should give particular consideration to the fact that most women will outlive their spouses. American women are more likely to experience retirement alone since many never marry or are widowed or divorced. Women spend more on health care since they pay greater attention to their health and tend to have less adequate insurance. Women provide more long-term care to others parents, spouses , costing them in lost wages, Social Security benefits and pensions. The study recommends the following: **Take Charge** - Women who take responsibility for their retirement are in a better position to reduce the specific risks of being female. They should be aware of gender-longevity differences and their implications and seek, not generic, but gender-specific information and advice. **Couples should work together on information-gathering and calculations.** **Plan for Contingencies** - Have a Plan B, including calculations and details for various contingencies. **Do Your Own Math** - Calculating your needs and resources is the key to planning and saving enough assets. Make sure your income and assets will last your expected lifetime. Use gender-specific estimates and calculations. **Act Now** - The most affirmative action is timely action. Take a deep breath, consider your specific concerns and start planning with a variety of scenarios in mind. Act now, as if your later life depends on it. Now is the time to take action and to make any necessary adjustments.

# DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

## Chapter 6 : Living at Home vs. Assisted Living | Aging in Place with EyeOnEyeOn App

*The Paradox Of Aging In Place In Assisted Living - In this site is not the thesame as a answer calendar you buy in a wedding album addition or download off the web. Our more than 3, manuals and Ebooks is the.*

That epic battle, of course, is the one between choosing to age in place or to move to a senior living community. As long as your money holds out. We live in hope. Time and again, we read and agree that most people would prefer to age in place, to live out their years in the comfort of familiar surroundings, with family and friends nearby willing to offer occasional help with errands, home maintenance, meals and other routine daily activities. Surely nothing could be more natural, but people may be so attached to the familiarity and comfort of their surroundings and routines that they ignore the factors that are increasingly making their homes less than ideal. To successfully age in place, you should consider the following:

**Home Modifications** Most older homes need to be modified to make them more convenient and accessible. These modifications range from installing grab bars for toilets and tubs or installing a walk-in tub in the bathroom; replacing old doorknobs with lever handles; replacing flip light switches and elevating power outlets; installing safer, more accessible kitchen appliances; clearing away clutter and removing throw rugs; widening doorways to accommodate walkers and wheelchairs; and even installing ramps, chairlifts or an elevator.

**Home Maintenance** Aside from the modifications, all homes, and especially older homes, need constant maintenance to keep them safe and habitable. That includes everything from changing smoke alarm batteries to painting, landscaping, washing windows, vacuuming, unstopping drains and cleaning bathrooms.

**Location** Your once-friendly neighborhood has probably changed over the years in several ways. Do you still know the neighbors? Are the grocery and drug stores still convenient? Are the homes in your neighborhood increasing or decreasing in value? In fact, now that Medicaid will fund some in-home services, there is added incentive to stay put.

**Home Modifications** There are none. But, it will no doubt be smaller than your home. You will have to downsize your furniture and all your possessions. This can be extremely stressful for some people, and extremely liberating for others. There is no need to modify your kitchen because meals are usually included or available. The bathroom gets cleaned, and often the bed gets made.

**Location** Will anyone ever come to visit? Will I know anyone that lives here? You will meet new people, some of whom will become your friends and others whom you will choose to avoid. And, most importantly, you will probably find your family and friends will love visiting your new home and participating in this new chapter of your life. Which is the right choice for you or your loved one? Have you projected the costs to determine if you can afford to stay in your home? Are you leaving a neighborhood of friends for a building full of strangers? Will you miss the morning sun shining on your back patio? Have you projected the costs to determine if you can afford to move to an assisted living community? There are pluses and minuses to both aging in place and assisted living. The choice is not always black and white. But the good news is that as the aging population increases, the options are increasing, too. Advanced technologies will enable you to live and thrive longer in your home. New senior living design will make communities even more accommodating and nurturing. And, new thinking by both entrepreneurs and civic leaders will enable older people at every income level to have viable choices available that will help them live longer, healthier, more fulfilling lives. Until then, the battle rages on. May you choose your side wisely.

# DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

## Chapter 7 : Jacquelyn Beth Frank (Author of The Paradox of Aging in Place in Assisted Living)

*assisted living pdf download, the paradox of aging in place in assisted living difficult endings dying, surviving, or aging with grace, suicide, homicide, physician assisted suicide, violence (including domestic violence and gun violence), sudden.*

Thematic and narrative analyses on the meaning of aging in place are presented in this paper. Older people want choices about where and how they age in place. Aging in place related to a sense of identity both through independence and autonomy and through caring relationships and roles in the places people live. Aging in place operates in multiple interacting ways, which need to be taken into account in both policy and research. Having people remain in their homes and communities for as long as possible also avoids the costly option of institutional care and is therefore favored by policy makers, health providers, and by many older people themselves World Health Organization [WHO], Housing options also enable links to family and friends to continue. Some argue that adequate and appropriate housing should be a foundation for good community care, including health services and care support Howden-Chapman et al. Many older people, thinking about what might enable them to successfully age in place, also emphasize service provision, including health, care, and home maintenance Davey, Homes are physical but also operate on social and symbolic levels in interconnected ways. Long-term emotional attachments to environmental surroundings have also been shown to contribute to well-being in old age Rubinstein, ; Taylor, , although residential stability may not always be emotionally beneficial, such as when older people are unable to move away Aneshensel et al. As Andrews and colleagues , p. The Madrid Report emphasizes a need for governments, in partnership with civil society, to promote age-integrated communities, invest in local infrastructure and environmental design to support multigenerational multicultural communities, and to consider affordability and equity of access and choice. Initiatives such as the Global Age-Friendly City project of WHO used a participatory approach, inviting older people from 33 cities worldwide to determine the important aspects of an age-friendly city. Older people in two case study communities Stake, were invited to participate in small focus groups or interviews. Tokoroa is a rural town of about 13, Many people moved there years ago with young families and have literally aged in place; others are retiring there because of affordable housing, health services, and central location. The older population is thus growing much faster than national population aging Statistics New Zealand, GI has a high proportion of rental properties, especially public housing managed by state agency Housing New Zealand. Some convened one of their own regular meetings as a focus group such as a garden club who meet regularly. We recruited older people 44 men and 77 women who participated in 17 focus groups and 17 interviews, ranging in age from 56 to 92 years, average age Professional development workshops on facilitation were offered as part of the project, and some participant“facilitators engaged in these, others worked one-on-one with researchers to clarify ideas, and some already had extensive facilitation experience and skill. Data from focus groups and interviews were fully transcribed. Ethical approval was given by the University of Auckland Human Participants Ethics Committee, and there was extensive consultation with community groups throughout to ensure a sense of trust and safety in participation. Future research ideally would follow the implementation of these recommendations using a participatory approach Cook et al. Our inductive qualitative research approach generated rich diversity of data and views, and in distilling such richness for presentation in a paper, we are always concerned at balancing breadth and depth of analysis. Results The overarching message around aging in place was that older people wanted to have choices about their living arrangements and access to services and amenities. Indeed, they would often ask for the phrase to be repeated and wonder what it was supposed to mean. Aging in Place Linked to Sense of Attachment and Social Connection Participants in each community spoke very passionately about the places in which they lived and were keen to impress on us what extraordinary communities they are. They emphasized that they live in safe, socially vibrant active communities and saw external representations to the contrary as problematic. Even though some

## DOWNLOAD PDF THE PARADOX OF AGING IN PLACE IN ASSISTED LIVING

talked about personal experiences of crime, they dissociated these from the community itself. Common factors such as a sense of multiculturalism or friendliness were frequently discussed in connection with both communities. Some participants also expressed a strong sense of attachment to their more immediate personal neighbourhoods usually part of a street or one or two streets and homes. Many had lived in the same house for several decades and developed a strong sense of connection to both neighbors and physical spaces, such as their gardens or homes. In contrast, others expressed a sense of connection to the people in the area rather than a particular home: Because I mean, you know, anywhere in Tokoroa, you still got your friends left and - A: I mean, I would have to be quite honest, but I would not leave Tokoroa. I know a lot of people here M: And, why should I want to move? Other groups also elaborate on this theme of the importance of familiarity of a place and social connections associated with it while pragmatically assessing the pros and cons of managing changes like bereavement: You have to accept that too. What was important for you, about being in that place? Why would I want to move [elsewhere]? Why would you want to move? Focus group 1, Tokoroa Other members of this group then continue in a similar vein, stating that being near where friends are is important to them. There is some discussion about the importance of being near family versus being somewhere that is comfortable: I choose to live here because I want to live here. Typical of many of these discussions, the house is barely mentioned; attachment and connection operate at social and community levels in terms of friendships, clubs, access to resources, and familiar environments. Although attachment to a particular home is useful to people in going about their daily lives, some participants also caution that staying in one place, particularly the same house, is not necessarily a good thing: Well I think with [my husband], being in the one place it was a security for him. But he traded on it rather than looked beyond it as he deteriorated in his health. Home as a Refuge, Community as a Resource For several participants, home was seen as a kind of refuge or base from which to go out and do activities. Aging in place therefore had the practical advantage of the security and safety of home. For some, it was important to stay in their own homes as long as possible; for others, it was more about the sense of familiarity, which their homes represented: If anything goes wrong, and I have a private alarm. But to me there are no advantages in that being the only place Int: Another speaker, weighing up the pros and cons of staying put, reflects: Whereas I seem to be forever shifting and making new gardens and painting houses and extending decks and redecorating so that nothing is quite as it should be. On the other hand, material things to me are not important. For others, the familiarity is associated with the comfort and security of knowing where things are in the community and the value of social connectedness with neighbors and community members:

### Chapter 8 : The Paradox of Aging in Place in Assisted Living - Jacquelyn Beth Frank - Google Books

*Aging in place in assisted living is a paradox because people do not feel at home if they can be forced to leave their home once they become frail, but if an assisted living site accommodates older persons who become frail, it is difficult to avoid becoming an institution that looks and operates like a nursing home.*

### Chapter 9 : Aging in Place versus Assisted Living | calendrierdelascience.com

*The Paradox of Aging: The Closer to Death You Are, The Closer to Life You Are This new intelligence, often called wisdom, surfaces in older adults and is the "desirable discovery" of living longer.*