The Skills You Need to Age in Place

Over 90% of seniors prefer to stay in their homes as they age, a concept known as "Aging in Place."

To maintain independence and age in place safely, individuals need to be able to perform both Basic Activities of Daily Living (ADLs) and the more complex Instrumental Activities of Daily Living (IADLs).

If you have concerns about either yourself or a loved one being able to care for themselves, reach out to your doctor or local senior support center for help. They can assess ADLs and recommend interventions and support to help you age in place safely and confidently.

BASIC ACTIVITIES OF DAILY LIVING (ADLS):

- **Mobility:** Moving independently, including transferring between a bed and chair, walking, and navigating stairs.
- **Feeding:** Eating and preparing simple meals independently.
- **Dressing:** Choosing and putting on appropriate clothing, managing fasteners, and dressing for the occasion.
- **Personal Hygiene:** Bathing, grooming, and maintaining personal hygiene, including dental, nail, and hair care.
- **Continence:** Controlling bladder and bowel functions.
- **Toileting:** Using the toilet and cleaning oneself afterward.

INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLS):

- **Managing Transportation:** Driving or arranging alternative transportation.
- **Managing Finances:** Handling financial tasks, such as paying bills, managing bank accounts, and budgeting.
- **Shopping and Meal Preparation:** Planning, shopping for, and preparing meals.
- **Housecleaning and Home Maintenance:** Keeping the home clean and performing minor repairs.
- **Managing Communication:** Communicating through phone, mail, and digital means.
- **Managing Medications:** Obtaining and taking medications as prescribed, understanding dosages and schedules.

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SRES

SRES Agent is a specialist focused on the real estate needs of seniors

The Center for REALTOR® Development (CRD) confers the Seniors Real Estate Specialist® (SRES®) designation, which is an official credential of the National Association of REALTORS® (NAR).

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