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Nesting for Empty Nesters®: The Vacation Style Living™ Approach to Aging in Place

Francisca Alonso

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You don't need a retirement home. You need a great home for retirement!

Nesting for Empty Nesters®: The Vacation Style Living™ Approach to Aging in Place is the practical guide to using smart design to prepare your home now for a better quality of life in retirement and beyond. Author Francisca Alonso, a Certified Aging in Place Specialist (CAPS), Associate Member of the American Institute of Architects, and co-founder of AV Architects + Builders in Great Falls, Virginia, challenges you to reimagine and reinvent your home into a stylish, comfortable and safe retreat for decades to come - an oasis where you can age in place.

Research shows that by age 65 an astounding 87% of adults want to stay in their current home and community as they age. Still, 90% of homeowners will procrastinate in preparing their home for aging in place and risk being forced into last minute, limited, and costly decisions by a health issue. Nesting for Empty Nesters® will show you how to be part of the 10% who plan for a retirement of casual luxury at home surrounded by family and friends.

Aging in place is living an active, fulfilling life, independently in your own home custom designed for your comfort, convenience and safety in retirement and beyond. Nesting for Empty Nesters® reveals that the baby boomer generation is embracing aging in place as part of the "successful aging" trend and remodeling their homes to support this new vision of the Golden Years. They want - and deserve - homes that give them the freedom to flourish into the future.

Nesting for Empty Nesters® guides you through the process of evaluating the home you have and the key steps to transforming it into the home you need to age in place. With stunning photography, inspirational quotes and expert tips, Alonso prepares you for life's next grand adventure - right where you live.

Chapter 1 - Is Your Home Ready for the Next Stage of Your Life?
Chapter 2 - You Don't Need a Retirement Home - You Need a Great Home for Retirement
Chapter 3 - What is Aging in Place?
Chapter 4 - Right Where You Want to Be: Keeping Your Community and Reinventing Your Home
Chapter 5 - It's Decision Making Time: Choose Wisely
Chapter 6 - Does Your Home Serve Your Needs?
Chapter 7 - 10 Questions to Ask Yourself Now
Chapter 8 - Changing Needs, Smarter Design, Better Lifestyle
Chapter 9 - Do I Remodel, Move or Build New?
Chapter 10 - Building New for the New You - Considerations
Chapter 11 - Remodeling for Retirement and Beyond
Chapter 12 - Multi-Generational Living - Making Room for Mom & Dad
Chapter 13 - "I just can't see it." - When to Call in an Expert
Chapter 14 - What is Vacation Style Living™?
Chapter 15 - What will I need? The Elements of a Vacation Style Living™ Home for Retirement

Chapter 16 - Main Floor Living
Chapter 17 - Smarter Spaces: Where do you really "live"?
Chapter 18 - Finding Space and Maximizing Floor Plan
Chapter 19 - Does Size Really Matter? A New Approach to Square Footage
Chapter 20 - Vacation Style Living™ - The Basics of Vacation-Style Aging in Place
Chapter 21 - Find Inspiration
Chapter 22 - Choose a Style
Chapter 23 - Lighting
Chapter 24 - Interior Finishes
Chapter 25 - Hidden Hazards and Beautiful Solutions
Chapter 26 - Furniture
Chapter 27 - Elements to Eliminate
Chapter 28 - It's All About the Flow - Connecting Inside with Outside
Chapter 29 - Outdoor Spaces
Chapter 30 - Exterior Finishes
Chapter 31 - Choosing an Architect
Chapter 32 - What is an Architect-Builder?
Chapter 33 - Interviewing Your Architect-Builder
Chapter 34 - Budgeting: How to Age in Place without Breaking the Bank
Chapter 35 - Start Now
About the Author - Francisca Alonso
About the Author - Antonio Alonso Resources

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Susan Granger:

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