

# Caring for Seniors

## Aging in Place

*Aging in Place* is the central principle in the planning of all provincial government housing and long-term care initiatives.

By increasing the opportunity to remain in one's community, or "age in place", Manitobans will be provided options to continue to contribute to the social, civic and economic life of the community.

*Aging in Place* is a matter of preserving the ability for Manitobans from every culture to remain safely in their own community, to enjoy the familiar social, cultural and spiritual interactions that enrich their lives even though their health may be compromised.

*Aging in Place* supports an individual's identity and sense of self within the larger community, whether it is in rural or urban areas, in northern or aboriginal communities.

The principles of *Aging in Place* addresses the need for affordable options for housing with supports, as alternatives to premature personal care home placement. The strategy addresses the elements between an individual living in their home and Personal Care Homes.

*Aging in Place* is a lifestyle that supports the following inherent values:

- Safety and security - living with reduced risks in the home;
- Flexibility - adjusting services to meet changing needs;
- Choice - freedom to choose among options;
- Equity - equal access for all seniors;
- Dignity - Ability to maintain sense of self worth, self esteem and humanness

It is anticipated that supporting individuals to remain in their community and "age in place" will not only promote independence in daily living, but will also maximize overall well being and health.

