

To learn more about senior housing options and how to assess your housing needs visit us at:

<http://www.archhousing.org/current-residents/senior-housing.html>

This website will guide you to evaluate your values and needs; and discover the many housing and service options that are available to you. Information in this website will also help service providers and family members who care for seniors.

Our goal is to provide tools to inform seniors, caregivers, and their families of housing choices in East King County when considering aging in place or transitioning to a new home.



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Your resource for information on
Senior Housing options in
East King County

Senior Housing Options



www.archhousing.org

A Regional Coalition for Housing

Aging in Place

Find information and resources to age safely and happily in your own home. Learn about the ways to retrofit your existing home and options available to you for contracting support services that you may need. Look for checklists for home safety, a home design guide, and how you can rearrange your home to prevent falls. You will also find information about hiring professionals, financing and even discount programs specific to seniors who choose to remain in their home.

Some aging in place options available to you include:

- Modification of Your Home
- Sharing Your Home
- Accessory Dwelling Units –ADUs



What do I value and what are my needs?

Valuable worksheets provide you with tools to measure:

- Quality of Life - What Do I Value Most?
- Financial Resources /Personal Economics to Consider
- Assessing Your Mobility Around Home
- Family & Social Community Considerations
- Personal Finance Record-keeping
- Health Care & Health Limitations
- Personal Care Assessment

Please check out our website for more details:
<http://www.archhousing.org/current-residents/senior-housing.html>

Transitioning from Home

There are many reasons for transitioning from home and often it involves making changes to your lifestyle whether you require health care assistance or you are in good health. Finances, living near family members or close to services are just some of the considerations.

What is the best fit for me?

- Senior /Age Restricted Housing and apartment communities with no or few amenities and no onsite services.
- A Retirement Community that meets my assistance needs.
- A Continuing Care Community that I can join now and will care for me as I require more assistance.

