

AGING: Everyone's Doing It!

THRIVING AT HOME AS WE AGE



Creating Change Together



**SUCCESSFULLY
AGING AND LIVING
IN SAN ANTONIO**

An Initiative of the San Antonio Area Foundation
John L. Santikos Charitable Foundation

BY THE NUMBERS:

40+

Organizations

100+

People

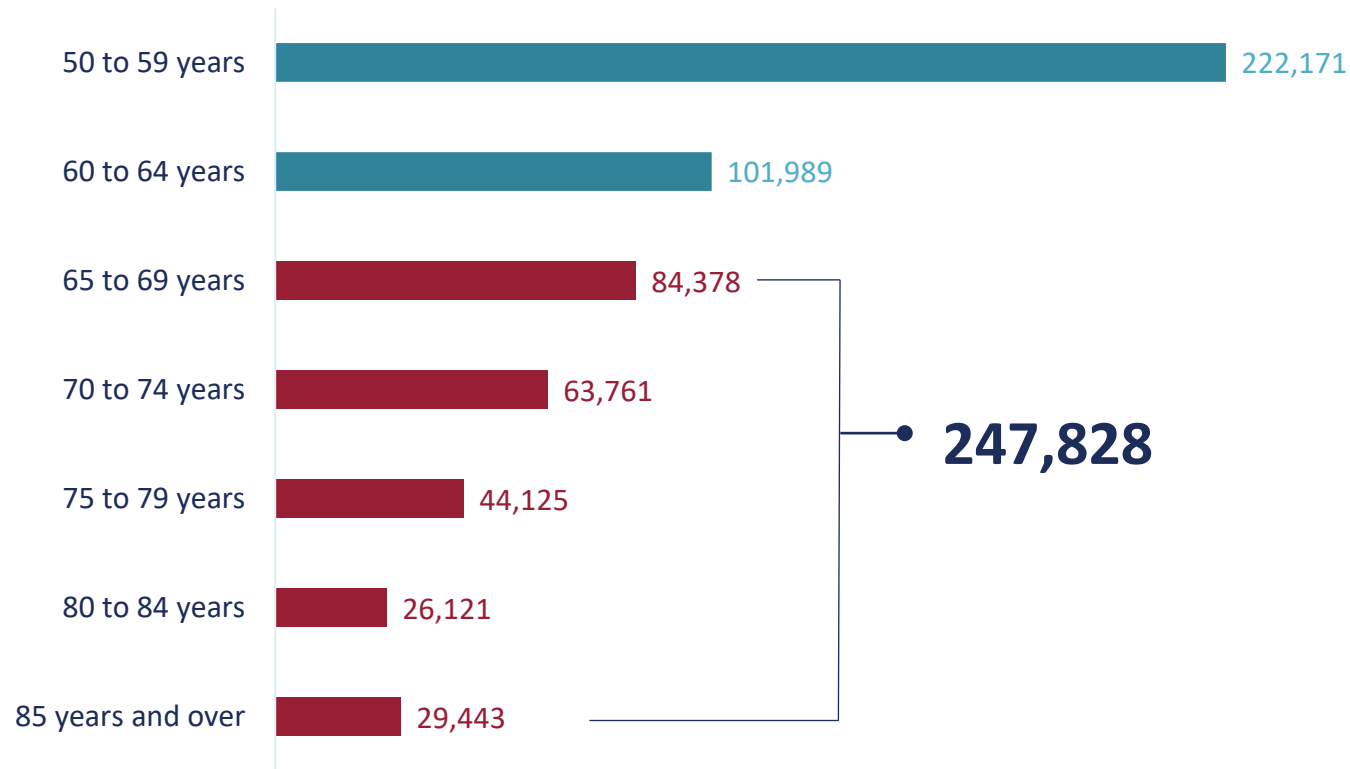
Today's Objectives

- Understand trends in aging
- Create a plan to live where you want to live
- Learn about resources to help successfully thrive at home



San Antonio's Aging Community

Population Age 65+



2019 American Community Survey



91,827

Adults 65 or older live with a disability

21.3%

of adults 65 or older worked full or part time in the past 12 months



Castle Hills Demographics



4,470

Population



23.6%

Older Adults



37.8%

Residents with
Disabilities

CHAT QUESTION

What percentage of older adults live in nursing homes in the United States?

4.5%

TERMS

Aging in Community

Encourages a proactive strategy to create supportive neighborhoods networks.

Aging in Place

The ability to live in your own home and community safely and comfortably, regardless of age, income, or ability level.

Plan Ahead Now

Home Modifications

- Common updates
- Embracing technology

Stay Connected

- Digital options
- Staying socially active

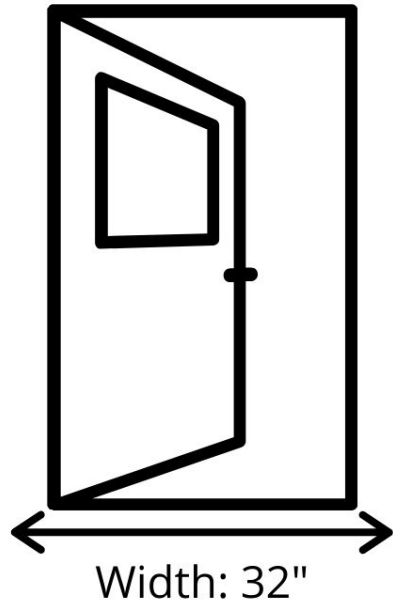
Getting Around

- Transportation Plan
- Walk-Ability

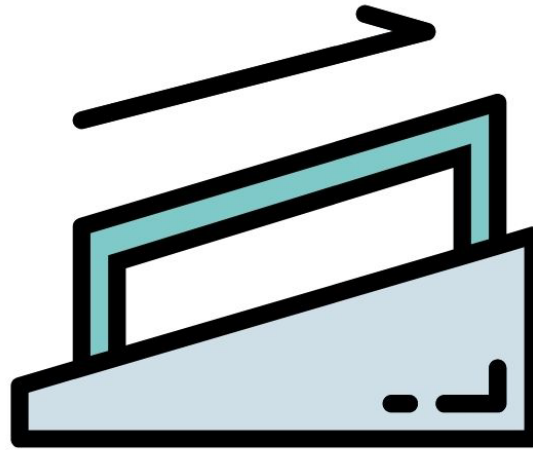


Common Home Modifications

Widen Doorways



Install Ramps



Kitchen Modifications



Common Home Modifications

Bathroom Modifications



Flooring Modifications



Smart Home Features

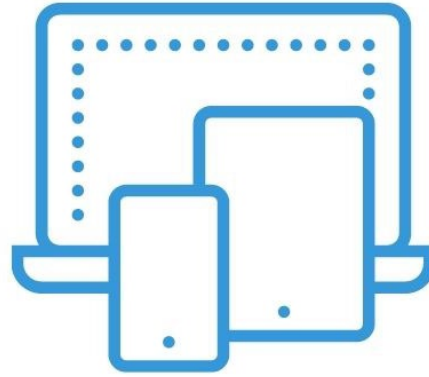


Staying Connected

Internet Access



Digital Devices

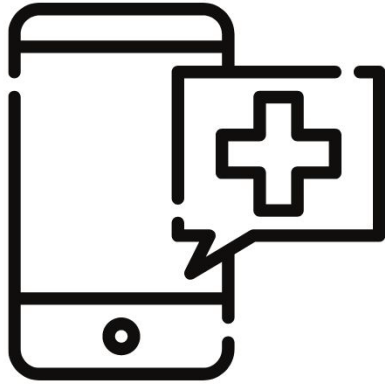


Technology Training



Staying Connected

Telemedicine



High Tech Wearable



Virtual Assistant



Life on Demand: A Possible Tomorrow



Socially Connected





Home Care

Extend time in your home with the following options:

- Family Caregivers
- Companion Care
- Personal Care



Community Living

- Active Retirement Communities
- Assisted Living Facility
- Continuing Care Retirement Communities
- Apartment Living with Supportive Services



Other Options

Emerging Trends

- House Sharing
- Accessory Dwelling Units
 - Also known as In-law Apartments, Casitas

Getting Around





Transportation Planning

Getting Around

Public Transportation

Para Trans Service

Ride Share Services

Community
Transportation Options

Transportation Planning



Driving Modifications

San Antonio Transportation Options



Ride Sharing



Community Transportation



In Summary

Aging in place planning means **action**

These and other resources can be brought in to play to help you create a detailed, holistic approach to your aging in place needs.

The focus of your plan should be control; control of your environment, your care, your dignity, your comfort and your quality of life.



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