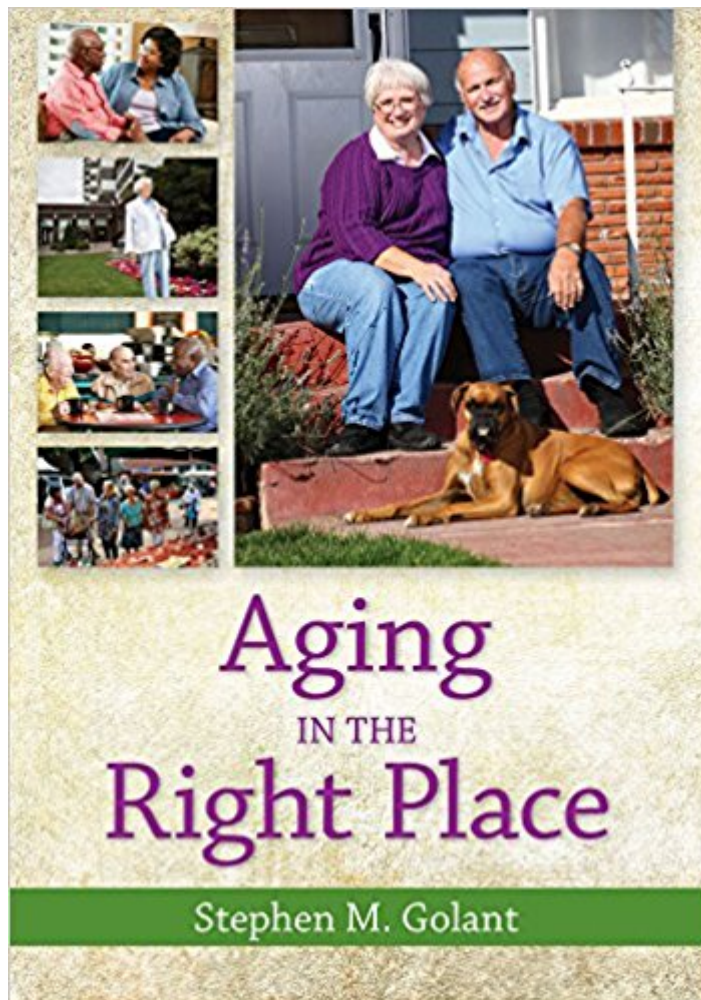


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# Aging In The Right Place



## Synopsis

Aging in the Right Place highlights the profound influence of where older people live and receive long-term care on their ability to age successfully. It explores the many pathways to thriving in old age, ranging from aging in place (staying put) in their current homes to moving to housing and care settings especially tailored to match their lifestyles and vulnerabilities. The book argues that older persons in poor health, with disabilities, or unfavorable demographics are not precluded from aging successfully, if they make the right living choices. Expansive in its coverage, Aging in the Right Place examines the current role of family assistance, private sector housing and care initiatives, and government programs along with the potential of smart home technologies and innovative planning and long-term care solutions. Yet the book tries to cut through the marketing hype of all these aging in place and moving options--older people often must settle for the least imperfect places to live. They are offered solutions that are poorly implemented or do not respond to the totality of their unmet needs. To understand whether older people feel they are living in the right places, the book presents a helpful model that assesses their residential normalcy, that is, whether they live in comfortable places where they feel competent and in control. "For in the end, it is older people who must take charge of their lives to maximize their happiness, and the places they live and receive care can make their quest easier." Book should be of interest to a broad readership--experts, providers, administrators, older people, and their family caregivers.

## Book Information

Paperback: 416 pages

Publisher: Health Professions Press; This book analyzes how residential environments influence the physical and psychological well-being of older adults, often determining their quality of life and successful aging. It provides a comprehensive analysis of the complex factors that influence the present and future types of living arrangements among which seniors can choose. Stephen Golant, a widely recognized authority on the subject, focuses particularly on the oft-neglected aspect of older adults' emotional, subjective experiences of home--how their unique memories and associations with their homes, belongings, and closeness to friends and neighbors substantially influence their residential choice. The book contrasts the desire for comfort in a home environment with the mastery that comes from feeling competent and in control in the face of age-related losses due to poor health, restricted mobility, and reduced social supports. The book introduces an innovative concept called "residential normalcy" to use in evaluating how well seniors' residential options fit their needs and preferences. The book takes a hard look at the pros and cons of the

popular trend of "aging in place." It considers the efficacy of personal (e.g., family) and community-based services in supporting elders to age in place, the practicalities of new technologies, and the impact of economics and policymaking on individual choices. It contrasts these with the continuing emergence of more customized elder care settings, including assisted living, continuing care retirement communities (CCRCs), and co-housing, as alternative living environments for frail elders. edition (February 2, 2015)

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## Customer Reviews

"A much-needed resource for a world in which 'global aging' may be the seminal event of the 21st century." --Andrew Carle, Founding Director, Program in Senior Housing Administration, George Mason University  
"Provides deep knowledge about the great variety of places in which elders can thrive no matter their limitations." --David J. Ekerdt, Ph.D., Director, Gerontology Center, Professor of Sociology, University of Kansas  
"The most important, beautifully conceived, and well-written book on housing and residential alternatives for elderly populations written to date. It should be required reading for all researchers, students, applied professionals, community planners, and policy makers concerned with improving the quality of life of elders." --Rick J. Scheidt, Ph.D., Professor, School of Family Studies and Human Services, Kansas State University

EXCERPT FROM THE PREFACE OF AGING IN THE RIGHT PLACE  
PREFACE  
What makes us happy in old age? Throughout my academic career, I believed that studying the personalities or demographics (e.g., their financial means, race, ethnicity, marital status, or gender) of older people offered only an incomplete explanation. Nor did full understanding result from focusing on the declines in their physical and mental prowess. Although important factors, there was another body

of knowledge to tap. I had to know how the residential and care settings occupied and used by older people impacted their physical and mental well-being. Did their homes, neighborhoods, and communities or their tailor-made senior housing alternatives and long-term services and supports offer them opportunities to more fully enjoy their lives, feel better about themselves, and enable them to access quality assistance to cope with their aging bodies? What were the upsides and downsides of these options? How did where they live matter for their happiness? I also recognized that although academics and professionals must assess the quality of older people's residential and care environments, their detached and scientific judgments were not enough. We had to get into the heads of older people to get a full appreciation of whether their places of residence influenced their well-being. This was the impetus for my theoretical model showing that when older people find their right places to live, they have achieved residential normalcy. This happens in, Places where they experience overall pleasurable, hassle-free, and memorable feelings that have relevance to them; and where they feel both competent and in control--that is, they do not have to behave in personally objectionable ways or to unduly surrender mastery of their lives or environments to others. However, arguing that aging successfully depends on where older people live is not an easy sell. Older Americans devote an incredible amount of time and money to become prettier, stronger, and healthier. They spend far less energy selecting their future housing and care solutions, deliberations that would make for a happier old age. In earlier stages in life, it is different. In response to changes in their circumstances, younger Americans usually move to other places. Not so, older people, who despite some potentially tumultuous events, such as retirement, widowhood, poor health, mobility declines, and changes in their financial status, usually stay put or age in place in their currently occupied residences. Even significant changes in the social and physical fabric of their dwellings, neighborhoods, and communities do not necessarily prompt them to change addresses. Rather, strong magnetic forces keep them in their familiar environs, even as a paucity of destination alternatives offers them few moving incentives. An unfortunate consequence is that older people often occupy incongruous living situations. Their dwellings seem frustratingly and even dangerously too large, poorly designed, difficult to maintain, out of date, or too expensive to occupy; their once attractive neighborhoods change for the worse as valued friends move away or sadly die and those familiar stores and restaurants close; the leisure opportunities seem to target the young; their groceries and doctors become difficult to reach; and help is not available to perform once taken for granted self-care tasks, such as bathing, dressing, or just getting around. Residential normalcy is again possible, however. When older people experience discord in their lives, they do not have to fold their cards. Rather, they can take proactive steps to alleviate or

eliminate the unpleasant or offensive aspects of their residential or care arrangements--they become agents of change. The human development literature repeatedly tells us that constructive responses to adversity are the hallmark of aging successfully. Much of this book focuses on how stakeholders from all sectors of American society influence whether older people successfully cope with their housing and care deficiencies. Indeed, they stand to benefit the most from reading this book, because their fortunes depend on knowing their consumers. They include a diverse array of health care and long-term care providers--professionals such as case managers, nurses, and occupational therapists, but also in-the-trenches home care workers. They also encompass a fast growing group of vendors who are responsible for the home modifications, repairs, assistive devices, and smart home technologies that older people introduce into their dwellings to make them safer, more accessible, and easier to monitor. On this list are also for-profit and nonprofit groups responsible for funding, creating, marketing, and managing an increasingly diverse array of senior housing options and age-friendly community initiatives. And it includes administrators in the public sector charged with the critical role of providing these housing and service solutions to those elders who cannot afford the private sector options. Most importantly, this book will be appreciated by the pre-eminent caregivers of our older population, namely the families responsible for enabling their loved ones to stay in their homes and who advocate for their well-being when they occupy options, such as assisted living developments. Benefiting from this book will also be senior undergraduate and graduate students who seek a comprehensive overview of the residential and long-term care challenges faced by older adults and why they choose some solutions over others. If we can put this topic on our university and professional school curriculums, perhaps our future generation of stakeholders will be better prepared to offer older Americans housing and care options that they find more appealing and effective. For in the end, it is older people who must take charge of their lives to maximize their happiness and the places they live and receive care can make their quest easier.

Appropriate for the intended purpose.

There is no shortage of books on aging in place but none can hold a candle to *Aging in the Right Place*. What makes this a very significant book is the emphasis of aging in the RIGHT PLACE, it does make a major difference. The book covers all the option for where a senior might retire and what the plus and minuses are going to be. The price reflects the value of the information. This is a well researched book, thus giving in-depth analysis of each option.

An incredibly helpful book that goes much deeper than the usual "self help" books. I finished it feeling that I had a much fuller understanding of the living options available to my boomer parents. Even though the author has a PhD and is clearly an expert in his field, his writing is lucid and easy to follow. For those who are planning for their own future or for the care and needs of their loved ones, I cannot recommend this book strongly enough.

A very comprehensive, in depth analysis of senior housing alternatives. Was very easy to read and understand the complex issues on aging. A must read for anyone making housing and care decisions for their golden years.

For those interested in the mobility of senior citizens and Baby Boomers, this book is a must read.

This book is of high interest to me as an aging boomer who faces the issues addressed but am not willing to pay text book price to purchase.

Well hmm . . . was thinking I should purchase this book because it is right in my wheelhouse. I guess if the book is viewed as a text book it is a bargain, but I just can't imagine it will receive widespread readership being priced at half at 5 sawbucks.

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