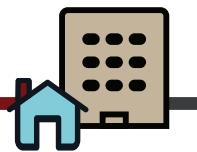


Older Adult Housing Needs Worksheet

PA CareKit



As peoples' health changes, their needs for housing may also change.

Some people may need to consider moving to a new home or a different community. Use this worksheet to guide the conversation about housing with the person you are caring for. The questions will help you evaluate the best housing option based on their individual needs, preferences, and resources.

Housing Options

Aging in Community: remaining in your home or neighborhood while receiving social, medical, and support services through community networks.

- Remaining in your current home: modifying and adapting your home to allow safe living
- Downsizing to a new home: moving to a safer and more manageable home while still remaining in familiar surroundings.
- Moving in with family or friends: sharing a living arrangement in a loved one's home.
- Moving into an accessory dwelling unit (ADU): moving to a safer and more manageable home with a close proximity to family. An ADU secondary housing unit located on the same lot as a primary residence.

Independent Living Facility: a housing community for older adults who do not need help with daily activities. Independent living facilities typically offer amenities like transportation, meal plans, social opportunities, and community security.

Personal Care Facility: a residential setting that helps with daily living activities, such as bathing, dressing, medication management, and meals, but does not provide higher levels of medical or skilled nursing care.

Assisted Living Facility: a residential setting similar to a personal care facility but provides some higher levels of medical care.

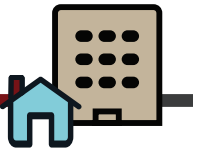
Skilled Nursing Facility: a residential setting that provides 24/7 nursing care and rehabilitation services for those with more intense medical needs that require constant supervision and care.

Notes: _____

Remaining in Your Current Home

1. Do you feel safe and comfortable living here?
2. Are there any parts of the house that feel difficult to move around in or unsafe?
3. Do you have family, friends, or neighbors nearby who can help us when needed?
4. Would changes like adding ramps, grab bars, or a stair lift make it easier to stay here?
5. Are the costs of home maintenance, utilities, and property taxes manageable?
6. If we arranged for services like meal delivery or a home health aide, would that help you stay in your home?

[illegible]



Downsizing to a New Home

1. Would living in a smaller home, condo, or apartment make things easier for you?
2. If you moved to a smaller place, would that help free up money for other needs?
3. Do you think a different home might be a better fit for your mobility or accessibility needs?
4. Would you want to be closer to me, other family, friends, or healthcare providers?

Moving in With Family or Friends

1. Would living with me, other family or friends be a comfortable option for you?
2. How do you feel about sharing a home with others?
3. If you moved in, would you be able to help with household expenses or chores?
4. What kind of support would you need from others in this arrangement?
5. Would you feel comfortable talking with everyone about expectations, boundaries and responsibilities as part of the living arrangement?

Notes: _____

Moving into an Accessory Dwelling Unit (ADU)

1. Is there already an ADU on the property, or would one need to be built?
2. If an ADU needs to be built, are the necessary permits and approvals in place?
3. What tasks and assistance will you require from others?
4. Would you feel comfortable talking with everyone about expectations, boundaries and responsibilities as part of the living arrangement?

Moving to an Independent Living, Assisted Living, or Skilled Nursing Facility

1. What level of care do you need now, and how might that change in the future?
2. What services and amenities would be important to you in a new place?
3. Would this option be affordable? Are there financial assistance programs that might help?
4. Is the location convenient for family and friends to visit?
5. Have you looked into the facility's reputation and quality of care?

Notes: _____
