Aging in Place: Making the Dream a Reality

The people of South Dakota report they would like to remain in their home and community as they age. SDSU Extension and Active Generations overwhelmingly supports this goal. As a result, we have partnered together to create this checklist to help spark a conversation between family and friends about resources in their community.

What do you like about your home? Check all that apply
☐ Location
☐ Size of community
☐ Others (please describe): ____________________________
☐ Family/Friends
☐ Amenities
☐ Access to services
☐ Memories
☐ Size of community
☐ Amenities
☐ Access to services

What is your current living situation?
☐ Living alone
☐ Living with my family
☐ Living with roommates

Do you own your home?
☐ Yes
☐ No

Does your home include any of the following accessibility features?
☐ Ramps
☐ Hand held shower
☐ Wheel chair accessible bathroom
☐ Flush door thresholds
☐ Carbon monoxide detectors for hearing impaired
☐ Others (please describe): ____________________________
☐ Wider doors/entries
☐ Bedroom on main floor
☐ Handrails on both sides of stairs
☐ Easy to operate locks
☐ Smoke detectors for hearing impaired
☐ Bathroom grab bars
☐ Laundry on main floor
☐ Lever style door knobs
☐ Good lighting

Would you like to stay in your own home?
☐ Yes
☐ No

Have you included home modifications in financial planning for retirement?
☐ Yes
☐ No

What would motivate you to move? Check all that apply
☐ Location
☐ Size of community
☐ Smaller home (downsizing)
☐ Health
☐ Others (please describe): ____________________________
☐ Family/Friends
☐ Amenities
☐ More affordable
☐ Financial strain
☐ Transportation
☐ Access to services
☐ Weather
☐ Loneliness

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Community Resources:

<table>
<thead>
<tr>
<th>Service/Resource</th>
<th>Available in Community</th>
<th>Distance to Closest Provider</th>
</tr>
</thead>
</table>
| Adult Foster Care           | ☐ Yes ☐ No             | ___________________________
| Assisted Living            | ☐ Yes ☐ No             | ___________________________
| Congregate Meal            | ☐ Yes ☐ No             | ___________________________
| Dental Clinic              | ☐ Yes ☐ No             | ___________________________
| Health Clinic              | ☐ Yes ☐ No             | ___________________________
| Home Health                | ☐ Yes ☐ No             | ___________________________
| Homemaker                  | ☐ Yes ☐ No             | ___________________________
| Hospital                   | ☐ Yes ☐ No             | ___________________________
| Hospice                    | ☐ Yes ☐ No             | ___________________________
| Meal Delivery              | ☐ Yes ☐ No             | ___________________________
| Medical/Emergency Alert    | ☐ Yes ☐ No             | ___________________________
| Mental Health              | ☐ Yes ☐ No             | ___________________________
| Nursing Home               | ☐ Yes ☐ No             | ___________________________
| Rehab Facility             | ☐ Yes ☐ No             | ___________________________
| Respite/Adult Day          | ☐ Yes ☐ No             | ___________________________
| Senior Apartments          | ☐ Yes ☐ No             | ___________________________
| Support Group              | ☐ Yes ☐ No             | ___________________________
| Transportation             | ☐ Yes ☐ No             | ___________________________
| Department of Social Services | ☐ Yes ☐ No       | ___________________________

What’s next?

- Contact local church or volunteer organization to see if they can help fill a need.
- Contact Active Generation or SDSU Extension for additional information on aging in place.
- Set up a community meeting to discuss community options for aging in place.

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