

AGING IN PLACE

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Definition

- Continuing to live in your home safely and independently as one grows older
- Not typically in nursing home, independent living, or health care environment



Why Age in Place?

- Can give stability, familiarity
- Promotes independence
- Increase quality of life
- Proximity to family

When to Recommend?

- Individuals who are resilient
- Have good social support
- Willing to make minor modifications
- Able to upkeep home
- Understand their chronic or medical conditions

National Aging in Place Council (NAIPC)

- Senior support network that focuses on home-awareness and community-based services that make independent living possible
- “planning to age”
- Support network consists of experts in health care, financial services, elder law, design, and home remodeling
- Membership for service providers
- Great website and education for seniors



Local Chapters

- Central Virginia
 - brent.ellenburg@heavensentservices.com.
- Baltimore
 - baltimore.naipc@gmail.com
 - 877-792- 4494
 - Adopt a senior center, ask the expert panels, senior expo
- Directory of specialists in the area
 - Certified Aging in Place Specialist
 - National Association of Home Builders

Patient education

- Consumer advice booklets
 - [Use Your Home to Stay at Home: A Guide for Homeowners Who Need Help Now](#)
 - [Use Your Home to Stay at Home: A Planning Guide for Older Consumers](#)
- Cost of living at home
 - Federal, State, and Local Grant Programs for home modifications
- Transportation Resources
 - www.seniortransportation.net

Family Education

- [Can We Talk? Families Discuss Older Parents' Ability to Live Independently](#)
- Professional Care Planner: A care planner is a health and human services specialist who helps families and caregivers navigate the web of available services.
- [Senior Transportation for Caregivers](#)



Bedroom Modifications

- Hospital type beds (bed rails)
- Wider doorways
- Removing throw rugs
- 1st floor set up
- Walk in closet
- Accessible light switches



Bathroom Modifications

- Bath seat in tub
- Grab bars in bathrooms
- Walk in tub
- Raised toilet seats
- Lowered sinks
- Accessible cabinets



General Home Modifications

- Enhanced high and low frequency tones for doorbells and telephones
- Larger print on food and medicine labels
- Stairway handrails on both sides
- Smoke detectors with strobe lights if hard of hearing
- Lower home appliances (microwaves)





PT and Aging in Place

- NAIPC Membership
 - Individual- \$135:
 - employees of companies or service providers who are looking to distinguish themselves as a member of the nation-wide Aging in Place professional community
 - Annual membership includes: access to members-only industry communications, NAIPC member's logo use, member rates at upcoming national events, as well as a website listing on naipc.org
 - Corporate- \$375

Questions?

- Certified Aging in place specialists:
http://www.nahb.org/directory_list.aspx?directoryID=188§ionID=1391&2911=22043&proximityLimit=50
- NAIPC
 - www.naipc.org