



Educational Speakers Series
**Aging Your Way: Creating an Age-Inclusive
Canada, Together**

Mapping Your Aging Journey: Five Practical Strategies for Aging in Place

March 15, 2022

What is Aging in Place?

Aging in place is a term you might hear thrown around quite a lot. But what exactly does it mean? There are different ways to think about and define aging in place, depending on who you are and what you need. For example, it can be "having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able."¹ The Canadian

Mortgage and Housing Corporation (CMHC) describes aging in place as "the ability to live in the same home or community safely, independently, and comfortably, as you age."² Essentially, aging in place acknowledges most Canadians want to age in their own homes (a whopping 91% of Canadians, according to a 2020 survey³), but some people will need different kinds of support to age the way they'd like.

Supports for Aging in Place, Your Way

Planning is key! Here are five aspects to consider when planning ahead for aging in place, drawn from and inspired by the work of Sue Lantz, author of *Options Open: The Guide for Mapping Your Best Aging Journey*.⁴

Health

Reflecting on health in the context of planning for aging in place could mean looking at your current health status and incorporating habits that will contribute to keeping you healthy, such as having a balanced diet, participating in regular exercise, and minimizing stress.

Housing

For some people, aging in place means staying in the same home, whereas for others, it could mean downsizing. Planning for your housing needs might include making alterations to your living space to make it more accessible as you age or considering alternative housing options such as a naturally occurring retirement community (NORC).⁵

Social connections

Aging in place is not only about you and where you plan on living, it's also about the people around you. How will you stay connected to your family, friends, and neighbors? For example, during the COVID-19 pandemic, digital literacy skills have been important for staying socially connected, so it may be a skill worth cultivating and upgrading.⁶

Caregiving

Your caregiving team is important because aging in place plans can be supported by knowing when to accept help from others, and offering to help others.⁷ Neighbors, friends, family members, and health authorities can be essential support networks for aging in place.



To learn more, visit
collaborativeaging.com

Resources

Thinking about resources is an opportunity to reflect on what's available to you when planning your aging in place journey. It could span your own money, tax credits for home renovations, technology to help support aging in place or free classes at your local community centre.

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Resources for Seniors

Are you planning to age in place in the Toronto area? Get to know some of the services and programs that may be available to you.



This list of community programs including contact information about senior centres, health and well-being services, housing support and more:

<https://www.toronto.ca/311/knowledgebase/kb/docs/articles/public-health/healthy-living.-healthy-communities/vulnerable-adults-seniors/vulnerable-adults-seniors/Seniors-services-community-programs-for-seniors.html>



Check out the Ontario government seniors' guide for information about tax credits, caregiving, transportation and more:

<https://www.ontario.ca/document/guide-programs-and-services-seniors>

Seniors Active Living Centres offer social, cultural, learning and recreational programs for seniors that promote health, well-being and social connections.

<https://www.ontario.ca/page/find-seniors-active-living-centre-near-you>

References

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4. Lantz, S. (2020). Options Open: The Guide For Mapping Your Best Aging Journey. Insightful Communications Publishing. <https://optionsopen.org/>
5. UHNOpenLab. (n.d.). Vertical Aging: The Future of Aging in Place in Urban Canada. <http://verticalaging.uhnopenlab.ca/>
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7. Lantz, S. (2022). Community-Led, Neighbourhood Networks. <https://collaborativeaging.com/participate/>

About CanAge

CanAge is Canada's National Seniors' Advocacy organization.

We are a non-partisan non-profit organization that educates, empowers and mobilizes people on the issues that matter most to older Canadians and their caregivers.

We work to advance the rights and well-being of Canadians as we age in order to live vibrant and connected lives.

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