

# Aging in Place



Over 80% of Americans want to stay at home and Age in Place.

Please join the Commission on Aging and the Senior Center at this **FREE** workshop!



**July 19, 2023**  
**1 pm to 2:30 pm**

**Pleasant Hill Senior Center**  
**233 Gregory Lane**

**Registration required:**  
[https://secure.rec1.com/CA/pleasant\\_hill\\_rec/catalog](https://secure.rec1.com/CA/pleasant_hill_rec/catalog)  
or call (925) 798-8788

## Topics to be covered:

- Home modification for safety
- Difference between home care and home health
- How to find a qualified caregiver
- Alternate living communities
- How to determine what community is a good fit for you
- Benefits of Hospice