



11922

NJAAW Announces February Housing Series for Older Adults

Aging is not a one-size-fits-all issue – needs and preferences vary widely. But one thing is consistent: when asked, most people want to remain in their homes and/or communities as long as possible with a sense of independence and connection.

There is not one large leap from living in complete independence to assisted living. There are many steps and options along a continuum of needs, finances, preferences and opportunities.

Join NJAAW for our Housing Series, which will examine each step along this continuum. With a range of experts in the field, we will review housing needs from the perspective of the older adult and their family.

This 4-part series will be aired online Wednesdays in February at 4 p.m. ET

February 2 – Session 1: Planning and Adapting to Stay in Your Home

- Renovations at any stage of life can incorporate age-friendly designs; simple adaptations can reduce risks, support independence and allow people to choose where they live.

February 9 – Session 2: Help in the Home

- Recognizing that you need help to stay in your home is important. This session will cover how to find health aides, adult day care, when to bring in help and how to pay for it.

February 16 – Session 3: Senior Residential Options

- After breaking down stereotypes of housing options for retirees, this session will define independent vs. assisted living, skilled nursing, LTC and the range of options available.

February 23 – Session 4: Policy & Plans for New and Innovative Solutions

- Looking forward, what is on the horizon for housing in NJ? ADUs, co-housing, supportive housing? What are new plans? What is needed?

Programs are **free**; register **once** for links to all 4 sessions at njaaw.org/events.

Our thanks to:

Raise the Roof Sponsors



Build the Walls Sponsors



Lay the Foundation Sponsor

