

The Truth About Preparing Your Home For Life's Next Chapter

1 OPENING REFLECTION

If most people say they want to age in place... why do so few actually plan for it?

TRUTH #1

Sometimes Staying Put Costs You Independence.

My biggest takeaway:

Something I hadn't considered before today:

How ready is my house for my future independence?

- ☐ My home works well today.
- ☐ There are a few things that concern me.
- ☐ I already avoid parts of my home.
- ☐ I wonder whether this house can support me long-term.

TRUTH #2

The Best Time to Plan is Before You Need the Plan.

What might become difficult for me first?

- | | |
|----------|----------------------|
| Stairs | Driving |
| Bathroom | Managing medications |
| Laundry | Cooking |
| Yard | Something else? |

One modification that seems worthwhile:

One modification that probably isn't worth the cost:

SUPPORT: If something changed tomorrow...

➤ Who would help me?

➤ Who would know?

➤ Who would notice if something was wrong?



TRUTH #3

Every House Eventually Asks Something Different of You.

My tipping point:

I would begin seriously reconsidering my plan if:



MINDSET

FINISH THESE SENTENCES.

The hardest thing about leaving my home would be:

The biggest reason I want to stay is:

The thing I haven't wanted to think about is:



COMPLETE THIS SENTENCE

I probably don't need to make a major decision today.

But if _____ happened, I'd know it's time to rethink my plan.

Examples



One fall

Stairs become difficult

Driving changes

My spouse's health changes

A hospitalization

Caring for the house becomes overwhelming

Something else

You're not alone—and the best plan begins with one small step.



Ask a panelist a question.



Pick up a resource.



Schedule one conversation.



Walk through my home with fresh eyes.



Make one small change.