SHOULD I STAY OR SHOULD I GO?

DECIDING HOW AND WHERE TO LIVE IN YOUR LAST DECADES

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7 WAYS TO AVOID A NURSING HOME

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UNIVERSAL DESIGN, OF COURSE!

You are the experts here. While my book, *To Move or To Stay Put*, has an entire chapter on “Universal Design Inside and Out”, and I constantly refer people to your excellent website [http://www.environmentsforall.org](http://www.environmentsforall.org)

I’d be preaching to the choir if I belabored Universal Design with this group here. Does anyone have any particular questions about accessibility or Universal Design?
YOU WILL LIVE LONGER AND NEED MORE MONEY THAN YOU EVER THOUGHT POSSIBLE
RICH PEOPLE DON’T DIE IN NURSING HOMES

- It helps to have (and it takes money to have):
- Good health care
- Good prevention, such as an excellent gym, trainer, etc.
- Good nutrition
- Good home care
- Money to pay for home-delivered services
- Ability to afford transportation options like a taxi
- An universal design home and community
- What else?
HOW MUCH WILL YOU NEED?

- Track your income and expenditures
- Many on-line resources; I think Kiplinger’s is a good website
- http://www.kiplinger.com/tool/spending/T007-S001-budgeting-worksheet-a-household-budget-for-today-a/ and there are many more
- Calculate your life expectancy https://www.livingto100.com This is Thomas Perls’, MD, website. The calculator asks many questions and also gives useful feedback. It’s great!
- Calculate your retirement income, usually Social Security, investments, pensions, continued earnings, and savings.
- Do the math.
SAVE SAVE SAVE

- By this I do not mean shopping
- Be frugal
- Warren Buffett (net worth over $44 billion) still lives in the same modest home he bought in 1958 for $31,500
- Personal finance wizard William Bernstein advocates “Get Rich Slowly.” At one’s very first real job, start saving 15% of your earnings.
- Shop carefully for the best health care plan for you by scheduling a private meeting with your local Statewide Health Insurance Benefits Advisor (SHIBA) 1-800-562-6900 http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/
EXERCISE, EXERCISE, EXERCISE

- The 3 most important things you can do to stay out of a nursing home are: exercise, exercise, exercise.
- What’s the most important muscle group?
- Quads of steel will get you up off the floor when you fall, help you get up from a chair, help you transfer if you use a wheelchair.
- What’s the minimum amount of exercise?

Recent studies indicate that vigorous exercise 5 times a week is desirable.
McArthur genius grant recipients John Rowe and Robert Kahn did a meta-analysis of what contributes to successful aging. They came up with a brilliant Venn diagram. The 3 circles are avoid disease, engage with life, and maintain high cognitive and physical function.
ENGAGEMENT WITH FAMILY AND FRIENDS

- A few of my family and friends
- People who volunteer have better mortality and morbidity
- People with pets have better mortality and morbidity
- Many studies demonstrate the need for meaning and purpose
- What about negative social support?
IT TAKES A VILLAGE

- Each village is unique but similarities include:
  - Incorporated as a 501c3
  - At least one well-trained paid staff
  - Participant driven
  - 3 in Seattle: NEST, Wider Horizons, and the Phinney Neighborhood Association
  - Nine in Portland
  - www.bivillage.org
  - http://www.vtvnetwork.org
END-OF-LIFE PLANNING
IT’S AS EASY AS 1, 2, 3

◆ It must all be in writing—of course!
◆ Your 3 most important documents:
  ◆ 1. The Physician’s Orders for Life-Sustaining Treatment (bright green form available in any medical office)
  ◆ 2. Durable Power of Attorney for Health Care: who decides if you cannot
  ◆ 3. Directive to Physicians: under what circumstances do you want or not want specific treatments
THE WASHINGTON STATE POLST PHYSICIAN’S ORDERS FOR LIFE-SUSTAINING TREATMENT

◆ Not necessarily indicated if you do not want “full code” (full code means you want it all; you want resuscitation, intubation, shock to heart, etc.)

◆ You can indicate full treatment on the POLST, but generally speaking, if 911 is called, full treatment will be provided

◆ Or you can limit interventions

◆ Or request comfort measures only

◆ Must be signed by you, and a physician or nurse practitioner or physician assistant
NO RIGHT OR WRONG ANSWERS

◆ These discussions are crucial
◆ Difficult to begin to discuss with family and friends—suggestions?
◆ Family of choice trumps family of birth, but only if you Document
WHERE THERE’S A WILL, THERE’S A WAY

A “living will” is 2 documents:

- Your “durable power of attorney for health care” (your designated decision-maker if you are comatose or demented)
- Your “health care directive” (what you want under what circumstances)
PERSON/ENVIRONMENT FIT

THE GREATER THE OVERLAP, THE BETTER THE FIT
RIGHT PERSON, RIGHT PLACE

Greater overlap predicts higher quality of life
WHO DETERMINES IF A MOVE IS NEEDED?

You do! (Unless you have long-term care insurance or are living in a CCRC or other type of retirement community).

Often based on Activities of Daily Living (ADLs)

The DEATH Acronym=

Dressing
Eating
Ambulating
Toileting/transferring
Hygiene
INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADLS)

- Telephone
- Shopping
- Laundry
- Food preparation
- Housekeeping
- Transportation
- Medication

- Management
- Finances
- Social Engagement
- What else?
SOME TYPES OF LIVING ENVIRONMENTS

- Manufactured home
- Prefab home
- House
- Condo or apartment
- Assisted living
- Skilled care
- Constant cruising
- Village concept
- Intentional groupings
- What else?
WHAT INHIBITS A GOOD FIT?

- Lack of good design
- Lack of money
- Lack of family and friends
- Lack of engagement and meaning
- Lack of a village
- Lack of healthy lifestyle
- Lack of end-of-life planning
IT IS ALL ABOUT WHAT YOU AND YOUR FAMILY WANT

Remember there is no magic bullet

The most that you can do is maximize your best fit
TO MOVE OR TO STAY PUT

Ask for it at your library or local independent bookstore. I’ll send a free copy to any public library. Of course you can get it on Amazon, but I prefer through me, library, or independent bookstore. This is a non-profit endeavor.

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