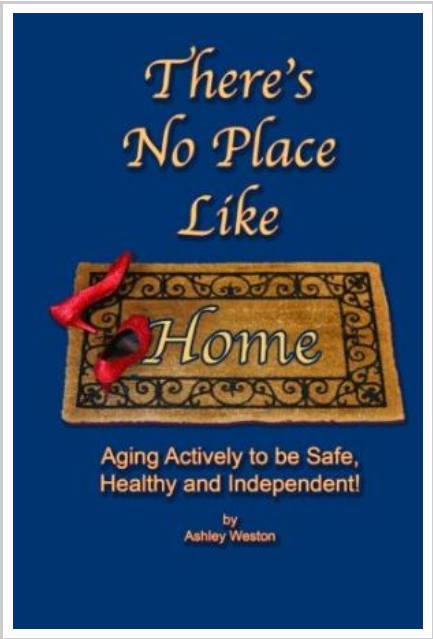


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There s No Place Like Home: Aging Actively to Be Safe, Healthy, and Independent ! (Paperback)

By Ashley Weston

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stiff knees and lost keys . . . signs of aging, or just the need to exercise and organize? Facing the future without a plan is like driving with your eyes closed, and you can t plan without a road map. This book is just that, a planning tool for living in your own home for the long term. Aging in place is a popular term for being able to live in your own home as you age. Aging, however, implies a level of decline that many people are not content to accept. It is possible to get older without deteriorating. Aging actively is a way to stay young while you get old. And probably the best place do that, as long as you are safe and comfortable, is in your own home. Learn how to make your home function in an age appropriate way, how to keep from aging as you get older, and learn simple but enhanced routines for meals, travel, social activities, brain health, and much more. If you are planning your own upcoming years...

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