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How Seniors Create Healthy Lifestyle Solutions Through Aging in Community

It's no secret that some things can become more difficult as you grow older. Finding ways to handle the challenges of life can be tough, but senior-friendly housing solutions like aging in community bring more healthy options to older adults than ever before. Read on for the highlights of how some seniors are resolving their dilemmas.

Importance of community

Staying involved with your community might seem irrelevant to how healthy your life is as you grow older, but it appears much hinges on it. In fact, [senior isolation](#) is felt to raise your risk for issues such as hypertension, coronary artery disease, and heart failure. It can also contribute to concerns like depression and inactivity, and might contribute to unhealthy choices like smoking and substance abuse. Overall, it can limit not only your quality of life, but your lifespan. With that in mind, ensure whatever lifestyle choice you make includes community connection.

Basic framework

There are a handful of general requirements that can help you stay independent and active no matter what senior-friendly housing solution you choose. For instance, if you're healthy, active, and have close family and friends, you might decide to make your home more senior-friendly. There are many solutions available for redefining your environment, depending on your

property, the house structure, budget, and personal needs. From additional lighting, to grab bars, to a fully renovated kitchen, this [guide](#) from Todd Whittaker Drywall can walk you through options.

Travel plans

Staying safe and independent goes beyond your living environment. You also need to be able to get out and about, and that means appropriate transportation options. Seniors can count on Medicare to [pay for emergency types](#) of situations, but it's important to note basic doctor visits aren't covered. On the other hand, some Medicare Advantage plans do help with getting you to and from your medical appointments, thanks to cooperative agreements with ride-share services.

Chances are you have a lot more going on than just health-related appointments. If you need to get out and about for something other than a doctor visit, some [ride-share services](#) and [public transportation](#) services offer senior discounts and free days.

Coordinate efforts

Seniors are banding together in various ways to coordinate their efforts, and as a result they are creating some of their healthiest of lifestyle options available. As Chicago Tribune explains, there are [grassroots villages](#) popping up, organized by and for seniors, so they can collaborate with each other and other members of their communities to stay safe, healthy, and active.

In these villages, seniors pool skills and resources. They often pay annual fees, which help cover things like maintenance and services, and they have a handful of volunteers and paid staff who provide for any gaps in their needs.

Some seniors choose to collaborate on a much smaller scale. With a nod to the beloved "Golden Girls," they are sharing living quarters to cut their workload, expenses, and loneliness. For many, it's a smart, frugal solution worth considering.

If you choose to explore this option, one suggestion is to remember when you're taking on a [roommate](#) situation, you'll share space as well as friendship and responsibilities. Think about what's really important to you so you can find a good match. Consider making a list of no-goes to help, such as things like whether smoking and pets would be okay.

Lastly, [co-living](#) is another arrangement making waves, and it's worth considering. In these simple, functional environments, people of various generations live together with both private and shared spaces. It's a somewhat dorm-like experience, but more comfortable and chic.

Are you ready to share space, or simply ready to revamp your current home structure? Think through what solutions suit you best, and ensure all your needs are met. Growing older has its share of challenges, but by staying connected with your community, you can also stay safe and sound.