

ELDERS – AGING IN PLACE, MOVING WHEN APPROPRIATE

From conversations with local elders, it seems we all want to age at home, within our neighbourhoods. Sometimes it is not possible. Here is an example.

Glenda's story

I am a retired social worker. From 1975 until 1994, when I retired, I was working in the Comox Valley and was responsible for an area that extended from a point south of Fanny Bay, up to the northern end of Vancouver Island including the surrounding islands.

For ten years I commuted from my home on Hornby Island. But over the years there were more and more commuters from Hornby and, to get to work, I had to be at the ferry line-up at 6:30 a.m. each day. With evening meetings sometimes the commute was getting to be too much.

So, in 1984 I purchased a house on 1/3 of an acre in Royston. I lived in this house for almost forty years, 27 of which were retirement years. There was land around the house to develop and I loved it! We were a close neighbourhood, helping each other with snow shoveling and other chores and generally being good neighbours.

But in 2021 it was time to make another move. Although I lived in a wonderful neighbourhood in Royston, and had very supportive people living nearby, I felt that my neighbours were starting to do too much for me. I was having some health issues, and the people nearby were the ones to rush in and help by shopping and delivering meals. I knew intellectually it was time to move, to stop making

increasing demands on these wonderful people. By making that move when I did last summer, those neighbours are still my friends!

I chose to move into a facility. While I do have a microwave, I usually go down to eat with others. I feel that, should I need a “medical rescue”, it is close at hand. I feel safer here.

But I am still driving and am able to continue to be active in the community, which is very important to me. At this stage of my life, with my ongoing health issues, the move was the right decision for me.

**Written by Jennifer, from discussions with Glenda.
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Elders Take Action.**