



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

*Mary A. Languirand Ph.D., Robert F. Bornstein Ph.D.*

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**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.**

Do you want to retire happily in a home you love?

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"—a burgeoning national movement that enables older adults to live independently and comfortably in a place of their own choosing.

Aging in place takes some planning and foresight—which is why clinical psychologists and aging specialists Mary Languirand and Robert Bornstein have created this indispensable guidebook to take you through every step of the process. Useful, actionable advice on financial planning enables you to set aside the resources you need, while a detailed explanation of Universal Home Design will help you hire the right contractors and modify your home to make it safe and livable for the long-term. With concrete guidance for obtaining necessary social services, transportation assistance, health care, and even home maintenance help, *How to Age in Place* teaches you to anticipate problems before they arise and plan accordingly.

Whether you're interested in a new post-retirement career, keeping your brain nimble, discovering (or rediscovering) your life's purpose, or strengthening your social network, *How to Age in Place* will help you live the good life into your 80s and beyond. It's never too late—or too early—to begin putting your plan in place.

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