



## Together In Transition Today

Volume 2, Issue 2

**March 13, 2012**

Greetings!

Spring is peeking it's head up from the ground here in rural Texas and the wildflowers are already starting: lots of tall yellow ones that almost come up to your hips, little pink and yellow ones that almost cover a field like ground cover, and a bright violet blue one that's new to me that grows on the green shoulders of the country roads between the pavement and barbed wire fences. And then comes my favorite: the Texas bluebonnet. There aren't many up yet, but I'm crossing my finger it'll be a 'big' year for them with all the rain we've been blessed with this year. Know what the best part is? I don't have to do a thing to enjoy all these. They're all courtesy of Mother Nature, as if she's wanting to impress us with the variety and beauty of this area all over again, in a special color-filled palette.

In California, my garden had something blooming in it all year long.

Gardening is different here than in Los Angeles, and especially after the devastating drought and heat we had here last year. Trees drop their leaves, plants die back and the countryside stays in muted shades of greys, browns and earth-tones all winter long. Maybe that's why the wildflowers, fruit tree blossoms and bluebonnets are so welcome after a long absence of color. I'm learning that the wise ones here don't believe that winter is definitely through until the mesquite trees put out their new blooms. We're still waiting on them, but don't think it'll be too much longer.

Here's sending you colorful springtime wishes and thoughts as we



Catherine Fritz

Together In Transition



### In This Issue

Six Major Types of Senior Communities: #2 - Traditional Family Home

Quotes for Sage Agers

Together In Transition

enter this new season.

As always, we are Together In Transition,

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## Feature Article

### Six Major Types of Senior Communities

Over the next four issues, I'm going to continue describing the different alternatives in ascending order of the level of care and support provided within that community, starting with the one providing the minimum level of care and support and ending with the highest level. The six types of Senior Communities I'll cover include:

1. Active Adult Community
2. Traditional Family Homes: NORCs & ECHOs
3. Continuing Care Residential Community
4. Board & Care Home
5. Assisted Living Facility
6. Skilled Nursing Facility

The second type of senior community that is an option is one that I classify as a Traditional Family Home and there are two types within this category.

One is called a NORC and it stands for a *Naturally Occurring Residential Community*. A NORC is a neighborhood in which long-term residents have become friends, gotten to know each other very well and over time have made choices to support each other in different types of need. This may be helping an elderly member

### Today News

Caregiver & Senior Resources

## Quotes for the Sage Agers

"Forty is the old age of youth; fifty is the youth of old age.."

- Victor Hugo, Author

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## Together In Transition Today New

Launch of Blog, expanded Website and Social Media tools On February 7, 2012, Together in Transition dove into the world of blogging and social media. We are continuing to build a large community of like-minded adult children, caregivers, seniors, eldercare & health professionals on Facebook, LinkedIn & Twitter and we'll continue to use our blog and these avenues to deliver timely updates on news and resources relating to your needs. Come drop in for [a quick visit to our](#)

of that community or neighborhood get to a doctor's office, bringing in meals when they're sick or injured, or taking them to the grocery store. These generally grow organically - - there's not a formal structure around them; but, they've been able to prosper and create a supportive environment out of the natural interaction between the neighbors themselves.

The second type of traditional family home option is what's called an ECHO, which stands for *Elder Cottage Housing Opportunity*. You may be more familiar with these when they're traditionally referred to as a "granny unit" or a "mother-in-law apartment". They're generally constructed as independent, small units on the back of a single family home property, and which offer privacy and independence for the senior member of the family that lives there. The elderly person living in an ECHO unit still has a high degree of mobility and functioning and can maintain their own living quarters including bedroom, bathroom, kitchenette, etc.; however, the benefit of this option is it allows a high level of interaction between the family members and especially when care and support are needed during an illness or injury. Be aware that with ECHO type of housing, you may need to go to your neighborhood zoning department to get an exemption to have it built on your property; but, I predict that this type of senior housing is going to become a viable option in the future because of the exploding housing needs for seniors. An additional benefit may be that it enhances property value at the time the residence is sold.

So what type of individual would do well in one of these situations? The individual that still prefers their independence and privacy, but realize and are willing to ask for and accept help and support from friends, neighbors and family. It's also pretty important if, an ECHO unit will be utilized for the individual, that family dynamics are closely examined, and that expectations and family practices are discussed in advance, so that difficulties and emotions don't pop up.

Either of these options also may provide a more economical alternative than a traditional private-pay senior community over the long-term, if the individual will be able to live and enjoy the space for more than a couple of years. These options are ideal for individuals who are highly social, independent but accepting of help, and close with neighbors and/or their immediate family.

### Resources for Caregivers and Seniors

Transportation independence is one of the most emotional and highly-valued features in a senior's sense of identity. However, many that I know begin to reduce their driving range to the familiar grocery store, pharmacy, doctor or dentist office, bank, etc. They may feel more challenged by traffic speeds and patterns than before, as well as preferring not to have to drive at all when it's dark. This can reduce their quality of life and sense of well-being if they used to go out for evening meals at a favorite restaurant, theater or concerts. One way to begin the process of reducing and

[expanded website here.](#)

*Together In Transition Today goes BIMONTHLY in March 2012!*

Beginning this month we will publish two issues of our newsletter: our fabulous monthly issue plus a second issue by a guest writer on an important issue for seniors and caregivers. If you're interested in contributing something, see our **'Writers Wanted'** block below!

*New Toll-free # for our Subscribers:*  
888-531-8134

*Senior Talk Radio: Catherine Fritz featured on February 13, 2012.* Click on the icon below to hear the full web radio post.

Senior Talk Radio  
interview with  
Adam Avery



[To listen directly click here](#)

### Writers Wanted!

Are you interested in writing a guest article for **Together In Transition Today** newsletter? We are currently publishing our newsletter to over 1,500 subscribers and our Facebook 'Friends' and 'Like'

eliminating driving is to offer alternatives, without taking the keys away if they are still safe, competent drivers. Many large metropolitan areas have churches, temples, non-profit or neighborhood community driving networks that can be accessed for different needs. One example I'd like to highlight is Independent Transportation Network (ITN), a non-profit association I became familiar with while in Los Angeles, and feel it is such a worthy organization that I'd like people to be aware of them.

The other way to have the discussion of using alternative transportation sources, and I believe especially helpful with men, is to show in \$\$s what the monthly costs of their car ownership requires: car payment (if any), insurance, gasoline, periodic maintenance, annual car registration fees, etc. Then, using a reasonable amount of \$10-20/per ride, calculate how many taxi rides could be provided for that same amount. Sometimes, seeing it in 'dollars and cents' can be eye-opening. Remember to emphasize that you don't want to take away their independence and will help them find alternative transportation solutions that help ensure their sense of mobility and freedom to go where they want.

status is just under 1,500 and growing daily. Your submission could gain your organization valuable exposure to a wide audience of caregivers, elder-care professionals, adult children and seniors.

[CLICK HERE](#) to review our guest article guidelines.

## About Us



## Together in Transition

Catherine Fritz, owner and founder of Together in Transition, is a Certified Senior Advisor and expert in senior transition issues. She is experienced in resourcing new residences for seniors moving from their long-time homes into senior communities, in downsizing their household, in supervising the move and in creating a home-like setting in the new residence. She also works with families to create interim 'Transition Plans' to help seniors remain independent in their homes, with the added support systems that are needed to do that safely and effectively.

While observing her parents serve as caregivers for different elderly family members, Catherine became aware of the growing needs of our current and future senior population, and the challenges that they face during different transitional stages, and so Together in Transition was born. Her skills and experience in leadership and communication, effective project management, avocation for others and attention to detail, combined with a compassionate kind nature, results in someone with unique abilities to opening doors for seniors in transition.