Aging AT HOME

Many **SENIORS** prefer aging at home in a familiar environment. While independent or assisted living may be an option, staying at home depends on health and support needs. Your current residence may require adjustments to ensure safety and comfort.

LOCATION MATTERS

- If your family will be providing support, are they close by?
- Are there neighbors and friends nearby that can be relied upon in an case of an emergency?
- Can necessities like grocery stores, gas stations and healthcare facilites be easily reached?

ACCESSIBILITY OPTIONS

- One-floor living or at least a first-floor bedroom and bathroom
- Flattened thresholds
- Wheelchair ramps
- Widened hallways and doorways
- Walk-in showers and bathtubs with grab bars and non-skid mats
- Toilet safety
- Medical alert systems
- Kitchen modifications - lowered counters/sinks, reachable upper cabinets, brighter lighting
- Floor modifications - too many steps up and down, area rugs can be a trip hazard
- Smart home devices, thermostats, alarm/surveillance systems
- Assistive seating, Hoyer hydraulic lift, elevator

CAREGIVING

- Depending on your health, another consideration may be hiring a part-time caregiver
- If 24/7 daily assistance becomes needed, it will involve more hands-on monitoring from family or an appointed executor
- Many more decisions to accommodate health changes will be made as needed

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