

Consider

The prospect of leaving a place that holds familiar possessions and, more importantly, poignant memories can be life-changing.

Consider where you might want to live if you had to make a change. Do you want to live at home? With professional help, if needed? Near your children or other close family members or friends? In a care community? (For more available living options, go to StagesofSeniorCare.com.)

If you're a senior, do you think you could live with your adult children? Why or why not?

If you're an adult child, would you want your parents to live with you? Why or why not?

If you want to age in your current home, make a list of those things that would need to be adapted or changed. (Go to MakingHomeSaferforSeniors.ca for a room-by-room assessment.)

Consider the costs of care options in your area by going to the **Sun Life long-term care cost study**. What housing options would best fit into your future?
