



## Aging in Community: How to Find the Right Option for You

Studies have shown that seniors benefit from so-called “aging in community” in which they receive regular support from their surroundings. This doesn’t have to come only in the form of practical tasks, like food deliveries, but also encompasses a [social aspect](#). Older persons may feel isolated when living alone, increasing the [risk of depression](#). As the benefits of community-based aging are recognized, more diverse possibilities are becoming available for older people. Find out how to find the right option for you below.

### **Diverse Housing Options to Choose From**

Getting a roommate isn’t just for college kids anymore. Sometimes nicknamed the ["Golden Girls" trend](#) after the popular television show, more and more seniors are home-sharing. This allows you to enjoy the companionship of others while maintaining independence and saving money. There is also added safety: If you should fall or experience a medical emergency, someone is there to call for help. Use platforms like [Senior Homeshares](#) to find roommates.

“Village-to-village” models are another growing trend that caters to community-driven aging and are even endorsed by the [World Health Organization](#). These social initiatives foster a senior-friendly atmosphere by helping their older members with regular support and services. This could include practicalities such as delivering food and conducting home visits to ensure residents are healthy. The social element is also emphasized as villages host events, from barbecues to bingo nights.

### **Senior-Friendly Renovations to Implement**

Whether you are aging in place with a spouse, partner, or platonic peer, make sure your space is safe for all residents. Even if you are all feeling fit now, keep your future mobility needs in mind when assessing housing options. For instance, research has shown that adults who embrace "[one-floor living](#)" are less likely to require a change of residence as they age. If you are looking to move houses, getting a single-story home is wise.

When it comes to the kitchen, you could, for example, lower countertops to accommodate persons who require wheelchairs (also make sure doorways are wide enough to accommodate these mobility devices). Moving the sink close to the stove means less lugging around heavy pots full of water. Pull-out pantries are also great, minimizing the need to reach up to high shelves. Adding extra seating in the kitchen is helpful if you enjoy cooking and baking but don't want to stay on your feet constantly.

The bathroom is another important room to consider. Slippery wet floors make this a high-risk room for falls. A walk-in shower stall with seat is ideal because it doesn't require climbing over a high tub ledge. Since standing up gets tougher with age, a [raised toilet seat](#) with grab bars is also a wonderful convenience. The experts at Angie's List has more [handy ideas](#), such as installing lever sink handles — which are much easier to grab than knobs — and non-slip shower mats to help avoid accidents.

### **Non-Practical Characteristics to Consider**

Finally, look beyond the practical and think about the "whipped cream" aspects: What are those "extras" that will make your aging-in-community experience go from good to great? Do you want to take part in group exercises courses? Is it important to keep a pet in your home? Are there certain hobbies like baking you'd love to enjoy in the company of others?

Addressing these aspects allows you to create a living situation that you truly love. Combine this with the practical elements described above and you will be well on your way to defining the perfect aging-in-community situation to suit your needs. Each person's wishes are unique, however, but with the [world's population aging](#) at a faster rate, more options are now available than ever before. It's up to you to craft your future.

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