

Aging in Place

Recent Canadian surveys indicate that more than 80% of older adults prefer to age in place and pay for support as needed.

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Most older adults prefer to age in place.

Aging in place means having the support and services to live safely and independently in your home and community for as long as you wish and are able.

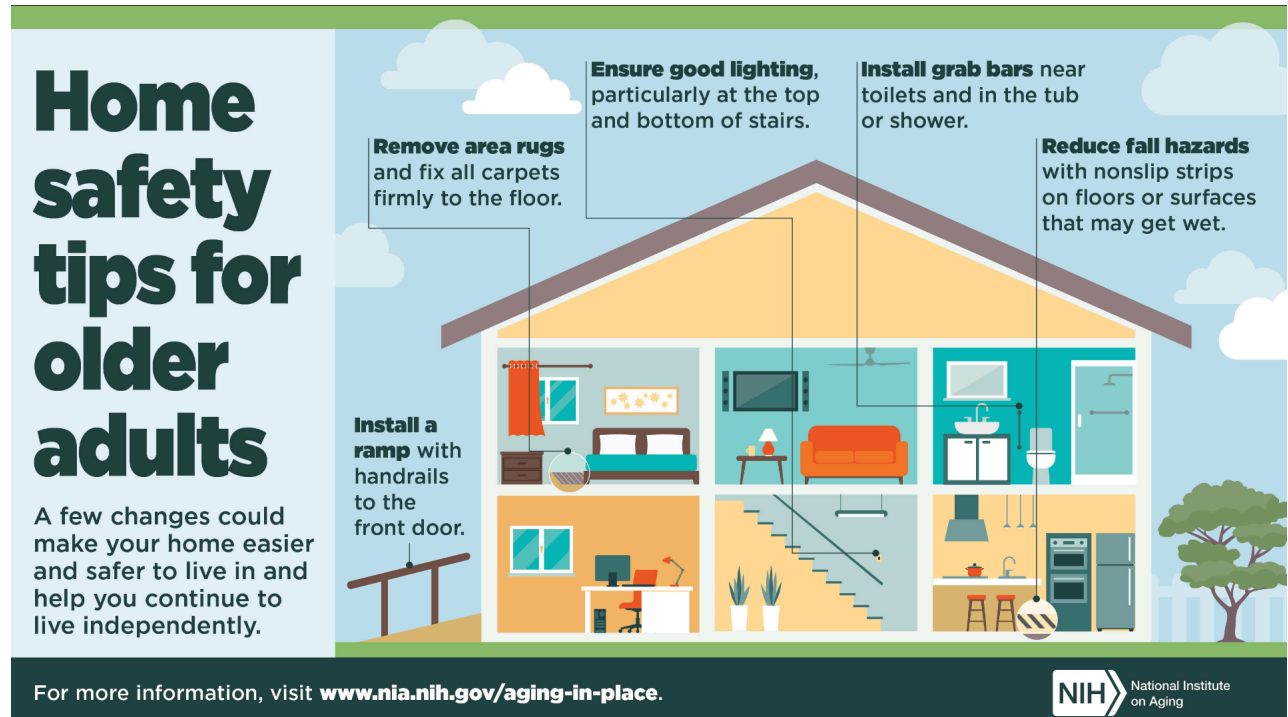
Recent surveys in Canada indicate that more than 80% of older adults prefer to age in place and pay for support as needed.

Living at home as you age requires careful consideration and advanced planning.

Planning ahead allows you to make important decisions while you are still able.

Age-friendly homes

A crucial step in preparing for independence involves evaluating your residence to ensure it can accommodate your evolving needs as you grow older.



Renovations to make your home age-friendly include:

1. Installing a ramp with handrails to the front door
2. Removing area rugs and fixing all carpets firmly to the floor
3. Ensuring good lighting, especially on stairs and landings
4. Installing grab bars near toilets and in the tub or shower
5. Reducing fall hazards with nonslip floors

If your home no longer meets your needs, you may want to consider moving into a more accessible or smaller home.

Age-friendly communities

The type of community you live in also impacts your ability to live independently.

Age-friendly communities offer features such as well-maintained sidewalks, accessible buildings, good public transportation, shopping, health care, and recreational activities.



The 2007 WHO model of Age-Friendly Cities

Planning for independence also includes thinking about what to do when you retire from driving.

It is essential to consider other transportation options available in your community, such as public transit, taxis, low-cost transportation services, or family and friends.

Consider the computer to be your primary tool.

You can manage almost every aspect of your life as you age in place if you understand how to reach out to the systems, services, and organizations that are important to you.

You can use the internet to:

- get groceries or meals delivered to your home

- do your banking, track your investments and pay your bills
- check local activities, transportation schedules and services

Get into the habit of using the computer to find information and access the services you need.

Remember to take the time to educate and protect yourself from scams targeting older adults.

Prepare for the upcoming wave of virtual tools designed to support aging in place.

Family and social support are key to remaining independent.

According to a recent survey of older adults, the most important factors for remaining independent are:

1. **Family support** (29%)
2. **Social support** (22%)
3. Accessible housing or transportation (21%)
4. Physical support like exercise programs (18%)
5. Cognitive support like education programs or resources (7%)
6. Connection with nature (3%)

source: https://aginginplace.ok.ubc.ca/wp-content/uploads/Aging-in-Place-reflections-from-Canadians.-STAKEHOLDERREPORT_final.pdf

Examples of aging in place health services

1) **Community nursing** services are provided by licensed nursing professionals to clients in need of chronic, palliative, or rehabilitative support. These services are typically offered short-term and aim to assist caregivers in providing home care.

2) **Community rehabilitation** services are provided by licensed physical or occupational therapists. The primary goals of rehabilitation therapy are to improve physical and functional abilities and to ensure that the client's home is appropriately arranged for their needs and safety.

3) **Adult day** services include an organized personal care program, health care, and therapeutic social and recreational activities in a group setting. In some cases, transportation is provided; in others, clients are responsible for transportation to and from the program.

4) **Home support** services help clients stay independent in their homes for as long as possible. Community health workers assist with daily activities, safety maintenance, and nursing and rehabilitation tasks delegated by healthcare professionals.

5) **Caregiver respite care** provides temporary relief for friends or family caregivers assisting individuals who choose to age in place.

Financial Assistance

Housing programs for older adults vary by province and territory. If you are an older adult with a low income, there may be programs to help you stay in your home and age in place. Click the link below to view a list of housing programs and resources available in your province or territory.

<https://www.canada.ca/en/financial-consumer-agency/services/retirement-planning/cost-seniors-housing.html>

Start Planning Early

The earlier you begin planning, the better prepared you will be to adapt to changes that may arise as you age, such as changes in your health, mobility, or social connections.

To successfully plan ahead, you need to start thinking about how you want to live as you age and what steps you need to take to achieve that lifestyle.

Questions to ask include:

- 1) What supports and services are available in my community to help me with daily activities such as shopping, cleaning, yard care, or snow shoveling?
- 2) What activities do I enjoy with others, and where might I find people with similar interests?
- 3) How can I safely stay active all year round?
- 4) Do I have a financial plan for addressing emergencies or possible out-of-pocket expenses to support my ability to age in place?
- 5) Do I feel safe in my home and my neighborhood?
- 6) Should I consider moving to a community with more services?
- 7) What assistance may I be eligible for from the Federal and Provincial governments or helping agencies?
- 8) What would you do if you had a sudden onset of a chronic illness, developed a disability, or had a change in resources?

When it's time to leave your home

There may come a time when it's no longer safe or comfortable to live alone.

Deciding to move from your home can be difficult and emotional. Some older adults may feel the need to move because they can no longer manage their home, while others may require regular hands-on care.

Learn as much as you can about the available housing options and talk with your family and friends about the pros and cons of each option before making a decision.

Sources:

Housing options for seniors

<https://www.canada.ca/en/financial-consumer-agency/services/retirement-planning/cost-seniors-housing.html>

Thinking about aging in place

<https://www.canada.ca/en/employment-social-development/corporate/seniors-forum-federal-provincial-territorial/aging.html>

Aging in Place

<https://www.nia.nih.gov/health/aging-place/aging-place-growing-older-home>

Are you ready to Age in Place Checklist?

<https://www.canada.ca/content/dam/canada/employment-social-development/corporate/seniors/forum/aging-checklist/aging-checklist-seniors-EN.pdf>

Home Safety Tips for Older Adults

<https://www.nia.nih.gov/health/aging-place/home-safety-tips-older-adults>

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NICE - National Initiative for Care of the Elderly

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