

AGING IN PLACE

Recommendations for increasing safety & independence!



Where to Start

PRIORITIZE

Consider what is most important to you: personal care (bathing, toileting, etc.), household chores, meal prep, mobility requirements (home & community).

CREATE A PLAN

Consider finances, budget, mobility needs & current ailments including possible progression when thinking considering aging in place needs.

GO ROOM BY ROOM

Identify areas of concern in each room. Make note of areas that are difficult to walk, tripping hazards or you where you have difficulty reaching important items.

CONSIDER GETTING A PROFESSIONAL'S HELP

Talk to your Occupational Therapist



**HOME
AND
DRIVING**

An Occupational Therapist (OT) or Certified Aging in Place Specialist (CAPS) can perform a Comprehensive Home Assessment that evaluates your entire home and provides recommendations for modifications, equipment and potential renovations that are tailored to your individual needs, increase function and maintain independence. The professionals assist you in addressing the interior and exterior of your home. Such assessments save money in the long run by helping to avoid mistakes in product selections and design solutions. The cost of an assessment ranges from \$200-400 and *may* be covered by your health insurance.