



# **AGING IN PLACE WORKSHOP TEMPLATE POWERPOINT**





# **A FEW TIPS AND TRICKS**

## ***(FOR THOSE UNFAMILIAR WITH POWERPOINT)***



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Paste Cut Copy Format Painter New Slide Section Slides

Font Paragraph Drawing Editing

1 AGING IN PLACE WORKSHOP  
TEMPLATE POWERPOINT

2 A FEW TIPS AND TRICKS  
(FOR THOSE UNFAMILIAR WITH POWERPOINT)

3 ACCESSING THE SCRIPT  
(LOOK DOWN)

4 Planning for Aging In Place  
Your Home, Your Community, Your Choice

5 Welcome  
Housekeeping  
Agenda for Today  
Let's Get Started

6 15 minutes Welcome & Introductions  
Workshop (1st half)  
25 • Housing Chapter  
25 • Health & Wellness Chapter  
5 Break  
30 • Personal Finance Chapter  
20 • Transportation Chapter

TO VIEW THE NOTES, OR EDIT  
YOUR SLIDES, MAKE SURE THE  
SLIDE SHOW IS IN “NORMAL”  
MODE:

There is a notes section for each slide. We have provided a short bit of narrative for each one that you can use or modify.

In general, it is better to familiarize yourself with the content rather than read aloud to your participants. A conversation is much more engaging than a recitation.

Slide 3 of 29

Notes Comments

100%



File Home Insert Design Transitions Animations Slide Show Review View ACROBAT Tell me what you want to do...

Clipboard Paste Cut Copy Format Painter Slides New Slide Layout Reset Section Font Paragraph Drawing Editing Find Replace Select

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# CLICK THE "SLIDE SHOW" BUTTON WHEN YOU WANT TO TRANSITION TO FULL SCREEN PRESENTATION MODE:

There is a notes section for each slide. We have provided a short bit of narrative for each one that you can use or modify.

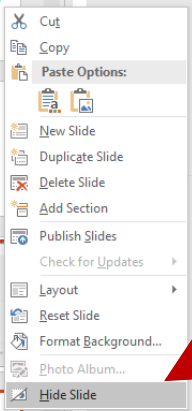
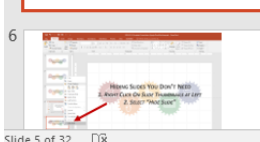
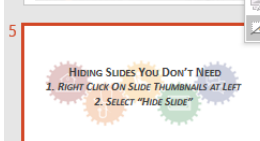
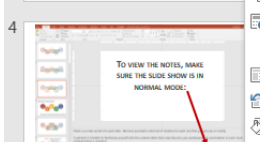
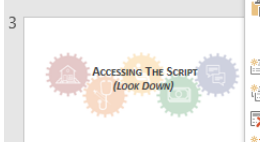
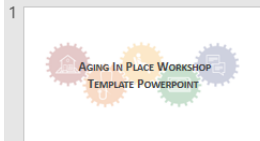
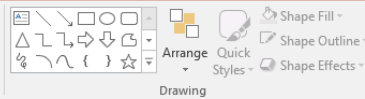
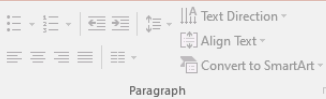
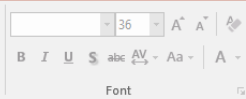
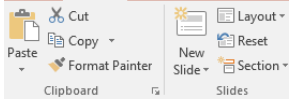
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Slide 3 of 29

Notes Comments

100%





**HIDING SLIDES YOU DON'T NEED**  
**1. RIGHT CLICK ON SLIDE THUMBNAILS AT LEFT**  
**2. SELECT "HIDE SLIDE"**

Click to add notes



# Planning for Aging In Place



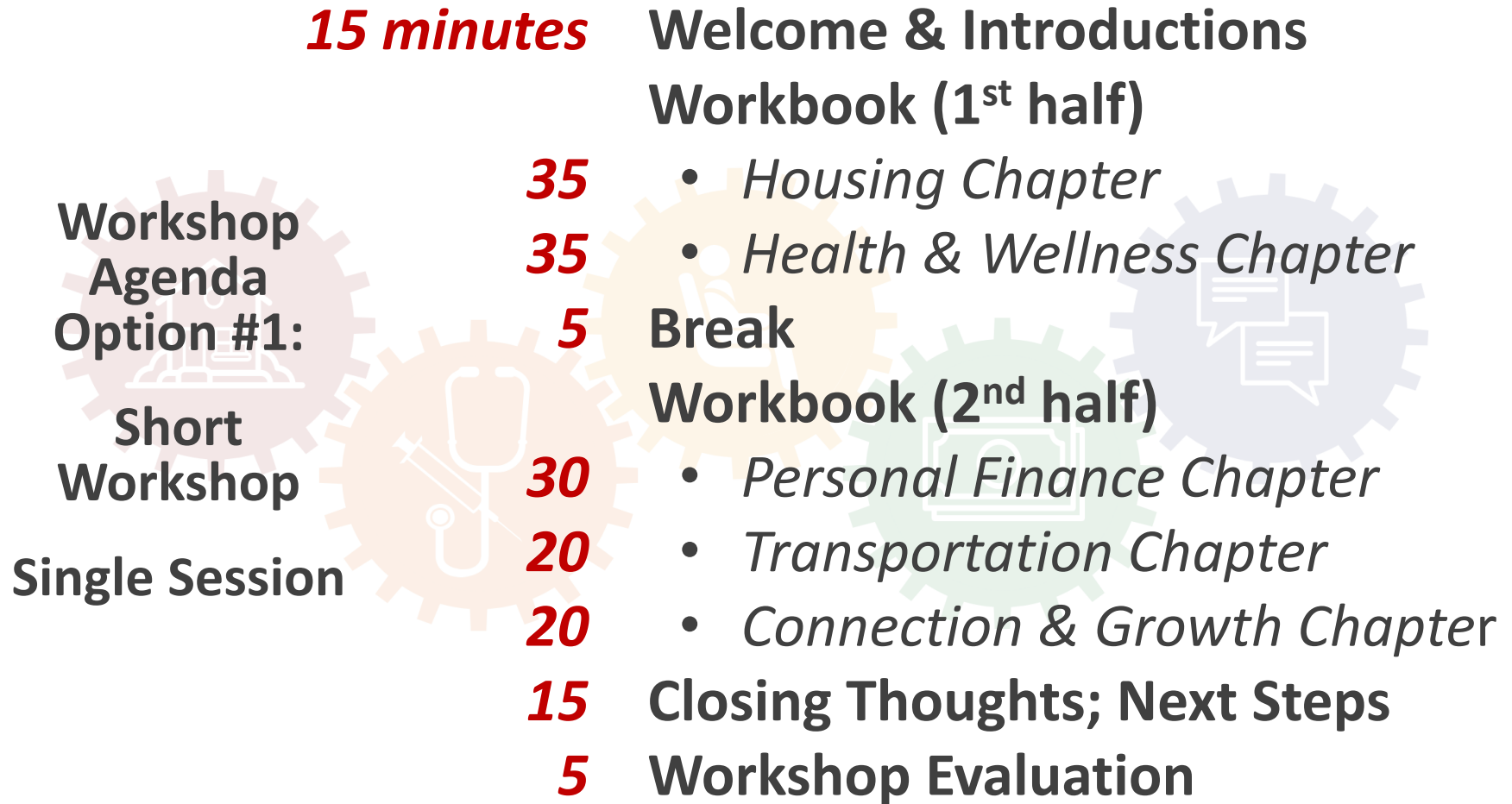
**Your Home, Your Community, Your Choice**





# **Welcome Housekeeping Agenda for Today Let's Get Started**





<b>15 minutes</b>	<b>Welcome &amp; Introductions</b>
	<b>Workbook (1<sup>st</sup> half)</b>
	<ul style="list-style-type: none"> <li>• <i>Housing Chapter</i></li> </ul>
<b>Workshop Agenda</b>	<ul style="list-style-type: none"> <li>• <i>Health &amp; Wellness Chapter</i></li> </ul>
<b>Option #1:</b>	<b>Break</b>
<b>Short Workshop</b>	<b>Workbook (2<sup>nd</sup> half)</b>
	<ul style="list-style-type: none"> <li>• <i>Personal Finance Chapter</i></li> </ul>
	<ul style="list-style-type: none"> <li>• <i>Transportation Chapter</i></li> </ul>
<b>Single Session</b>	<ul style="list-style-type: none"> <li>• <i>Connection &amp; Growth Chapter</i></li> </ul>
	<b>Closing Thoughts; Next Steps</b>
	<b>Workshop Evaluation</b>



**15 minutes**

**Welcome & Introductions**

**Workbook (1<sup>st</sup> half)**

- *Housing Chapter*
- *Health & Wellness Chapter*

**Break**

**Group Discussion**

- *Questions; Day One Insights*
- *Closing Thoughts; Next Steps*

**Workshop  
Agenda  
Option #2:**

**Two Half-Day  
Sessions**

**Day 1 of 2**

**65**

**65**

**5**

**20**

**5**



***5 minutes***

## **Agenda Review – Day 2 Workbook (2<sup>nd</sup> half)**

**Workshop  
Agenda  
Option #2:**

***50***

***5***

***40***

***40***

**Two Half-Day  
Sessions**

**Day 2 of 2**

***20***

***15***

***5***

- *Personal Finance Chapter*

### **Break**

- *Transportation Chapter*

- *Connection & Growth Chapter*

### **Group Discussion**

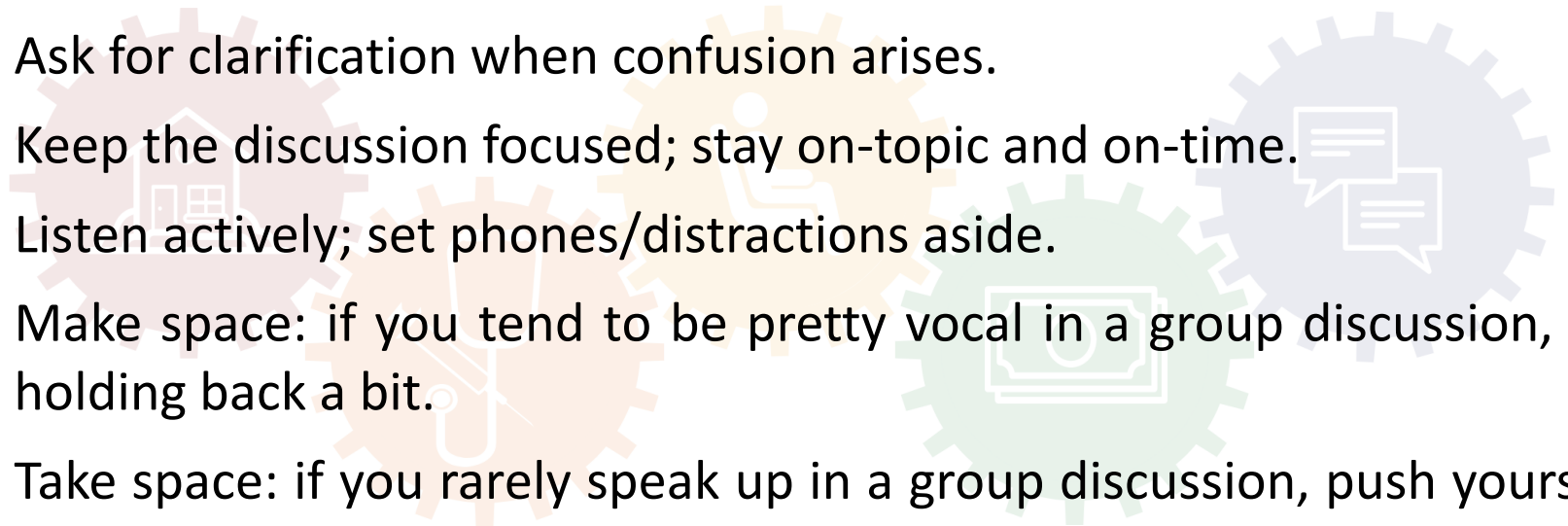
- *Questions; Day Two Insights*

- *Closing Thoughts; Next Steps*

- *Workshop Evaluation*



## ***Suggested Group Agreements:***

- Be willing to support the overall purpose, goals and process of the workshop.
  - Ask for clarification when confusion arises.
  - Keep the discussion focused; stay on-topic and on-time.
  - Listen actively; set phones/distractions aside.
  - Make space: if you tend to be pretty vocal in a group discussion, try holding back a bit.
  - Take space: if you rarely speak up in a group discussion, push yourself to join in a bit more.
  - People may share personal stories in this setting; these should not be shared with others outside the group (without permission).
- 





**Let's Begin!**



# HOUSING

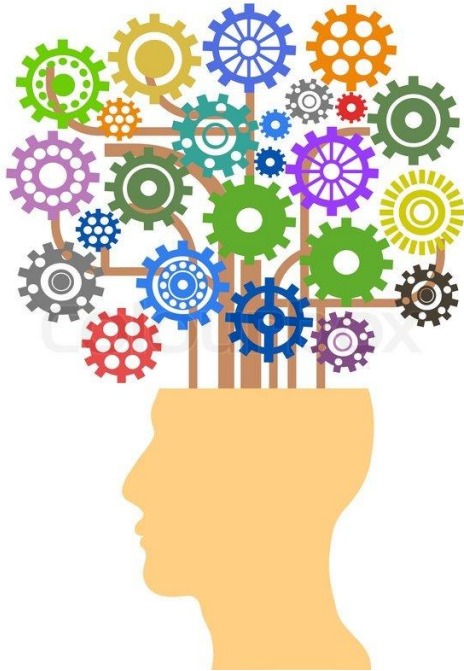


***WILL YOU BE COMFORTABLE AND SAFE IN YOUR HOME?***



# Planning for Aging In Place

## Key Point #1: Think about what you really want.



- Stay in your current home?
- Move to a home with less maintenance or different location?
- Live in a different housing type?

**Housing**





# Planning for Aging In Place

## Key Point #2: Be proactive & identify resources.



- What are your challenges & your capacity to maintain your home?
- Can a surviving spouse/partner maintain the home?
- What resources are available to help?

**Housing**





# Planning for Aging In Place

## Key Point #3: Evaluate accessibility & fall prevention – know your limits.

- Falls = #1 cause of home injury.
- Many falls due to factors around the home that can be easily changed.
- Consider housing accessibility BEFORE mobility becomes limited or traumatic event creates a mobility crisis.



Housing





# Planning for Aging In Place

**Key Point #1: Think about what you really want.**

**Key Point #2: Be proactive & identify resources.**

**Key Point #3: Evaluate accessibility & fall hazards – know your limits.**



**Housing**





# HEALTH & WELLNESS



***WILL YOU BE ABLE TO ADDRESS YOUR HEALTH NEEDS?***



# Planning for Aging In Place

**Key Point #1: Make wellness a priority.**

Living independently is highly correlated with one's physical wellness.



**Health & Wellness**





# Planning for Aging In Place

**Key Point #2: Understand resources available to you.**



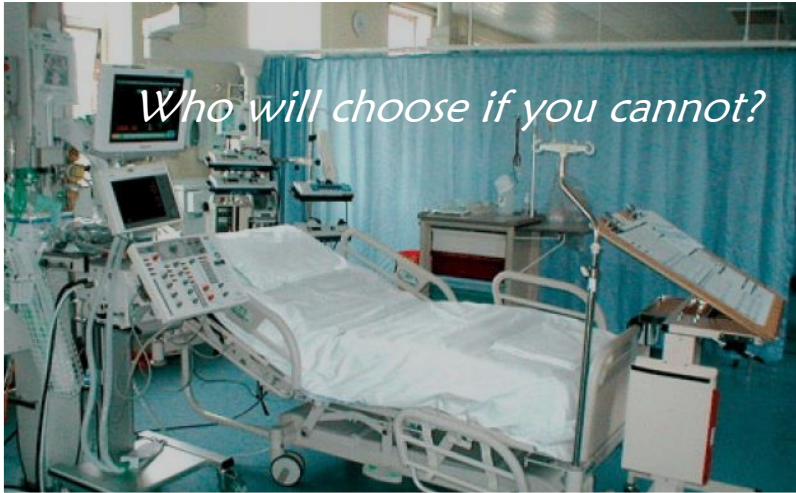
**Health & Wellness**





# Planning for Aging In Place

**Key Point #3: Make your wishes known.**



**Health & Wellness**





# Planning for Aging In Place

**Key Point #1: Make wellness a priority.**

**Key Point #2: Understand resources available to you.**

**Key Point #3: Make your wishes known.**



**Health & Wellness**





# TRANSPORTATION



***WILL YOU BE ABLE TO GET WHERE YOU NEED TO GO  
SAFELY AND AFFORDABLY?***



# Planning for Aging In Place

**Key Point #1: Safe driving is about abilities, not age.**



**Transportation**





# Planning for Aging In Place

**Key Point #2: Focus on getting where you need to go.**



**Transportation**





# Planning for Aging In Place

## Key Point #3: Develop a plan.



**Transportation**





# Planning for Aging In Place

**Key Point #1: Safe driving is about abilities, not age.**

**Key Point #2: Focus on getting where you need to go.**

**Key Point #3: Develop a plan.**



**Transportation**





# PERSONAL FINANCE



***WILL YOU HAVE SUFFICIENT FINANCIAL RESOURCES?***



# Planning for Aging In Place

**Key Point #1: Develop a clear picture of your post-retirement finances.**



## **Anticipated Expenses:**

Travel, mortgage, health insurance...



## **Unanticipated Expenses:**

Home repair, medical emergency...

# Personal Finance





# Planning for Aging In Place

Key Point #2: Get advice.



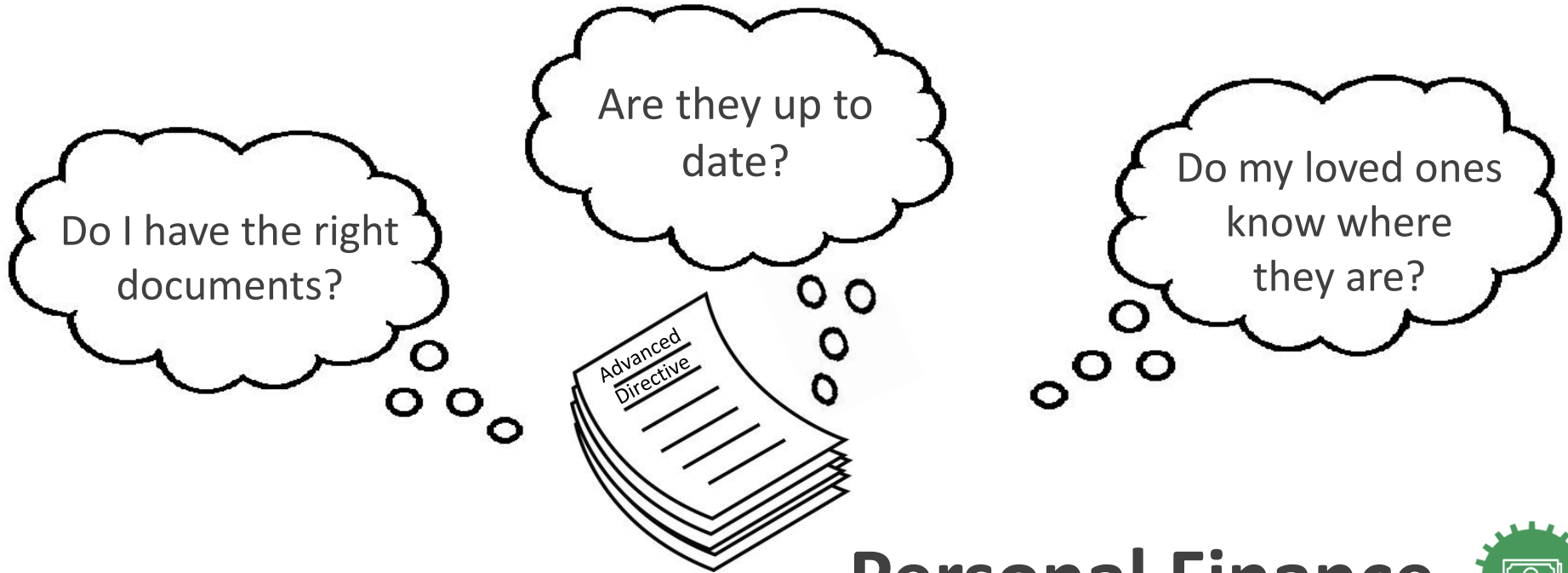
Personal Finance





# Planning for Aging In Place

**Key Point #3: Create and share key documents.**



**Personal Finance**





# Planning for Aging In Place

**Key Point #1: Develop a clear picture of your post-retirement finances.**

**Key Point #2: Get advice.**

**Key Point #3: Create and share key documents.**



**Personal Finance**





# CONNECTION & GROWTH



***WILL YOU HAVE SOCIAL AND CULTURAL OPPORTUNITIES  
THAT ENRICH YOUR LIFE?***



# Planning for Aging In Place

**Key Point #1: See the whole wellness picture**



**Connection & Growth**





# Planning for Aging In Place

## Key Point #2: Be Aware of Risk Factors for Isolation



- Living alone
- Mobility or sensory impairment
- Major life transitions or losses

**Connection & Growth**





# Planning for Aging In Place

## Key Point #3: Build and Diversify your Social Resources



Your Social Network is...

- A Source of Companionship
- A Source of Joy
- A Source of Emotional Support
- A Source of Information
- A Resource for Help

## Connection & Growth





# Planning for Aging In Place

**Key Point #1: See the whole wellness picture.**

**Key Point #2: Be aware of the risk factors for social isolation.**

**Key Point #3: Build and diversify your social resources.**



## Connection & Growth







# **Closing Thoughts Next Steps**



# Planning for Aging In Place



**Your Home, Your Community, Your Choice**