# **AGING IN PLACE**

Staci Kovelman

#### **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**

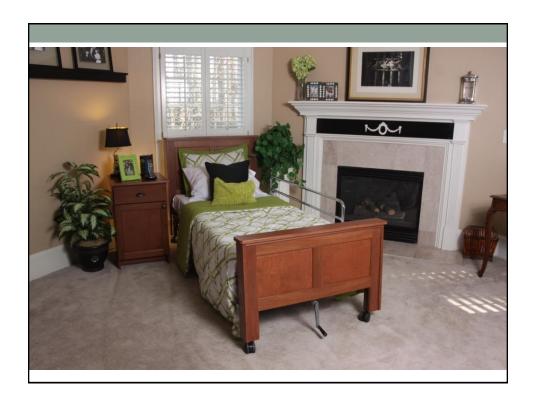
- · Central Virginia
  - brent.ellenburg@heavensentservices.com.
- Baltimore
  - baltimore.naipc@gmail.com
  - 877-792- 4494
  - Adopt a senior center, ask the expert panels, senior expo
- · Directory of specialists in the area
  - Certified Aging in Place Specialist
  - National Association of Home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

#### Patient education

- Consumer advice booklets
  - <u>Use Your Home to Stay at Home: A Guide for Homeowners Who Need Help Now</u>
  - <u>Use Your Home to Stay at Home: A Planning Guide for Older</u> 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**

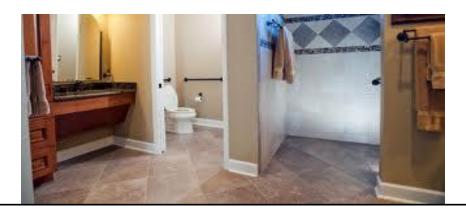
- Hospital type beds (bed rails)
- Wider doorways
- Removing throw rugs
- 1st floor set up
- Walk in closet
- Accessible light switches



#### **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 an 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 membersonly 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:
  <a href="http://www.nahb.org/directory\_list.aspx?directoryID=188&sectionID=1391&2911=22043&proximityLimit=50">http://www.nahb.org/directory\_list.aspx?directoryID=188&sectionID=1391&2911=22043&proximityLimit=50</a>
- NAIPC
  - www.naipc.org