

- HOSPITAL
- SKILLED NURSING FACILITY
- ASSISTED LIVING FACILITY
- HOSPICE
- HOME CARE
- CAREGIVERS/ CARERS
- REHAB FACILITY
- MEMORY CARE

What is Aging-in-Place?

75%
of adult children &
69%

of parents
think about the parents' ability to live
independently as they get older.¹

- Persons desire to live in their own home for as long as they're able, as they age.
- The fit (match) between the person and his/her environment is a key to aging-in-place.



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1 = According to research by the American Association of Retired Persons (AARP), www.aarp.org

Social Supports

- Some aging people need help with day-to-day activities.
- Services and supports include home care and services offered through health and social services.

nearly
90%
of seniors want to stay
in their own homes as
they age²



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2 = According to research by the American Association of Retired Persons (AARP), www.aarp.org

Staying Connected ...



Staying connected to family, friends, and in the community provides social well being.

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Staying Healthy

Frequent exercise and eating a healthy diet can reduce the risk of health problems.

 Eating well

 Exercise regularly

 Routine walking

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Staying Financially Secure

- Planning for future expenses/ staying informed about future income sources.
- Income Sources include:
 - Retirement savings
 - Pension plans
 - Social Security
 - Relatives' assistance



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Aging Changes



As people age, bodies and capabilities change reducing one's vision/hearing, decreasing muscle endurance; and, reducing mental processing capabilities. The likelihood of physical and mental deterioration can include:

Illness frequency

Falls because of balance difficulty

Reduced bone strength

Decreased mobility



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Aging in Place

Aging changes can be impactful with everyday daily activities inside and outside of the home.

Walking

Going up/down stairs

Get in/out of bathtubs/showers

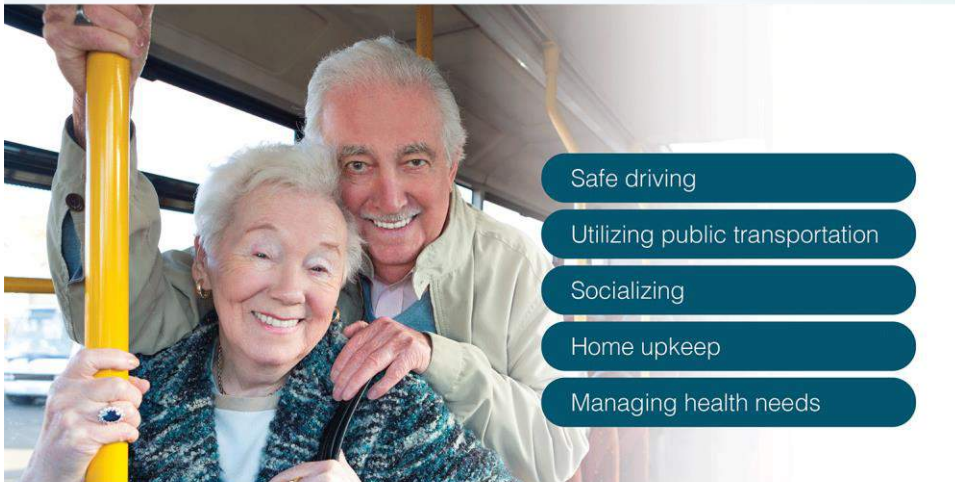
Get up/sit down from beds, chairs & toilets

Reach bend/down when retrieving items from closets/shelves



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Aging Changes



Safe driving

Utilizing public transportation

Socializing

Home upkeep

Managing health needs



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Aging in Place Populations



Health/Fit
Persons



Mobility
Challenged
Persons

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'Healthy' & 'Fit' Persons



'Healthy' & 'Fit' Persons



'Healthy' & 'Fit' Persons

'Healthy' and 'fit' persons are 55+ years of age who may or may not be experiencing health-related conditions, and have no noticeable balance or mobility problems.

Individuals starting to experience changes, e.g., declining vision, strength and/or might be anticipating changes.

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'Healthy' & 'Fit' Persons

Aging people are sometimes prone to modify 'mismatches' between natural 'aging changes' and their current home environment. Home modifications can include what is good for all people when growing older including added lighting and fixtures and removal of known hazards.



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Mobility Challenged



Generally speaking, mobility challenges are greater for aging homeowners diagnosed with one or more medical conditions and/or noticeable problems with balance and/or mobility.

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Mobility Challenged



Age-related physical changes and chronic health conditions, i.e., diabetes, Parkinson's disease, etc., cause difficulties with routine daily living tasks requiring frequent mobility. If applicable, declining vision causes misjudgment of spaces between steps and stairs.

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Mobility Challenged



Muscle weakness can affect one's balance increasing fall-related household accidents when getting up from a favorite chair, or taking a shower or bath. A "stiffening" of the knees results in a shuffled walk increasing the likelihood of accidents.

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Mobility Challenged



Unsafe living environments can lead to problems with routine everyday activities, i.e., laundry and housekeeping.



Inadequate lighting can make it harder to see trip and fall hazards.



Getting up from low-seated chairs or toilets can cause temporary loss of balance.



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Mobility Challenged



Several fall-related accidents occur in aging home dwellers' residences.



Mishaps occur with everyday routine household chores.



Many individuals only become aware of potential home hazards, i.e., poor lighting, slippery floors, etc., when they fall.



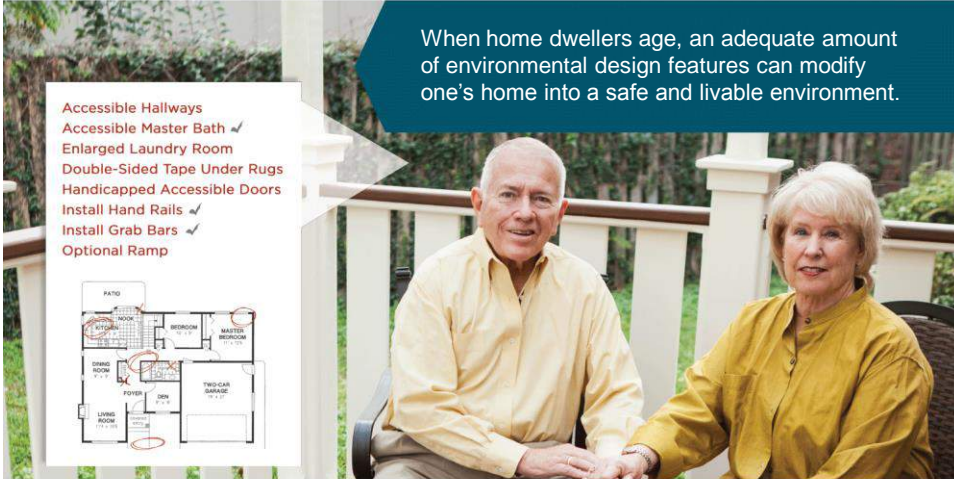
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Let's Chat About Environmental Design ...

When home dwellers age, an adequate amount of environmental design features can modify one's home into a safe and livable environment.

- Accessible Hallways
- Accessible Master Bath ✓
- Enlarged Laundry Room
- Double-Sided Tape Under Rugs
- Handicapped Accessible Doors
- Install Hand Rails ✓
- Install Grab Bars ✓
- Optional Ramp



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'Healthy' & 'Fit' Persons

Some hazards including inadequate step/stairway lighting and step/stairway clutter can exist, so modifications allow for what is good for all people when they age including added lighting and hazard removal.



Solutions

Adequate stair lighting

Clutter free

Utilize stairway handrails

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Refer to [Aging-in-Place Guide](#) on page 4 for Spotting Home Hazards.



A Senior's Functional Environment Assessment

A functional assessment allows for detection of a mismatch between home dwellers' residences and their environment. These are sometimes completed by GCMs (geriatric care managers), occupational therapists and adult children.



Observation Tips

- Walking on carpeted and tile floor surfaces.
- Walking up/down stairs.
- Reaching and bending up/down for kitchen appliances.
- Getting in/out of bathtubs/showers.
- Get up from beds, toilets, chairs, etc.

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A Senior's Functional Environment Assessment



Identify

potential safety hazards.



Assess

amount of aging home dwellers' balance and mobility with respect to the home environment.



Observe

if household environment is safe or unsafe.

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Benefits of a Functional Environment Assessment

The benefits of completing an aging home dweller's Functional Environment Assessment include collaboration between care professionals in the healthcare continuum and family members.



Benefits of Senior's Functional Environment Assessment

- Holistic fall prevention strategy.
- Safety Recommendations.
- Aging home dwellers and caregivers accepting objective conclusions.

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Going to the Bathroom at Night

70% of all household falls occur in the bathroom¹

Our safety tips are helpful in eliminating household accidents when going to the bathroom at night.

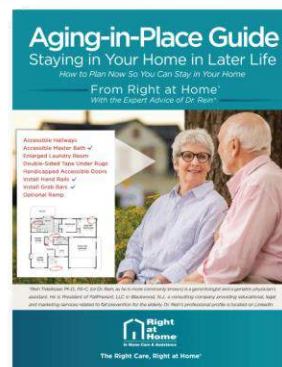
Bathroom Safety Tips

- Installed nightlights in bedroom and bathroom.
- Nightlight within arm's reach of bed.
- Clear path from bedroom to bathroom.
- Bedside commode.

Refer to [Aging-in-Place Guide](#) on page 4 for Any Difficulty at Home With...

¹ = www.consumeraffairs.com/news/making-bathrooms-safe-for-seniors-041013.html

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Getting Up...From Toilets?



Several aging home dwellers experience fall-related accidents when going to the bathroom. Elevated toilet seats and grab bars are helpful in making it easier to sit down and stand up on a toilet stool.

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Getting Up...From Chairs?

These helpful tips can eliminate the likelihood of fall-related household accident when getting up or sitting down in a chair.



Bathroom Safety Tips

- Purchase chairs with sturdy arm rests.
- Add firm foam pads to chair seating.

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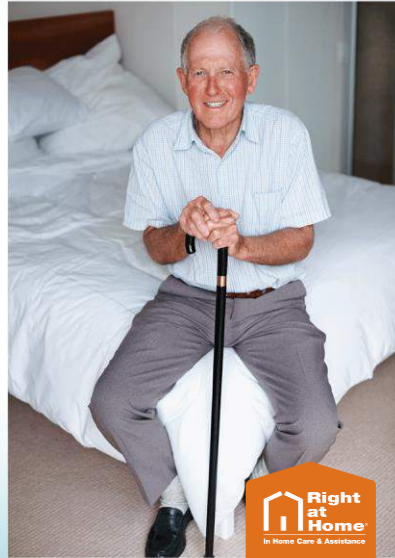
Getting Up...From Beds?

These helpful tips will make it safer when aging home dwellers are getting in and out of bed.

Bedroom Safety Tips

- Move beds against walls, to prevent sliding.
- Replace existing mattresses with thicker/thinner mattresses, so feet will touch the ground when sitting on a bed's edge.
- Utilize handrails when getting up from bed.

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Getting In/Out...Bathtubs or Showers

Because of several household accidents occurring in the bathroom, these safety tips will be helpful in knowing what to do when aging home dwellers need to take a bath or shower.

Bathtub/Showers Safety Tips

- Utilize tub/shower chairs and grab bars. Towel bars **should not** be used as a grab bar.
- Utilize nonskid rubber mats or decals to prevent floor slippage.

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Walking Up/Down Stairs

Safety tips for walking up/down stairways include:



Stair Safety Tips

- Look directly at each step without being in a hurry.
- Never carry large boxes or luggage obstructing vision.
- Place feet firmly on stairs.
- Never store items on stairways.
- Add handrails to stairways.
- Added lighting installed near stairways will improve safety.

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Making Change Happen



Piecemeal modifications with only 2 or 3 changes at a time, so this process is less daunting in nature.

Comparison shopping can allow aging home dwellers choices between amenity options.



Family caregivers are important stakeholders in the planning of aging in place topics because of observations made during the Functional Environment Assessment.

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Stages of Behavioral Change

Four steps make up the process a person uses to change their habits and behaviors (buying-in and accepting modifications).

	
<h3>Pre-contemplative Unaware</h3>	<h3>Contemplative</h3>
<ul style="list-style-type: none"> • Not interested in change. • See no need for change. • Avoids information. • Useless to attempt modifications. 	<ul style="list-style-type: none"> • Consider possible changes. • Problem recognition. • Trigger event, e.g., bad fall. • Open to dialogue.

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Stages of Behavioral Change, Continued

Other behavioral changes are common when aging home dwellers and their families are deciding for or against making home modifications.

	
<h3>Action</h3>	<h3>Maintaining</h3>
<ul style="list-style-type: none"> • People who've already made home modifications. • Chances of relapse strong, but open to dialogue. 	<ul style="list-style-type: none"> • Prevent relapse by adopting new status quo. • Caregiver/family praise and positive reinforcement is important.

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Home Monitoring Technology

Home monitoring is appropriate for aging home dwellers under these conditions.

- Balance and vision impairment
- Cognitive problems, e.g., dementia
- Multiple drug medications impacting motor skills and balance
- Chronic health conditions, e.g., Parkinson's disease, severe arthritis, stroke, etc.
- Unsafe mobility



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Summary

In conclusion, just as people and environmental needs are different, holistic solutions for “aging in place” need to be individualized and based on the person’s specific functional capacity (or limitations) and environmental hazards/obstacles.



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QUESTIONS & ANSWERS: PLEASE SUBMIT USING THE “ASK A QUESTION” BOX



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Resources – Where to Turn for Help



[Right at Home](#) is your trusted friend in home care. Follow us on social media outlets of your choice.



[Aging-in-Place Guide](#) has resourceful information to support adult children and stakeholders across the lifespan when needing information about aging in place.



Subscribe to our free [Caring Right at Home](#) newsletter to stay current on home care and healthcare continuum trends.



Join our engaging discussions on our [Home Care and Healthcare Advocacy](#) group on LinkedIn.



Check out our [Fall Prevention Guide](#) for a comprehensive safety guide of how aging home dwellers can avoid fall-related accidents in the household.

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