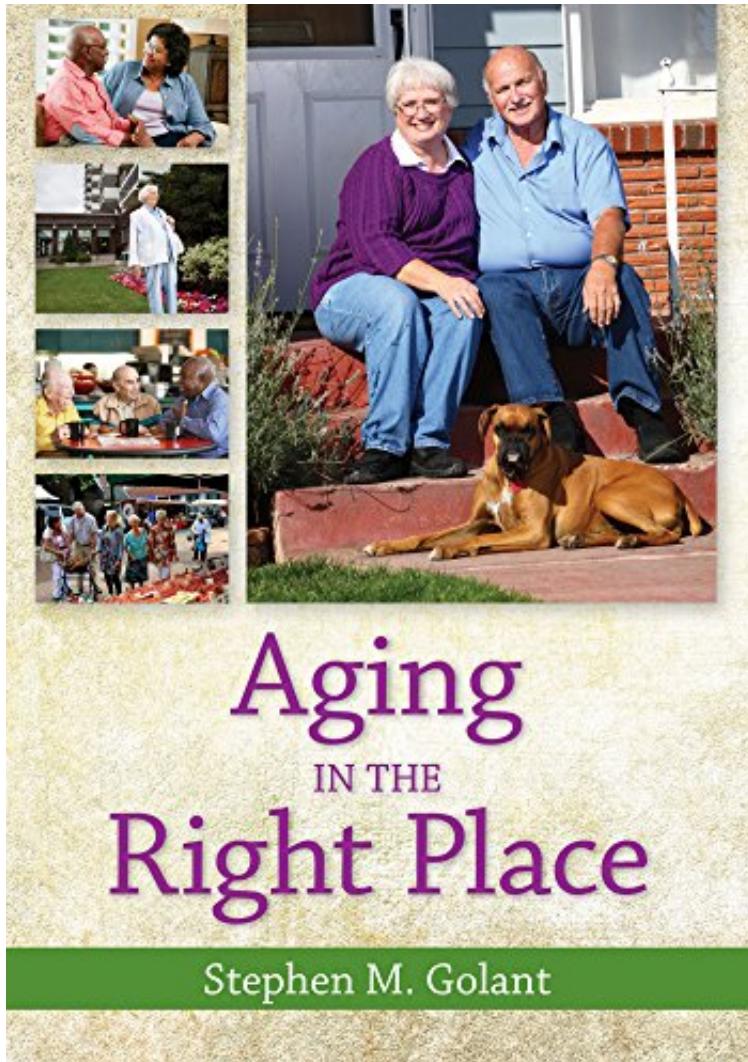


(Free download) Aging in the Right Place

Aging in the Right Place

Stephen Golant

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Stephen Golant : Aging in the Right Place before purchasing it in order to gage whether or not it would be worth my time, and all praised Aging in the Right Place:

1 of 1 people found the following review helpful. Four StarsBy MARCIA DAVISAppropriate for the intended purpose.2 of 2 people found the following review helpful. Its all about retiring in the right place, the right homeBy Dennis M. CavanaughThere 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.6 of 7 people found the following review helpful. Wonderfully helpfulBy AmyAn 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.

It's one place to go for everything you need to know about housing and aging, it's Stephen Golant. He brings a lifetime of deep scholarly knowledge to this book.—Harry Moody, Ph.D., Retired Vice President, AARP; [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

Encouraging new ways to look at the question of how to grow old successfully, this book explores many pathways to thriving in old age, ranging from aging in place to moving to housing and care settings specially tailored to match a person's lifestyle and vulnerabilities. At the heart of it all is a deep discussion of the impact of residential settings on physical and mental well-being. Using his theoretical model of residential normalcy, Dr. Stephen Golant helps readers understand the variables affecting older people who are trying to find the optimal place to live and experience maximum well-being, comfort, independence, and life satisfaction amidst changes in their health and personal circumstances. Expansive in its coverage, the book examines all types of housing options and everything from the current role of family assistance and private sector initiatives to government programs as well as potential smart home technologies and innovative housing, planning, and long-term care solutions. *Aging in the Right Place* paints a vibrant picture of the diverse experiences of today's older adults and abounds with engaging and illustrative case studies, opinions, stories, and quotes. It is an essential text for professionals, service providers, and academics in the fields of gerontology, long-term care, healthcare, public service, and housing and urban planning. It will also inform elders themselves about their many choices.

"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

From the Author

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.

About the Author Stephen M. Golant, Ph.D is now a professor at the University of Florida (Gainesville) and previously was an associate professor at the University of Chicago. He has been conducting research on the housing, mobility, transportation, and long-term care needs of older adult populations for most of his academic career. He is a Fellow of the Gerontological Society of America and a Fulbright Senior Scholar award recipient. He recently received the Richard M. Kalish award from the Gerontological Society of America in recognition of his insightful and innovative publications on aging and life development in the behavioral and social sciences. The print and internet media have often featured his research and ideas and he has appeared on numerous television and radio programs, including ABC's national news program 20/20. He has written or edited about 140 papers and books, including *Location and Environment of Elderly Population* (Wiley, 1979), *A Place to Grow Old: The Meaning of Environment in Old Age* (Columbia University Press, 1984), *Housing America's Elderly: Many Possibilities, Few Choices* (Sage Publications, 1992), *The Columbia Retirement Handbook*. (Columbia University Press, 1994); *Encyclopedia of Financial Gerontology* (Greenwood Press, 1996); the *CASERA Report* (Creating Affordable and Supportive Elder Renter Alternatives (Margaret Lynn Duggar Associates, Inc., 1999), and *The Assisted Living Residence: A Vision for the Future* (The John Hopkins University Press, 2008). He is frequently called on by corporations, universities, state government agencies, and national organizations as a lecturer or an adviser and he earlier served as a consultant to the Congressionally appointed Commission on Affordable Housing and Health Facility Needs for Seniors in the 21st Century (Seniors Commission). For more information on the author: linkedin.com/pub/stephen-golant/15/647/96b