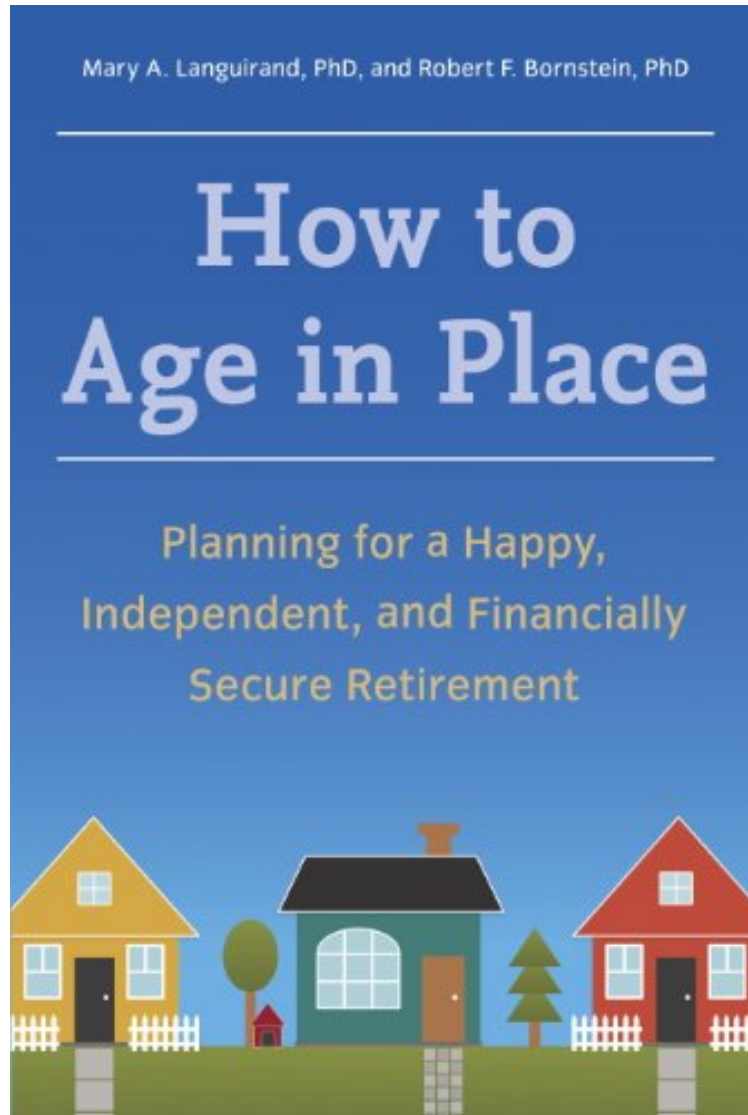


[FREE] How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement

# How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement

Mary A. Languirand Phd  
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**Mary A. Languirand Phd : How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement** before purchasing it in order to gauge whether or not it would be worth my time, and all praised How to Age in Place: Planning for a Happy, Independent, and Financially Secure Retirement:

77 of 81 people found the following review helpful. Yes, it's both a five-star and a one-star, depending on your resources. By Christopher 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. 4 of 4 people found the following review helpful. Very informative  
By Donna L. Sako 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. 16 of 17 people found the following review helpful. Mostly broad generalizations  
By Ed WAs 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.

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.

This should be required reading for anyone over fifty. Much more than just a guide to aging in place, this book provides a comprehensive roadmap for boomers eager to enjoy the best retirement possible. Written in an engaging and upbeat style, this is an incredibly informative, useful, and valuable read. — Nancy Collamer, author of *Second-Act Careers* and creator of *MyLifestyleCareer.com*  
This excellent book doesn't tell you to stubbornly stay wherever you happen to live now. Rather, it helps you see decades into the future, so you can decide where to live, why it's best for you, and how to make it happen. Highly recommended!  
— John E. Nelson, author of *What Color is Your Parachute? for Retirement*  
About the Author  
Dr. Mary A. Languirand and Dr. Robert F. Bornstein are the coauthors of *When Someone You Love Needs Nursing Home, Assisted Living, or In-Home Care*, which received the 2003 Caregiver Friendly Award from the National Association of Caregivers. They have appeared on the Discovery Channel, CNN Headline News, NPR, and have been featured in the *New York Times*, *Chicago Sun Times*, *San Francisco Chronicle*, *Atlanta Constitution*, and *Psychology Today*, among others. Learn more at [www.aging-wisely.com](http://www.aging-wisely.com). Excerpt. copy; Reprinted by permission. All rights reserved.  
What Is "Aging in Place"?  
Aging in Place is a national movement aimed at enabling older adults to remain in their own homes by making available the social support, health care, and home maintenance services that people need to live safe, happy, productive lives in the community. Aging in place may mean continuing to live where you have lived for many years, or moving to a new residence (or new locale) that maximizes your ability to live independently. Aging in place involves confronting some practical issues. If left undone, these issues can interfere with independent living:  
• Financial planning  
• Safe housing  
• Neighborhood safety and "walkability"  
• Accessibility of services (a pharmacy, for example, or nearby grocery store)  
• Proactive medical and mental health care  
• Opportunities for community, cultural, and civic engagement  
• Sustainability to ensure long-term cost effectiveness  
Beyond the practical issues, aging in place represents a philosophical shift—a social movement—which includes:  
• Developing a new vision of healthy aging—a new attitude regarding needs of people in their 70s, 80s, and 90s, and the myriad ways in which older adults can contribute to society  
• Creating innovative, efficient models of eldercare services that make aging in place economically viable for the individual and society  
As you can see, aging in place requires some planning. But arranging those services that will enable you to live independently, safely, and comfortably, and stay active and engaged throughout your retirement, will help make aging in place the "new normal."