



Live Smart and Safe at Home!

AWARE SENIOR CARE

HOME CARE AGENCY

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MAKE IT HOME™

Senior Move Management & Rightsizing

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Live Smart and Safe at Home - Agenda

- I've been living in my home for years – what's the problem?
- If not home, where then?
- Introducing Make It Home™
 - Is your current home the right place for you?
- If you decide to stay at home, what things can you do to maximize safety and make things as easy as possible?
- Questions?



Living in your home for years – what's the problem?

- **May not be a problem now, but....**
- **How's your mobility/agility – the #1 factor if lost you most likely will need to move**
- **Your Health – do you have the support you need if health becomes an issue?**
- **Your Endurance – is going up and down stairs, doing yard work, cooking, home maintenance becoming a burden?**
- **Transportation – what if you can't drive?**
- **Your Friends and social activity?**



Stay or Move: Take a Checkpoint

1. I enjoy managing my household tasks
2. I do not need assistance with my personal needs
3. I eat healthy meals
4. I do not have a medical condition(s) that will cause disability in the future
5. I have the physical, social and spiritual network that I want
6. I live near family, long time friends, my favorite area
7. I do not need to ask family/friends for help on an ongoing basis
8. I have access to easy transportation even if I can no longer drive
9. I feel happy and safe in my home



If I Decide to Stay, What Can I do about it?

Focus on:

1. **YOU.** Taking the best care of yourself to put yourself in a position to be as mobile as possible and stay in your home as long as you can or want and,
2. **YOUR HOME.** Evaluate and if appropriate, modify your home to be safe and easy to live in.

The focus of this presentation will be on evaluating your home and steps to take to modify your home as best as possible to live long and safely at home.



Things You Can Do To Make Staying Home Doable

1. Does your space fit your lifestyle and physical needs?

- Mobility issues
- Vision, hearing, strength limitations

2. Assess your Home - inside and out

- Visitable: enter and exit safely
- Livable: accessible bedroom and bathroom

3. Make Changes or Modifications

- Prioritize
- What can you do yourself?
- What will you have to hire professionals to do?



Things You Can Do To Make Staying Home Doable

1. Exterior Accessibility and Lighting

- Stairs with handrails
- Adequate lighting at doorways and walkways

2. Home Style – ranch (one-level) or multi-level

- Living on one level is optimal

3. Interior Flow and Lighting

- Adequate space in walkways and doorways
- Throw rugs – can throw you!
- Lighting the way down hallways and stairs

4. Kitchen

- Keep things within reach – no step stools
- D-shaped door and cabinet handles



Things You Can Do To Make Staying Home Doable

5. Bathroom

- Accessible tub or shower
- Grab bars for stability

6. Generally Speaking

- Furniture height – make it easier on yourself!
- De-Clutter
- High tech products:
 - Amazon Alexa
 - RING or Nest
- Low tech products:
 - Motion Activated Lighting
 - Levered Door Handles

“SAFETY, COMFORT AND HAPPINESS ARE PARAMOUNT!”



Resources that can Help You

“Age In Place - A Guide to Modifying, Organizing and Decluttering Mom and Dad’s Home”

By Lynda G Shrager

Amramp – wheelchair and threshold ramps, stair lifts, etc.

Phone: 919-850-4585

www.amramp.com/easternnc

Independent Living Aids, LLC – product source for online purchase or request a catalog

www.IndependentLiving.com

Phone: 800-537-2118

American Showers and Handyman Services – showers, grab bars, handyman services

Phone: 919-889-3071

www.GrabBarHandyman.com



Make It Home™ – What we do

- **Make It Home** is a full-service Senior Move Management company. We assist older adults and their families with the daunting and overwhelming physical and emotional process of moving from their current residence to a new home. We also help people who decide to “Age in Place” by creating a safer and more functional space.
- We help people downsize or right-size for easy living, declutter, get better organized, create floor plans for better mobility, make home modifications and correct in-home hazards.
- **Make It Home** is a member of and adheres to the strict Code of Ethics and Standards of Practice of the National Association of Senior Move Managers®.



Aware Senior Care – What we do?

- **Aware Senior Care** provides award-winning, in-home companion care, personal care and nursing services to seniors and those who are disabled or chronically ill. We are a veteran-owned business serving Wake County, and we believe in taking a holistic approach with every client by considering the whole person, not just the services we can provide.
- We are dedicated to educating the public about the resources available in the community. Our [Circle of Support](#).
- A proud Champion member of the [Senior's Choice](#) US and Canada home care network





Thank You!

