

Mary A. Languirand, PhD, and Robert F. Bornstein, PhD

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# How to Age in Place

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Planning for a Happy,  
Independent, and Financially  
Secure Retirement



Mary A. Languirand Ph.D.

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



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and post-retirement work. don't want to rely on assisted living or nursing home care--which allows seniors to spend their later years living comfortably, independently, and within their own house or community. How exactly to Age in Place d prefer to spend their retirement years. That is why increasing numbers of people are choosing to “ making your home physically secure;” In this empowering and essential book, clinical psychologists and aging specialists Mary Languirand and Robert Bornstein teach readers how, with planning and foresight, they can age with dignity and comfort and ease instead of their own choosing. For an incredible number of Americans, surviving in a nursing home or assisted living service isn't how they'presents useful, actionable assistance on financial planning;age in place. getting around; obtaining necessary solutions;is usually both a practical roadmap and inspirational guide for the millions of seniors who want to make their own decisions and age well.The first authoritative and comprehensive guide to "aging set up"--a burgeoning movement for those who A necessary source for seniors, their adult children, and eldercare experts, How to Age in Place keeping a healthy mind, body, and spirit;



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And learning is among the best actions you can take in retirement. Although i've started reading books about retirement, this is my first "Aging in Place" book. I borrowed it from the library, and after reading it I just placed an order thru Amazon. It'll save plenty of pain, heartache, money, and amount of time in the long run. Very informative I am already retired for several years but I continue steadily to research to find out more about retirement.g.. The pointed testimonials that pan this book because of these monetary constraints are correct, as far as they proceed. Aging in place is really the first "how to" for those of us who are vacationing or heading toward the elder years.Also concur that hardly any information is given in Long-Term Care (LTC) insurance, odd since most LTC benefits go toward in-home care that certain would think consistent with aging set up. Although somewhat off-subject in this review, I recommend "Long-Term Care, How exactly to Plan & Finally helpful information Book for successful aging! For example, taking advantage of its advice requires considerable money at least until society advances to the stage where several of its assumptions are widely met (e. Five Stars Haven't read it yet, but appears informative and delivery was quick. Regardless, at any age group or stage you will find something new to find out.Yes, it's both a five-star and a one-star, depending on your resouces. Mostly broad generalizations As most seminars are on this subject, this reserve uses very wide brush strokes. Probably I browse it to late in life and knew most of the subject already. A fairly important book for all of us to read as we prepare to finish building the house we hope to live in for the rest of our lives. Although not new material useful in considering ones needs. Pay for It" from NOLO press, which includes the best discussion of LTC insurance that There is to date. Perfect book for all those contemplating the senior years whether retiring or not. But since the wife and I are thinking about relocating, and social protection is a relatively small part of our resources, most of the topics are certainly well worth re-reading and considering when considering houses/neighborhoods/etc. We have so much to provide and yet aren't sure how to use our lifestyle worth of skill and encounter. I am recommending this book to those of us who use elders and seniors as well to greatly help them navigate the brand new territory of Ageing in Place. Complete Information Excellent overview of information for people before and following retirement. I gave it to my more youthful sister to help her Age set up. This book includes a lot of great info which happily I already have done with success. Boring tedious -- gave to Good Will. . "Universal Home Design", walkable neighborhoods, affordable casing).. cover an array of topics but does a nice job of hitting important stuff and sharing resources The book tries to cover a wide range of topics but does a good job of hitting important stuff and sharing resources. It has really made us think about planning ahead. I recommend this book for people in their mid 40's who've no idea what's arriving. It has actually made us think about planning ahead. Not that we have to build ourselves a home that's fit for 90-year-olds ... but hopefully making it easy enough to retrofit in order that we can leave this place ft first and not have to ever grace the halls of a nursing house. Great discussions and suggestions. However, it isn't a great book for general audiences. An excellent place to start the subject. A good place to begin the subject General thorough and comprehensive. good info interesting Four Stars Lots of good advice and points to consider before retiring.



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