

Winding Down – the Off-Ramp

Resources to Simplify and Maintain Independence

HEALTHY SENIOR LIVING – DOWNSIZING, STUFF MANAGEMENT & IN-HOME SERVICES

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Independent Living Is The Goal

Whether inside or outside of a senior living community, maintaining independence as long as it's possible (and comfortable!) is the goal of most of us. A variety of factors – choosing a house and yard that match your physical capacities; financial practicality; proximity to services; and in-home helpers – all play a role in staying in place as long as you can. Remodeling entries, showers, stairways and other key areas in the right home and neighborhood can make the difference between independent and assisted living, and you can easily connect with licensed remodelers at local home shows. Given the complexity of senior and publicly supported income streams, a number of experienced people are available to guide your off-ramp life housing choices.

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Nicola Calvert

California and Oregon
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971-304-7464 - www.MAO-NW.com

SENIOR LIVING CONSULTANTS

When independent living is no longer an option.

A Home to Fit You

Senior Living Advisors
www.ahometofityou.com
541-954-2602
Free service to help you find the right senior care facility for you or a loved one.

Adult Living Solutions

Free Assisted Living Consultation
www.adultlivingsolutions.com
541-685-1533

Tip – Too much food for just you?

Split a CSA subscription box or a bulk special order with a neighbor (or three). Save money, save shopping time, and eat cookies and chat while you're splitting up your shared order.

STAY HEALTHY & WELL

Maintaining your health to the greatest extent possible is key to long-term independent living. When you're as healthy and strong as you can be you can do more things for yourself; that brings multiple benefits – comfort, cost-savings, satisfaction, and confidence – and who can argue with those?

The need for well-being and self-care goes for caregivers, too, who may neglect their own wellness for the sake of those they care for. We are blessed with excellent sources of organic, whole, and local foods and supplements, so don't forget to take advantage of the bounty that surrounds us.

Red Barn Natural Grocery

10% Senior Discount
541-342-7503
redbarngrocery@aol.com

Spotlight- Local Food Resources:

Eat Local; Eat Well – If you're eating group meals with others in a facility of some type, encourage them to buy local, whole and fresh. Groups like the Willamette Farm and Food Coalition will help them source affordable local food when it's too difficult for you to source your own.

Willamette Farm & Food Coalition

www.willamettefarmandfood.org
WFFC Pages of note:
The Locally Grown Guide – local food is fresh food and yes, fresh is healthier.
The CSA Page (yes, there are winter CSAs) – Fresh and storable veggies, meats, dairy products, eggs, grains, beans, and more from local farms are easy to find. If you're in an assisted living or senior facility, consider asking the cook to try a CSA next season.

RE-HOMING YOUR STUFF

St. Vincent DePaul of Lane County

Appliance recycling services • Vehicle Donations
541-687-5820 • visit www.svdp.us for info

BRING

Donations accepted – no pickup
541-746-3023 • www.bringrecycling.org

Next-Step Recycling

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541-868-0904 • www.nextsteprecycling.org

Eugene Craigslist

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DOWNSIZING & ORGANIZING

Downsizing and lifestyle simplification can be daunting, especially when we've accumulated decades of stuff and don't know where to begin. In the event of a sudden death, the challenges of sorting, keeping, sharing and discarding can be even greater, especially when the piles are not your own. Professional organizing and personal assistant services can ease the way, even if it's just a jump-start (and no, you won't be alone if you have to clean up before you invite the pros in!). If you just want to get everything out from underfoot so you can build shelves and sort it all out, storage – either off-site or in a temporary driveway pod – might be the answer. And if you're ready to ditch the unused and forgotten things and send them on to their next forever-homes, Lane County thrift stores, recyclers, stuff re-homers, and casual movers are standing by.

Move In Comfort

Downsizing and Moving Services for Older Adults
541.338.4310 • www.moveincomfort.com

Top of the Class Clean

House care and Errands
541-554-7922 • www.topoftheclassclean.com

IN-HOME SERVICES

Cleaning the house, picking up groceries, getting your hair cut – these are all things that are easy with mobility, but can get harder once eyes, ears and body shift gears and don't perform like they used to. Thanks to the internet, people who offer personalized in-home services can now connect to those that need them, making an independent lifestyle more possible than ever. Take advantage of it!

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