THE NEXT NEST

THE NEXT NEST — QUICK START GUIDE

A Simple First Step Toward a Safer, More Stable Next Chapter

Created by Gold Star Senior Shared Housing

WELCOME TO THE NEXT NEST

You’re here because you’re thinking about your next chapter — what you want, what you need, and how to stay safe, stable, and supported as you move forward.

This guide is a gentle starting point. It’s designed to help you take a breath, look at where you are today, and begin planning for a future that feels secure and aligned with your goals

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You don’t have to have everything figured out.
You don’t have to make big decisions today.
You’re simply taking the first step — and that’s enough.

The Next Nest Quick Start Guide gives you a simple, senior-friendly way to explore your home, your finances, and your support network with clarity and confidence. Each page is designed to help you reflect, prepare, and move forward at your own pace.

Gold Star Senior Shared Housing created The Next Nest to support older adults with dignity, compassion, and practical tools. We’re honored to walk this path with you.

What This Guide Will Help You With

This Quick Start Guide gives you a simple, supportive way to begin planning your next chapter with clarity and confidence. Inside, you'll find tools that help you:

1. Understand what you want and need for your future
Reflect on what matters most to you — your safety, comfort, independence, and peace of mind.

2. Take a gentle look at your current situation
Use short, senior-friendly snapshots to see where things are going well and where you may need support.

3. Identify early signs of home safety concerns
Spot small issues before they become big problems, and learn what to pay attention to in your living space.

4. Get a high-level view of your financial readiness
Review the basics of your financial picture so you can plan wisely and avoid surprises.

5. Understand who is in your support network
Identify the people, services, and resources that can help you stay safe, connected, and supported.

6. Take your first three action steps
Start with simple, doable steps that help you move forward without feeling overwhelmed.

7. Know where to go next
Learn how to access the full Next Nest Workbook and additional Gold Star resources when you're ready.

Understanding Your Next Chapter

You're entering a new season of life, and this chapter is about helping you understand what you want that season to look and feel like. Your "next chapter" isn't about starting over — it's about building on everything you've already lived, learned, and overcome.

This section gives you space to pause, reflect, and gently consider:

1. What matters most to you right now
Your comfort, your safety, your independence, your peace of mind — these are the foundations of your next chapter. This guide helps you name what's most important so your decisions reflect your values.

2. What's working well in your life today
You may already have strengths, routines, or support systems that are serving you. Recognizing what's going well helps you build from a place of confidence, not fear.

3. What feels uncertain or needs attention
Every next chapter includes areas that need clarity — your home, your finances, your health, or your support network. This guide helps you identify those areas without judgment or pressure.

Your Readiness Snapshot

Your Readiness Snapshot gives you a quick, honest look at where you are today as you think about your next chapter. It's not a test, and there are no right or wrong answers. This is simply a starting point — a way to understand what's going well and what may need a little more attention.

This snapshot helps you reflect on four key areas:

1. Your Home
Is your current home supporting your safety, comfort, and daily routines?
This section helps you notice small things that may need adjustment — from lighting and mobility to maintenance and overall safety.

2. Your Finances
Do you have a clear sense of your monthly expenses, income, and long-term stability?
This snapshot helps you identify whether your financial picture feels steady or uncertain, without requiring detailed paperwork.

3. Your Support Network
Who can you rely on — family, friends, neighbors, or community resources?
This section helps you see where you have strong support and where you may want to build more connection.

4. Your Personal Well-Being
How are you feeling physically, emotionally, and socially?
Your well-being plays a major role in your ability to stay safe and independent.

Understanding your readiness helps you see your strengths, identify areas that need attention, make decisions with clarity, and take small, meaningful steps forward.

Home Safety Snapshot

Your Home Safety Snapshot helps you take a gentle, honest look at how well your current home supports your day-to-day needs. This is not a full inspection — just a quick reflection to help you notice what's working well and what may need attention.

This snapshot focuses on four key areas:

1. Daily Comfort & Ease of Movement

Do you move through your home comfortably and safely?
This includes things like:
- clear walkways
- good lighting
- easy access to frequently used areas
- no tripping hazards

Small adjustments can make a big difference.

2. Bathroom & Personal Care Safety

Does your bathroom feel safe and easy to use?
Consider:
- stability when getting in and out of the shower
- grab bars or support if needed
- non-slip surfaces
- easy access to toiletries and towels

Bathrooms are one of the most important areas for safety.

Home Safety Snapshot (cont.)

3. Home Maintenance & Upkeep

Is it easy to keep your home in good working order?
Think about:
- repairs you've been putting off
- tasks that feel physically difficult
- areas that need attention but feel overwhelming

Noticing these early helps you plan ahead.

4. Safety & Security

Do you feel safe in your home and neighborhood?
This includes:
- working locks
- smoke detectors
- good outdoor lighting
- feeling comfortable at night

Your sense of safety matters just as much as physical safety.

Financial Snapshot

A simple, judgment-free look at your financial readiness

Your Financial Snapshot helps you get a quick sense of how stable and comfortable you feel with your current financial situation. You don't need statements, documents, or exact numbers for this step — just your honest sense of where things stand today.

This snapshot is designed to help you reflect on four key areas:

1. Monthly Stability
Do you feel confident that your monthly income covers your basic needs — housing, food, transportation, and healthcare?
This section helps you notice whether your month-to-month finances feel steady or stretched.

2. Unexpected Expenses
If something unexpected happened — a repair, a medical bill, or a sudden change — would you feel prepared?
This helps you understand your level of financial resilience.

3. Long-Term Sustainability
Are you comfortable with how long your current resources will last?
This snapshot helps you gently consider whether your financial picture supports your long-term goals.

4. Support & Resources
Do you have people, programs, or community resources you can turn to for financial guidance or support?
Knowing where help exists can make a big difference in your sense of stability.

Support Network Snapshot

A simple look at who supports you — and where you may want more connection

Your Support Network Snapshot helps you understand the people, services, and community resources you can rely on as you plan your next chapter.
This is not about having a "big" network — it's about knowing who is in your corner and where you may want to build additional support.

This snapshot helps you reflect on four key areas:

1. People You Can Count On
Who are the family members, friends, neighbors, or trusted individuals you can call when you need help, advice, or support?
This section helps you identify the people who make you feel safe, connected, and supported.

2. Practical Support
Do you have someone who can help with things like transportation, errands, appointments, or home tasks when needed?
This helps you understand where your practical support is strong — and where you may want to strengthen it.

3. Emotional Support
Who listens to you, checks in on you, or helps you feel grounded when life feels uncertain?
Emotional support is just as important as practical support.

4. Community & Services
Are you connected to community programs, senior centers, faith communities, or local services that can offer help when needed?
This section helps you see what resources are already available to you — and where you might want to explore more options.

Your 3 Action Steps

Small steps that help you move forward with clarity andconfidence

You don't need to have everything figured out today.
You don't need a full plan.
You just need a place to start.

These three action steps are designed to help you take gentle, meaningful steps toward a safer, more stable next chapter — at your own pace.

1. Choose One Area You Want to Focus On First

Look back at your snapshots — home, finances, support network, or well-being.
Which one feels most important right now?
Which one would make the biggest difference in your daily life?
This is your starting point.

2. Identify One Small Step You Can Take This Week

Your step should be simple and doable, such as:
- calling someone you trust
- checking one safety item in your home
- organizing one bill or document
- asking a question you've been putting off
- exploring a local resource or program

Small steps build momentum — and momentum builds confidence.

Your 3 Action Steps (cont.)

3. Write It Down and Share It with Someone You Trust

Write down the area you chose and the step you plan to take.
Then tell someone — a friend, a family member, a neighbor, or a counselor.

Why? Because when we say something out loud or write it down, it becomes real.
Sharing your intention creates gentle accountability and reminds you that you're not doing this alone.

You might say:
"I've decided to focus on my home safety this week. I'm going to check the lighting in my hallway."
"I want to look into a local senior center. I'm going to call and ask about their programs."

That's it. Three steps. One area. One action. One person to share it with.

You're already moving forward — and that matters more than you know.

About Gold Star Senior Shared Housing & The Next Nest

Gold Star Senior Shared Housing is a community-rooted nonprofit dedicated to helping older adults stay safe, stable, and connected as they age. We believe every senior deserves a home that supports dignity, independence, and well-being — and that no one should have to navigate housing challenges alone.

The Next Nest is Gold Star's signature program. It was created to give older adults, homeowners, and community partners a clear, practical pathway for exploring shared housing as a safe and sustainable option.

Through workshops, tools, and senior-friendly guidance, The Next Nest helps people understand their needs, strengthen their support networks, and make informed decisions about their next chapter.

Together, Gold Star and The Next Nest provide:
- Practical tools that help seniors assess their home, finances, and support systems
- Clear guidance for exploring shared housing safely and confidently
- Community connection that reduces isolation and builds support
- A dignified, empowering approach to aging in place

Our goal is simple: To help older adults create a next chapter that feels safe, stable, and supported — one step at a time.

RESOURCES & NEXT STEPS

A gentleguide to help you continueyourjourneywithclarityandsupport

You've taken an important first step by completing this Quick Start Guide.
Your next chapter doesn't have to be rushed — it simply needs to be supported.
These resources and next steps can help you keep moving forward at your own pace.

1. Explore Additional Tools & Worksheets

If you're ready to go deeper, you can access more senior-friendly tools that help you:

- understand your financial picture
- assess your home for safety
- build your support network
- explore shared housing options
- plan confidently for the future

These tools are designed to be simple, practical, and easy to use.

2. Learn More About The Next Nest Program

The Next Nest offers workshops, guides, and community support to help older adults:

- explore shared housing safely
- understand their needs and goals
- connect with trusted resources
- create a stable, sustainable next chapter

If you found this Quick Start Guide helpful, the full Next Nest Workbook and program can take you even further.

3. Connect With Gold Star Senior Shared Housing

You don't have to navigate this alone.
Reach out to learn more about:

- upcoming workshops
- one-on-one guidance
- community partnerships
- shared housing education
- volunteer or partner opportunities

We're here to support you with dignity, clarity, and care.

4. Gold Star Senior Shared Housing

Here for every senior seeking stability, clarity, and shared housing support

Website: www.goldstarsharedhousing.com
Email: hello@goldstarsharedhousing.com
Phone: 800-383-7813

Your next chapter matters — and we're honored to walk alongside you.