

Getting Started

Why Use This?

Getting started is usually the hardest part—especially with a topic as personal as Aging in Place. It's easy for this work to get pushed aside by day-to-day priorities. This guide helps you figure out how to kick off a thoughtful, productive conversation with your community.

When To Use It

Great fit:

You're ready to start a broader conversation in your community, or your group has already shown interest and you need a clear path forward.

Not a fit:

Your community is burned out, facing an immediate crisis, or you can't find a single person to help you lead the effort..

Prerequisites

None! Just bring your curiosity.





How It Works

Step 1

Build Your Small Crew

Don't try to go it alone. Find 2 or 3 people to co-lead this with you—three is usually the sweet spot for keeping momentum going without getting bogged down.

Keep the invite casual, but be clear on the basics:

- How often and how long will you meet?
- How much time will this take outside of meetings?
- How long is the commitment?
- What happens if someone needs to step back?

Step 2

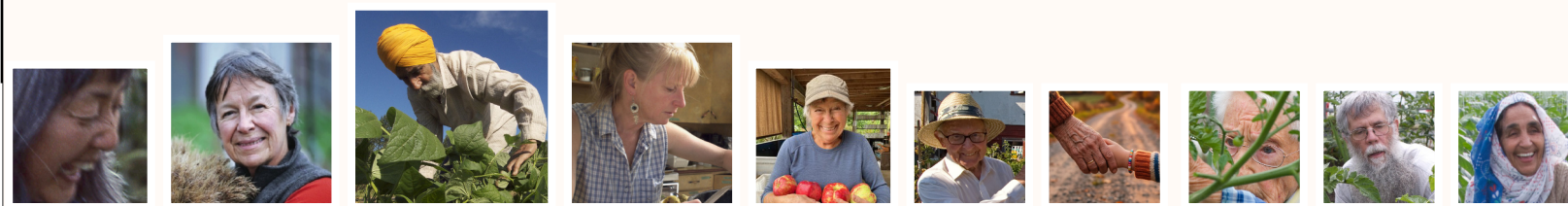
Read the Room

Take a quick pulse on where your community stands:

Relevance: Is this topic front-of-mind for people, or are most members still years away from thinking about it?

Capacity: Do people have the emotional bandwidth right now? Are relationships in a healthy place to handle a sensitive topic?

Team Bandwidth: Does your core team actually have the time to drive this?





Step 3

Test the Waters

If the timing feels right, start having low-stakes conversations:

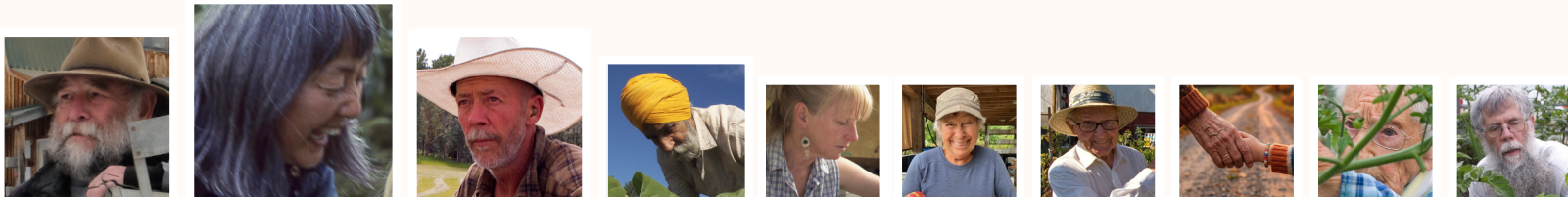
- Check if an existing committee or group should host this work. If not, identify key community members who might care or have helpful influence.
- Grab a casual coffee with them. Have a quick 60 second pitch ready, but focus on listening—you're just gathering thoughts and listening to concerns right now, not asking for favours.

Step 4

Do a Little Homework

Look into the specific questions or worries that came up during your coffee chats. People usually ask about:

- Local options for home modifications and standard costs (like ramps or grab bars).
- Nearby home healthcare resources.
- Local building codes or permit requirements.





Step 5

Pick Your Next Step

If this is brand new territory: Move on to the Laying the Foundation tool to design your community's first conversation.

If you've already talked about values and future plans: Jump straight to the Making a Plan tool to turn those ideas into action.

