

## My Own Home As Long As Possible.



7 Video Series to help people stay in their own home as long as they hope for, late in life.

First Video available for free.  
[agingparentsindependence.org](http://agingparentsindependence.org)

### Series Outline:

**#1 Making A Plan:** The need for a plan; case study on plan delay; the three main plan disruptors; exploring falls.

**#2 How Will I Know?** ADL and IADL; from the pros to use as targets and evaluation tools; plus the CareSharing model.

(#3, #4 and #5 are a “series within a series” on current brain research as the best defense against the three main plan disruptors.)

**#3 Beating the Odds, The Brain and Exercise** - the incredible positive power of very simple exercise.

**#4 Beating the Odds, The Brain and Nutrition** - the incredible positive power of simple, proper nutrition.

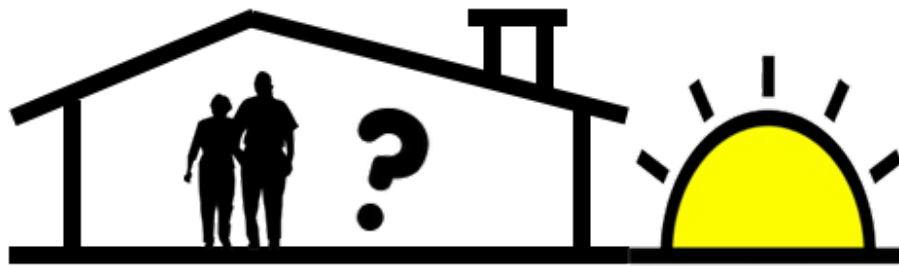
**#5 Beating the Odds, The Brain and Memory Loss** - prevention IS possible, and connected to #3 and #4.

**#6 Aging In Place** - exploring resources available to help you stay at home longer; plus a beginning look at alternative housing options.

**#7 Key Medical Decisions** - A thorough review of the key factors regarding advanced medical care most of us will have at the end. Advanced preparation provides the best opportunity for care-filled decisions.



More details on the other side... faith based resources available for churches and/or individuals.



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**The genesis of our work on this topic** is from Becky's work over two years with her parents, Norman and Doris. They knew what they wanted, but they needed help with an actionable plan to make that happen in the end. Mark's work in congregations with many older adults affirmed that many need help preparing for the same important transition. Faith-based resources available for local churches and individuals.



**The Challenge:** Administrators of Senior Housing Facilities affirm the fact that more than 75% of the people coming to them are in crisis mode; something happened they were not prepared for. 80% of us want to live in our own home for as long as possible; only 20% of us get what we hope for. We know we can do better! Proactive vs reactive work on simple, doable steps will make a difference. This video series provides the tools for just that.

**Multiple Generations.** This is an important topic for us older adults to wrestle with, (we are 67 & 62) but also for our adult children. This series provides common ground for discussion, to encourage the best possible preparation for a critical time in life.



First video available free: [agingparentsindependence.com](http://agingparentsindependence.com);  
Full Series available for purchase (streaming only).

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