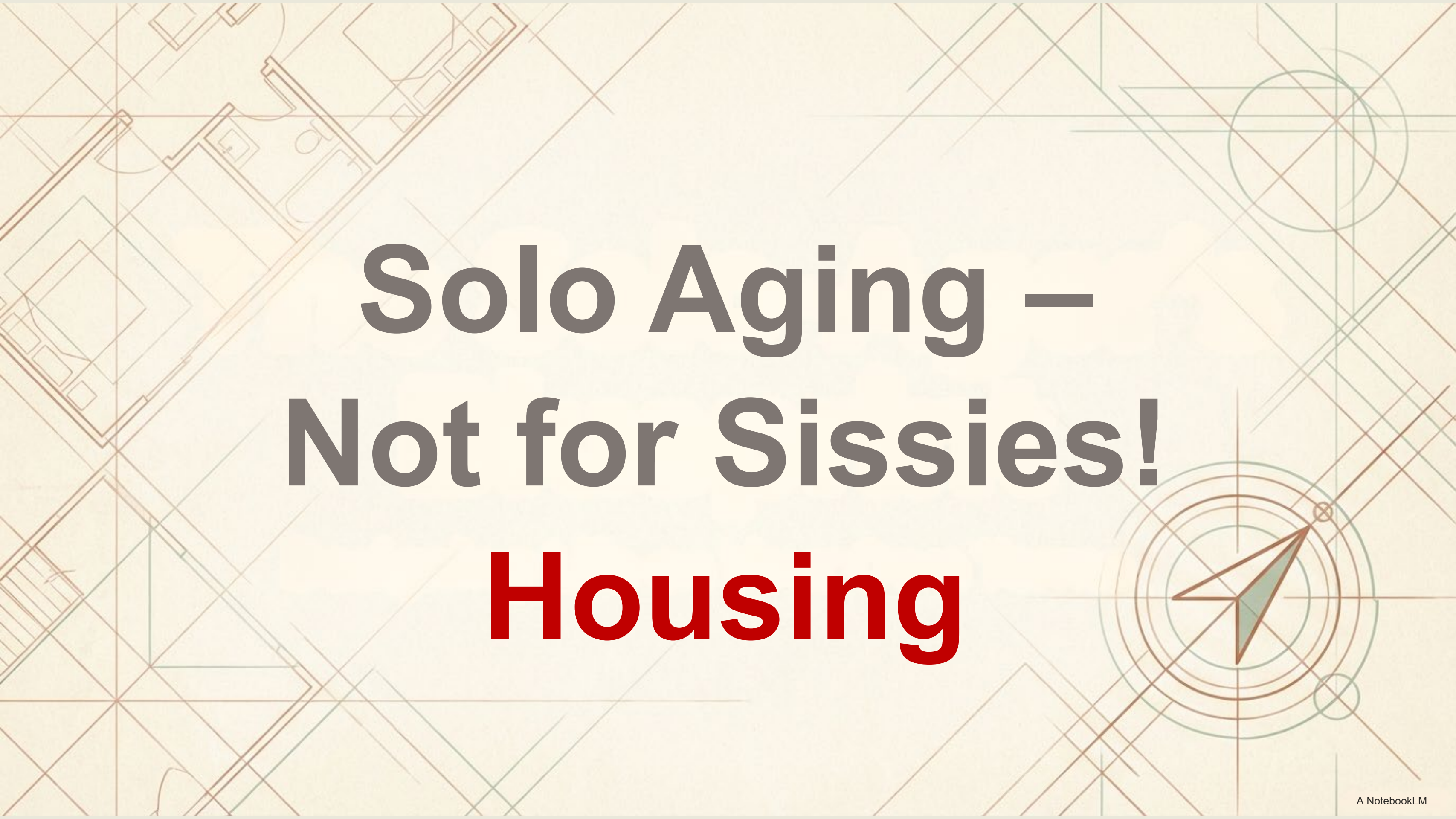


The background is a light beige color with a faint, detailed architectural drawing. On the left side, there are outlines of buildings and streets. On the right side, there is a compass rose with concentric circles and a needle pointing towards the top right. The text is centered over this background.

Solo Aging – Not for Sissies!

Housing



**I WANT YOU
TO TURN OFF
YOUR CELL PHONE**



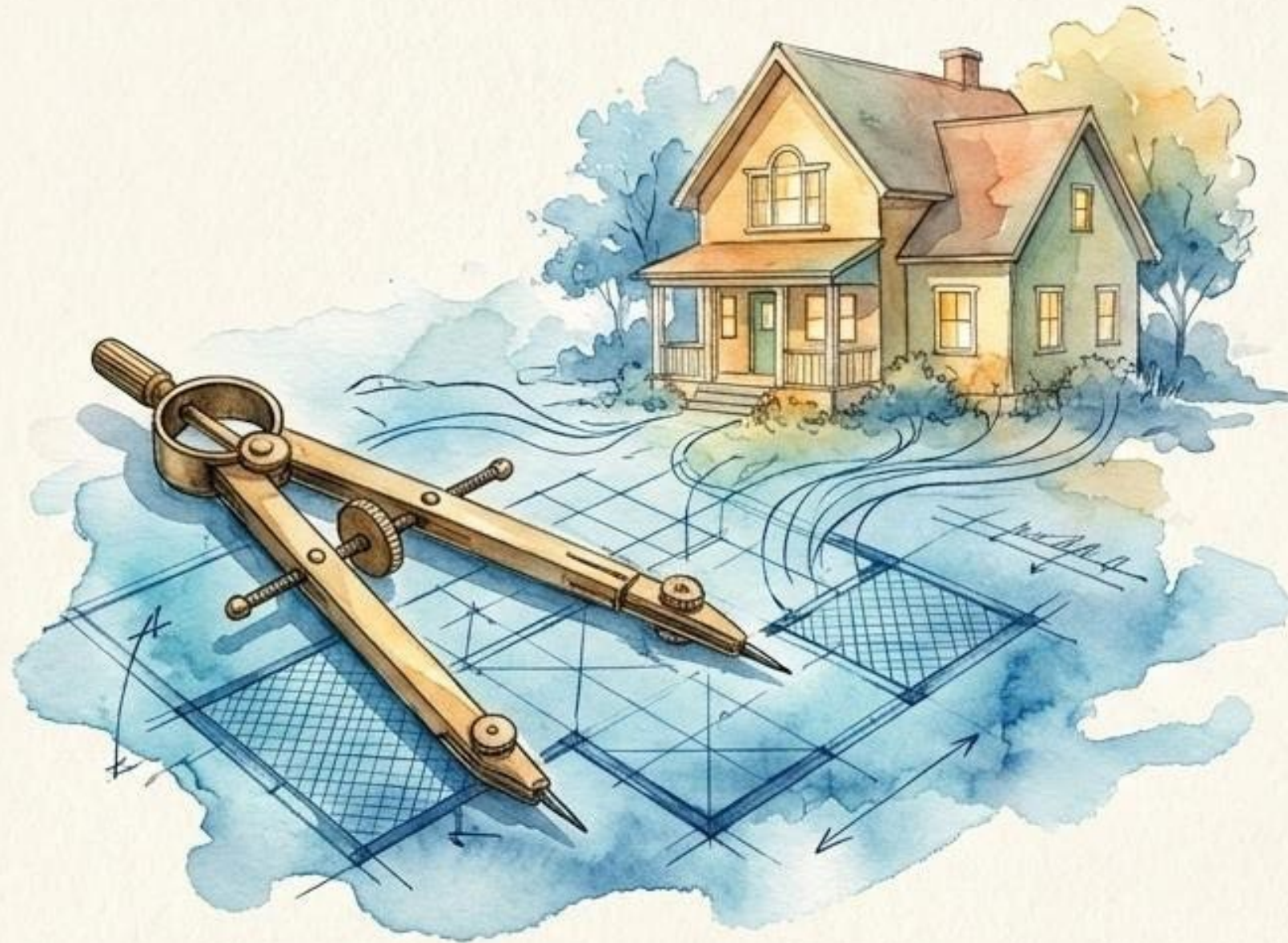
I WANT YOU
TO TURN OFF
YOUR CELL PHONE



I WANT YOU
TO USE THE
MICROPHONE

Designing Your Next Chapter

A solo-ager's housing guide. Let's build a plan.



Our Panel – As Planned



**Maggie
McGrath, CSA**
Founder and Client
Advisor, Sonoran
Senior Solutions.



**Deb Knox –
Tucson Home
Sharing Guru &
Life-Work
Transitions**



Ben Couch
Founder, Rookstone
Home Safety



**Krystal
Wilkinson**
President-Owner
Adultcare
Assistance
Homecare

Our Panel – As Built



Natalie Kastis
Senior Living Advisor
Sonoran Senior
Solutions



Deb Knox –
Tucson Home
Sharing Guru &
Life-Work
Transitions



Ben Couch
Founder,
Rookstone Home
Safety

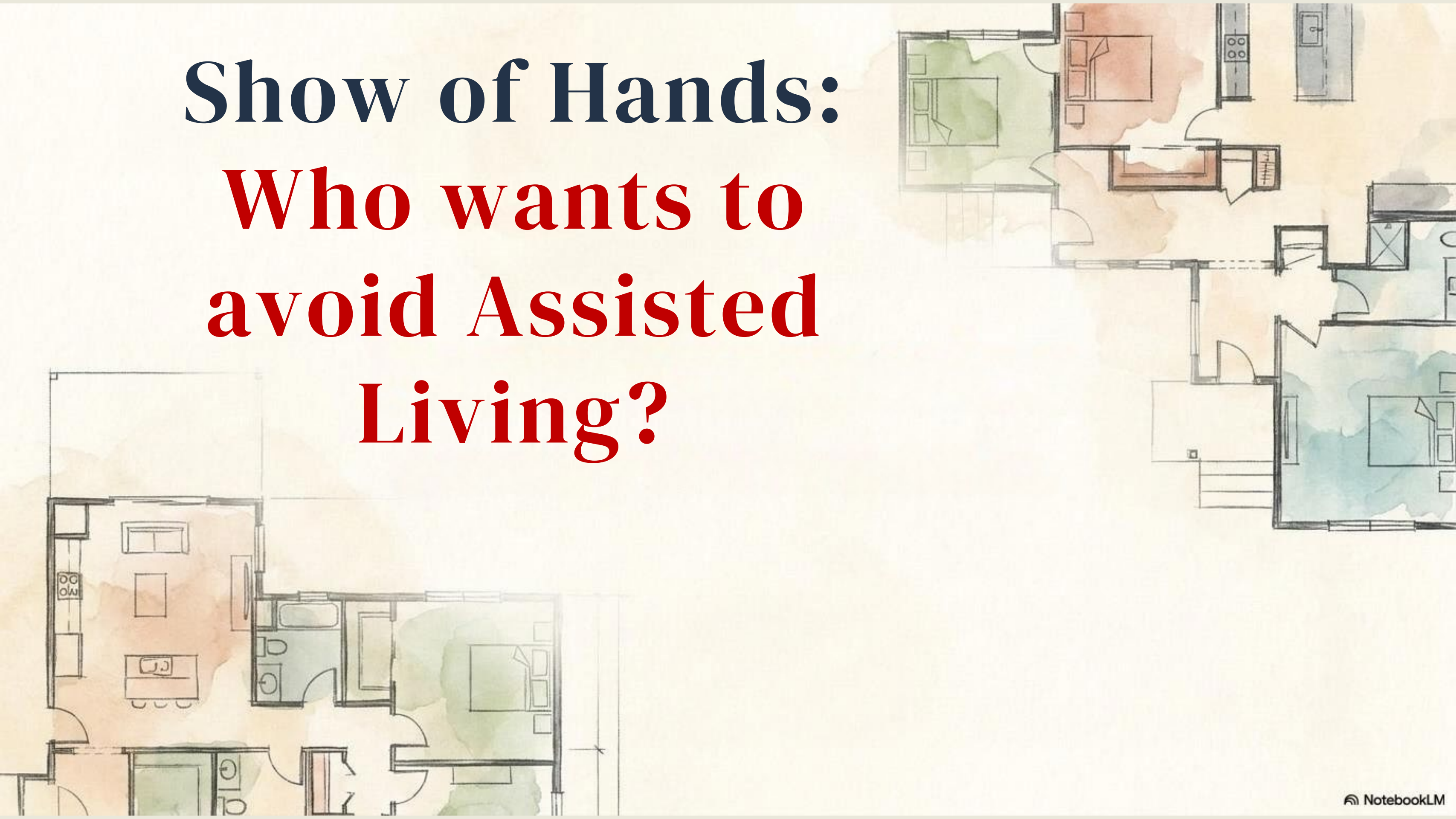


Krystal
Wilkinson
President-Owner
Adultcare
Assistance
Homecare

A watercolor-style floor plan of a house, featuring various rooms like bedrooms, a bathroom, a kitchen, and a living area, with soft color washes in shades of green, orange, and blue.

Please Hold Your Questions

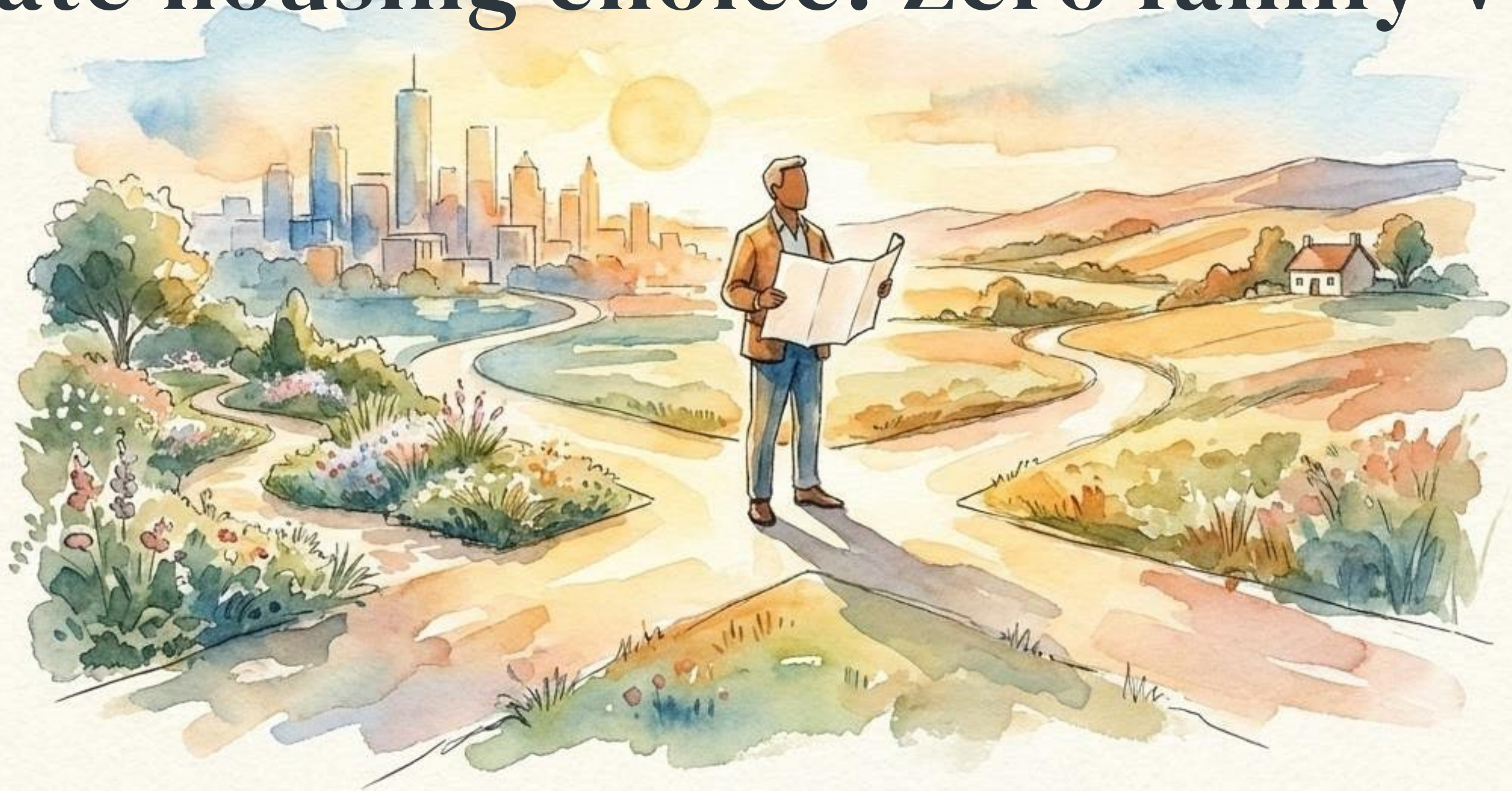
Show of Hands: Who wants to avoid Assisted Living?



The Solo Ager Advantage

Total Freedom

Ultimate housing choice. Zero family vetoes.



Making Your Call

Moving for Cost of Living

Moving for the weather.

Planning for future care.



Your Rules.
Your Timeline.
(The Gods Willing.)



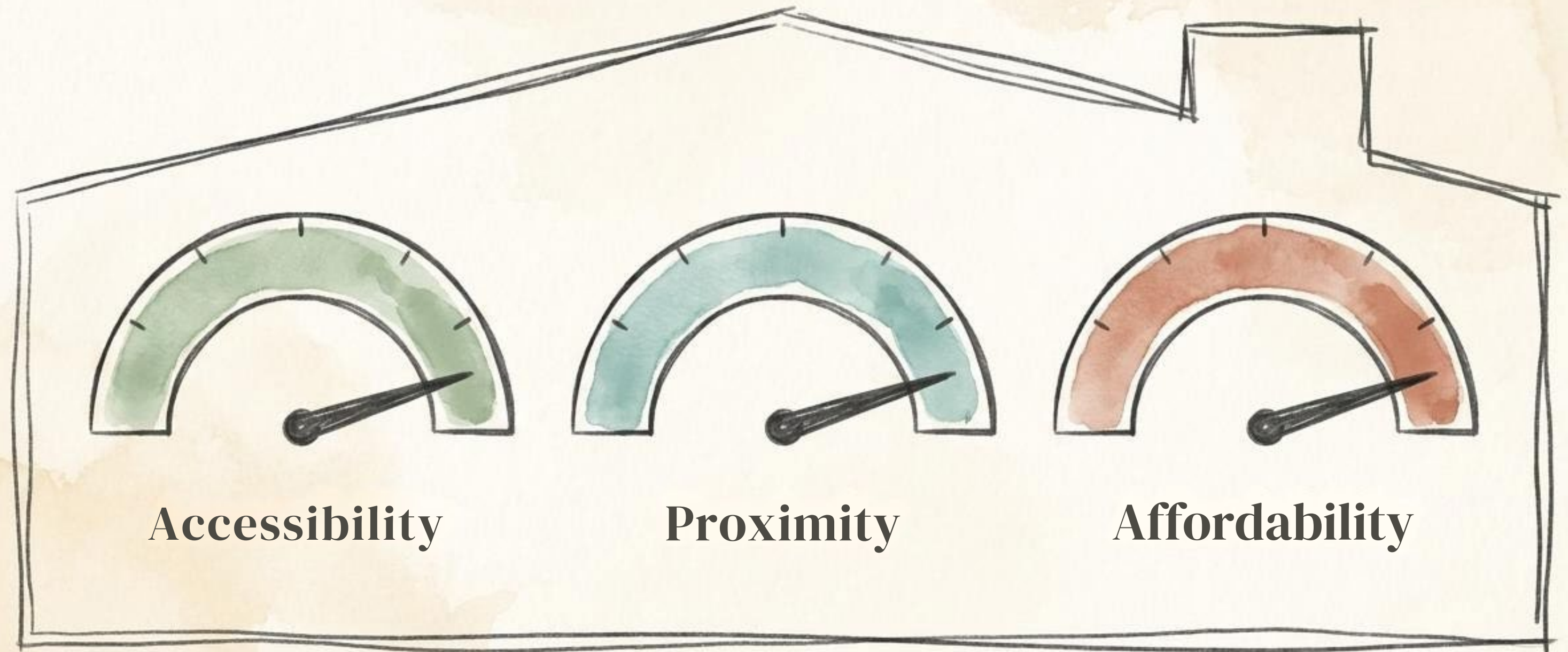
Panel Discussion

Most older adults prefer to stay in their own homes.

What does it take to make that possible?



Future-Proof Diagnostic



Aging in Place Needs a Backup Plan

	SUPPORTS STAYING	REASON TO RECONSIDER
Location	Walkable, near services, with transit or reliable rides	Driving is required for groceries, doctors, and errands
Home Condition	Single-story, low upkeep, easy to modify for access	Stairs, deferred maintenance, or costly accessibility fixes
Family Proximity	Nearby help is available and willing	Emergency help is a flight or a long drive away
Health Trajectory	Stable and mobile, with planning before a need arises	Waiting for a crisis to force the decision
Finances	Savings or income can fund modifications and in-home care	Home equity is the only resource as care costs climb

Assess Your Foundation

Can your
house adapt?
Stairs, yards,
proximity.



Adapting in Place

Before: steep steps.

After: sweeping ramp.

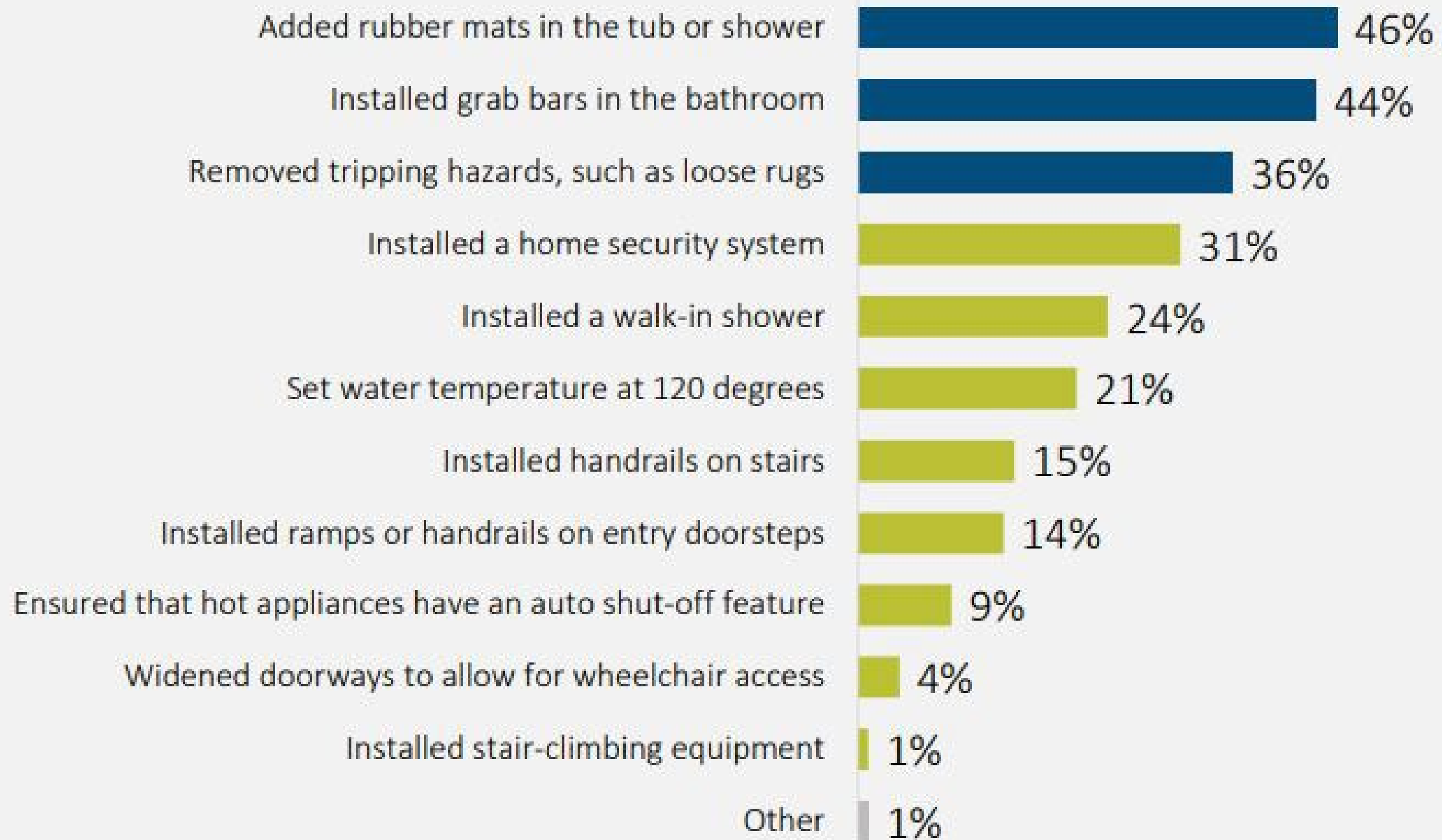


Stylish Accessibility.

Zero Stairs. Beautiful Design.



Modifications Made to Current Residence



Panel Discussion

Assessing Your Foundation.

What are the biggest safety hazards in the average home that people just stop noticing over time?

The Housing Continuum

Evolving Needs. Strategic Moves.



Shared Ecosystems
Co-ops and 55+
communities.
Built-in social
networks.



Show of Hands: Can you Envision Yourself with a “Roomie?”



THE NEW OLD AGE

Older Adults Turn to ‘Golden Girls’ Housing

A growing network of home-sharing programs is helping people find compatible housemates.

[Share full article](#) [551](#)



Bianca Bagnarelli

By [Paula Span](#)

June 27, 2026

Shared Spaces.

Built-In Community.
Zero Maintenance.



Panel Discussion

Loneliness and Social Isolation can be just as problematic
can be just as serious as Physical Safety issues.

What role can companionship and home sharing play?

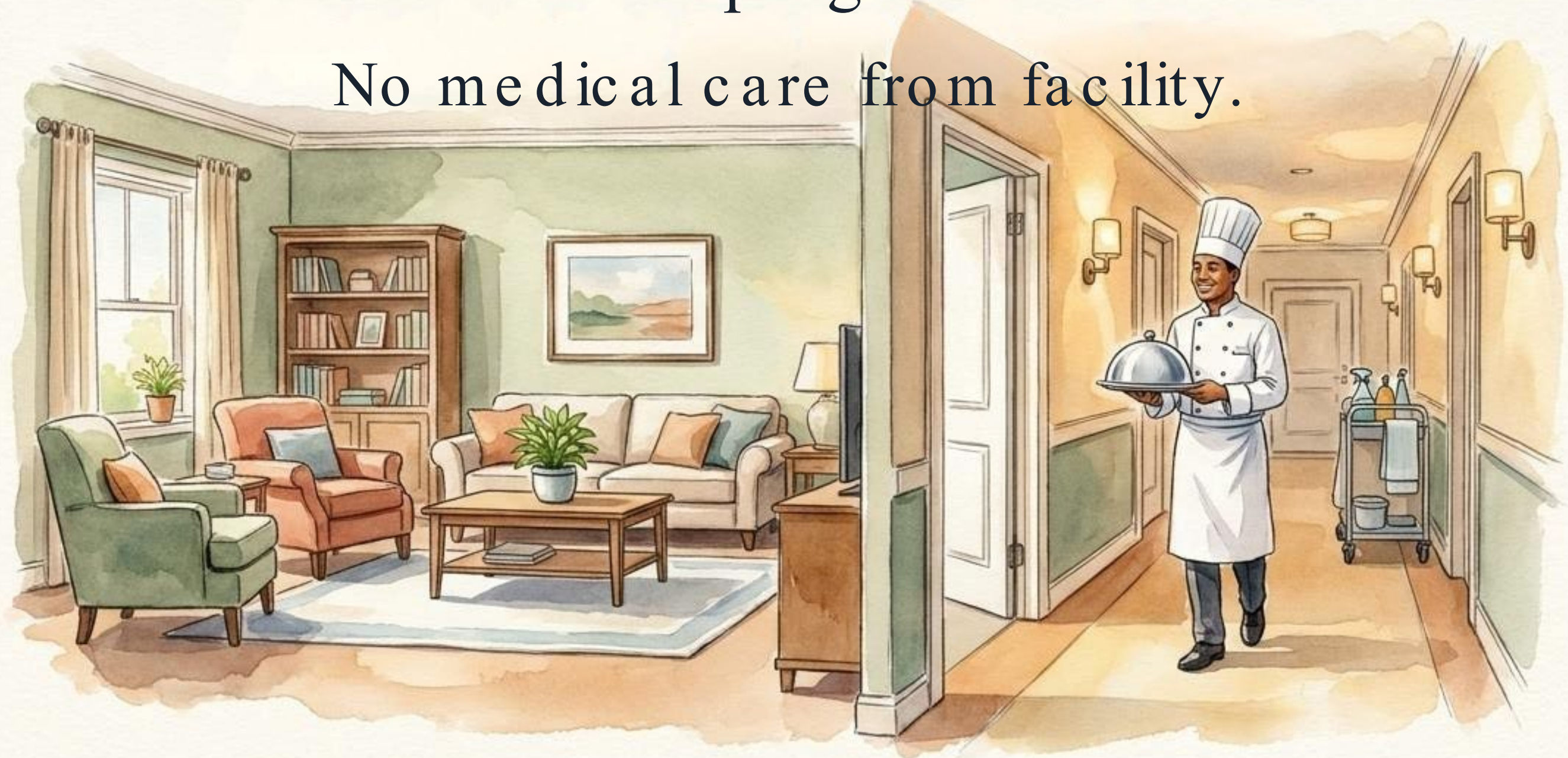


Independent Living

Hotel-Style Perks

Housekeeping included.

No medical care from facility.



IADL & ADL

???	Instrumental Activities of Daily Living (IADL)	Activities of Daily Living (ADL)
	Skills needed to live independently	Essential skills to independently care for oneself
What is it?		
What in-home care services are included?	Examples: grocery shopping, planning and preparing meals, light housekeeping, laundry, using transportation, taking medication, wellness support, cognitive stimulation	Examples: moving/mobility, feeding, bathing, dressing, grooming, oral care, toileting

In-Home Care and Home Health – What Is the Difference?

Note that in-home care is not the same as medically prescribed home health care. In-home care provides nonclinical help with IADL and ADL in order for a person to live independently at home. This service is often performed by a caregiver who may have a designation such as CNA (certified nursing assistant), HHA (home health aide), HCA (home care aide) or similar depending on state licensing requirements.

When Needs Shift

Assisted living facilities. Continuing Care Communities.



Panel Discussion

How do chosen families and providers know the difference between normal aging and signs that someone may no longer safe living independently?



Tour Before Crisis, with a Trusted Advisor
Explore options early. Understand waitlists
and preferences. Avoid forced decisions.



Panel Discussion



Your Thoughts on Navigating
the Continuum.

Panel Discussion

How do you know whether someone can safely return home after a hospitalization versus moving up the care continuum?



Finances ... Speak with your **Financial Adviser**
House-rich, savings-poor? Long-term Care Insurance?
Reverse mortgages? Qualifying for Medicaid Support?



The Master Blueprint

Map your preferences. Match your financial engine.

	Upfront Cost	Built-In Care
Downsize		
Co-op		
Independent Living		
Assisted Living		
CCRC		

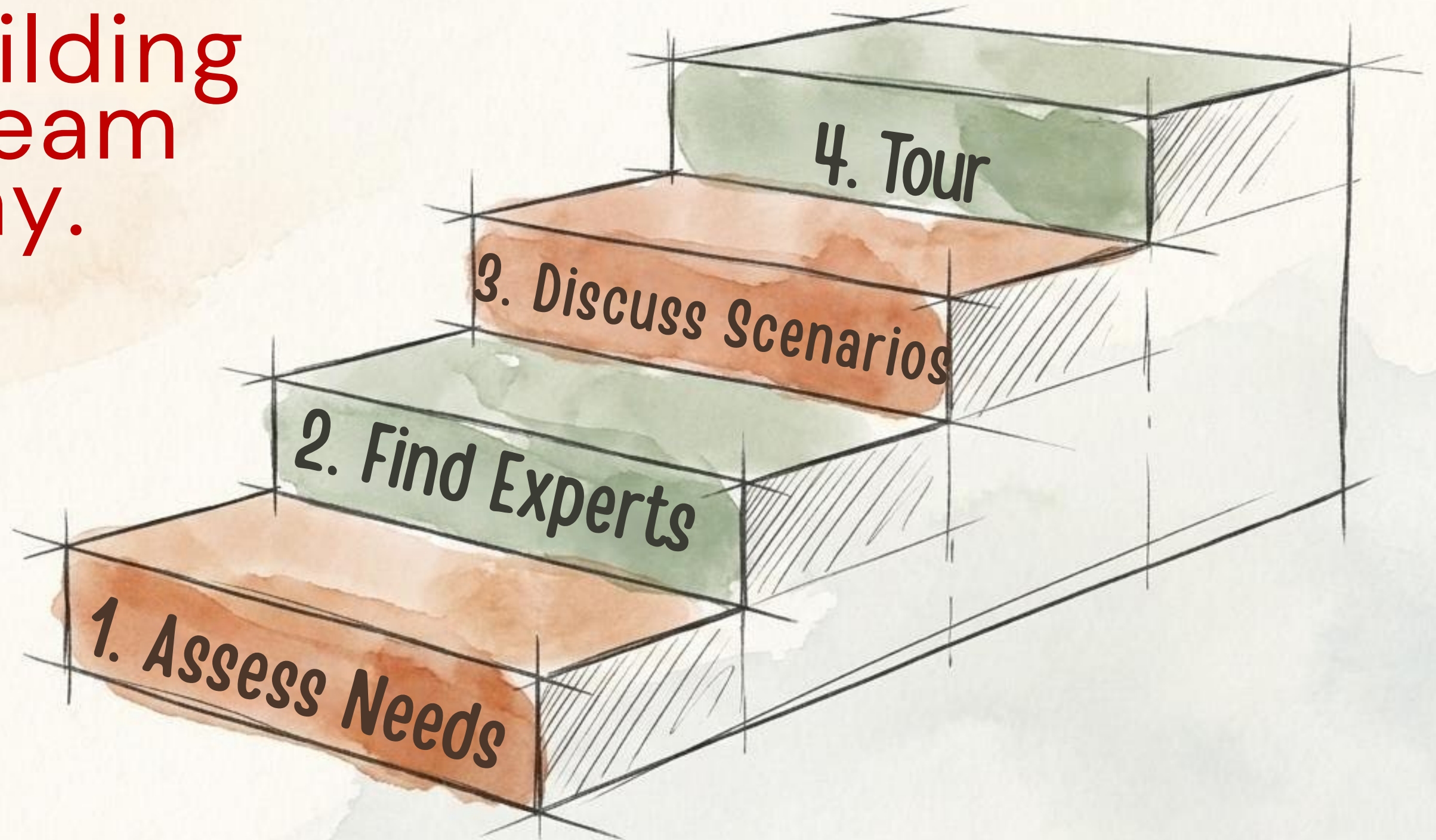
What is Aging in Place Costing You?



Type of Expense	Monthly Average
Property taxes	
Homeowner's insurance	
Groceries	
Utilities (water, gas, electric)	
Trash removal	
Phone bill	
Internet service	
Cable television service	
Housekeeping, laundry assistance	
Home security system	
Smart home technology and/or personal alert system	
Transportation (transportation services or private car expenses)	
Lawn care	
Snow removal	
Exterior home maintenance and repairs (include routine improvements)	
Interior maintenance (painting, carpet cleaning/replacement, appliance repair/replacement, HV/AC maintenance/replacement)	
Additional handyman services	
Total Monthly Expenses	

The Action Blueprint

Start Building
Your Team
Today.



Panel Discussion

What's one change or conversation Solo-Agers should have this month (not next year) to prepare for the unexpected?



Audience Questions?



Panel Discussion

If you could leave everyone here with one piece of advice for helping themselves or a loved one age well, what would it be?



A BIG “THANK YOU” to Our Panel



Natalie Kastis
Senior Living Advisor
Sonoran Senior
Solutions



Deb Knox –
Tucson Home
Sharing Guru &
Life-Work
Transitions



Ben Couch
Founder, Rookstone
Home Safety



Krystal
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President-Owner
Adultcare
Assistance
Homecare

Thank You
See you next week for
Legal & Medical
Paperwork.

