

# Senior Housing Speaker Series

Double Header

August 29

Sunday 1 – 3 pm

Get the bigger picture for  
senior housing



## Housing Options for Later Life

Richard Adler

Age Friendly Cupertino

Most of our adult lives have been spent living independently in our own homes. As we reach later life, other housing options may be more appealing or appropriate. A range of alternative housing choices have been developed for older people. But how do we make the right choice? This talk will provide a guided tour of these options, ranging from strategies and services to support aging in place to communities designed to meet the of people as they age.

## The Growing Challenges of Aging in Place

Chuck Sieloff

Avenidas Village

Over-65's will soon outnumber under-18's in our population, and 90% of older adults would prefer to remain in their own homes as they age. Yet only 10% of those homes meet the minimum requirements for elderly living and 90% of those older adults live with chronic health conditions, and, for many, social isolation is an additional serious risk factor. Clearly, we need to start taking a more proactive approach toward meeting these challenges, both as individuals and as a society.

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