

Aging in Place Successfully – How to Prepare

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We Need Your Support

**HEALTH CARE NEEDS HOME CARE - CAMPAIGN
to Eliminate Home Support Co-Payments for Seniors
in Budget 2027**

**Sign the Campaign letter at [Health Care Needs Home Care](#)
Goes directly to your local MLA**

Aging In Place Means

Remaining safe and comfortable in your home and community for as long as possible, as your needs and abilities change.



Statistics – Aging in Place by Numbers

84% of Canadians 65+ want to remain in their own homes.

Only 34% have discussed a plan for where and how they wish to live as they age.

Nearly 26% of those aged 65+ live alone – access to community supports is essential.

One in three Canadians 65+ experiences a fall each year.

Falls in people aged 65+ are the leading cause of injury-related hospitalizations.

48% of Canadians 65+ report at least one home-safety concern (stairs, lighting, bathroom access).

Statistics Canada, Policy Horizons Canada, Vanier Institute, Gov't of Canada, Safe Living

Why Planning Matters

- **Health, safety, and finances determine success.**
- **Planning prevents crisis decisions.**
- **Preserves control and dignity.**

Aging In Place Takes Careful Planning

**Meeting you
where you're
at today...**

- **Be Curious, Start the Conversations Early**
- **Imagine Your Team of Support**
 - **Family/Friends/Professional**
- **Your Financial Picture**
- **Assess Home Environment**
- **Health Conditions/Life expectancy**
- **Managing your House**
- **Managing Your Team**
- **Housing Alternatives**
- **End of Life – Palliative Care**

Have the Conversations

Talk openly with your family about your wishes, values, and comfort levels.

Who would help if your health declined suddenly?

What supports or home modifications would you accept?

How do you define quality of life?



Build Your Team of Support – Your Circle of Trust

**Advocates: Family,
Friends, Professionals**



Who Are Our Potential Advocates?

- **YOU**
- **Family – spouse, children, grandchildren, siblings**
- **Friends**
- **Faith**
- **Neighbours**
- **Business professionals**
- **Doctors, nurses**
- **Community services**
- **Health authority**
- **Private pay caregivers, companions, and other services**
- **Hospital**
- **Later life planner, coach, consultant, navigator**

Daily Life Management for Older Adults Requires Access to Many Resources

Home Maintenance – fixing
blinds, repairing
appliances

Shopping - Personal Care,
Clothing, Meal Delivery,
Grocery Shop Online/by
Phone

Physical Support In-Home
– Massage, OT, PT, Foot
Care

Emotional Supports –
Better at Home /Friendly
Visitors

Driver /Companion for
Medical Appointments,
Outside Social Events

Caregiver/Companions –
minimum 3 hours, 7 hours,
day shift, overnight shift,
24-hour care.

Hiring Caregivers,
Housekeepers, Scheduling
Appointments, GPs,
Specialists, Hearing Aids,
Medication Management,

Technology Resource,
Monitoring Services, Easy
entrance for Caregivers

Family/Spouse/Executive
Manager – to hire and
oversee the above.

Example of Professional Resources Available at Lower Price Points

- Vancouver Coastal Health-Subsidized or Free Basic Service
Home Care, Health Care, Palliative Care
Older Adult Mental Health and Addictions
Physiotherapist and Occupational Therapist
- Jewish Seniors Alliance
- Jewish Family Services
- Seniors First – SAIL
- Family Caregivers Association of BC
- Your local Seniors Centres & Neighbourhood Houses
- Select Pharmacy's Low-cost - Free Medication Management
Delivery and witnessed ingestion

**Isolation and
loneliness can
be as harmful to
health as
chronic illness**



Strengthen Your Social Connections

Stay in touch with family, neighbours, or faith communities.

Join local seniors' centres, stay connected to your clubs, or interest groups.

Learn how to use technology — video calls, messaging, and social media — to stay connected.



Understand Your Financial Picture

Informed choices allows you to be proactive rather than reactive.

Review your income sources, insurance, and potential benefits.

Create a budget that includes future care costs.

Consult a financial advisor or Later Lifestyle Planner who understands aging issues.



Assess Your Home Environment

Are there stairs that may become difficult to navigate?

Is the bathroom safe — grab bars, non-slip flooring, a walk-in shower?

Are entrances accessible for mobility aids or walkers?



Review Health and Support Needs

Your health and mobility will likely change over time.

Planning ahead ensures you can remain safely supported at home.



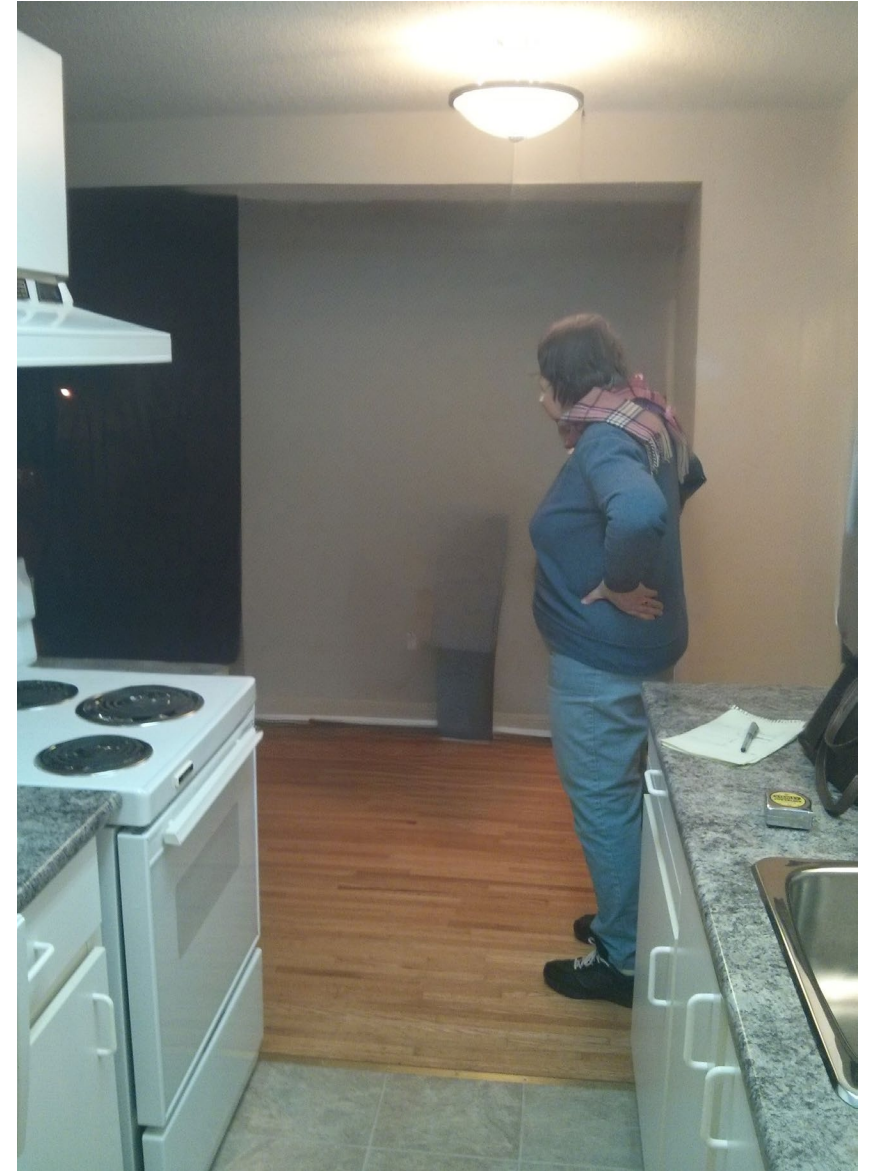
Keep an up-to-date medical file and medication list.

Identify your local home and community care resources.

Explore private home support or companion services early—before a crisis occurs.

Explore Housing Alternatives

Think of it as “**aging in the right place**” — wherever you can live safely, independently, and with dignity.



End of Life – Palliative Care at Home

**As you age in
place (at home)**

**Consider the
journey you will
have to your
end of life.**



Aging in Place is About Choice

Preparing to age in place is not about giving up independence — it's about **protecting** it.

With thoughtful planning, you can stay in control, make informed decisions, and design a lifestyle that supports your health, safety, and happiness through every decade ahead.



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