

Aging in Place

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By Candace Dellacona

In episode 6, "Aging in Place," The Sandwich Generation's Candace Dellacona discusses the topic of aging in place and the importance of understanding the care options available for aging parents, family members, and loved ones. Aging in place refers to the concept of older adults continuing to live in their own homes or communities as they age and their care needs increase, rather than moving to assisted living facilities or nursing homes. The goal of aging in place is to enable seniors to maintain their independence, autonomy, and quality of life while remaining in a familiar environment. However, Candace also discusses how that option may only be appropriate, possible, or desirable for some.

Candace emphasizes the need to advocate for aging loved ones and keep them in a safe and comfortable place where their needs are met, regardless of their physical limitations or mental capacity. Candace shares her personal family experiences and how to address individual needs and desires when care decisions are necessary.

If you are interested in learning more or have any questions, please feel free to contact Candace at candace.dellacona@offitkurman.com.