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Questions to Ask Series

Ageing in Place and Assistive Technology

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Dear Viewer,

In today's times, the uncertainty of the economy and healthcare changes makes many boomers wonder what lies ahead for them as they retire and make plans for their "Golden" years of life. For some this means not being able to afford assisted living or that dream retirement home. For caregivers this means increased demands of caring for ageing parents that cannot afford the healthcare they had hoped for. Many parents do not want to move from their homes and certainly do not want to burden their children with caregiving; they have their own lives to live. So, what can one do as one heads into their retirement years? The answer is not simple and can be complex, but for most, it is Ageing in Place.

Regards, The Staff at www.SeniorsResourceGuide.com

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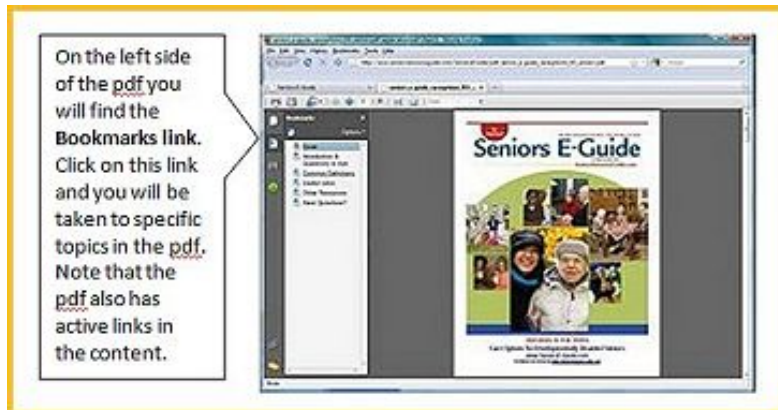
Introduction to The Seniors E-Guide

www.SeniorsEGuide.com

Our Seniors E-Guide is an Adobe Acrobat® format commonly called a pdf. By creating an e-guide (meaning electronic book) we are saving resources like trees and producing less pollution. The more important benefit is that our e-guides are quick references and many have links to companies providing senior services in your area. We hope you will find what you are looking for. If you do not send us an email – [email us now](#).

“Bookmarks” in our Seniors E-Guide

When you open one of our Senior E-Guide publications look for the bookmark link on the left and click on it. We have created chapters within the E-Guide that link to specific topics in the E-Guide. This allows you to link from chapter to topic. The Seniors E-Guide can also be downloaded to your computer and saved on your hard drive. When you open it up on your computer as long as you have Internet access the links will be active.



Thank you for visiting our website! If you contact any of the organizations and companies listed in the E-Guide please tell them you found them on them through our [Seniors E-Guide](#) or [SeniorsResourceGuide.com](#) nice day.

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Ageing in Place and Assistive Technology

What does it mean to Age in Place?

What Ageing in Place means is remaining in your own home for the later years of your life; not moving into a smaller home, assisted living, or a retirement community etcetera. Ageing in Place is the alternative to these retirement options and what a better place to age, than in ones own home where all is familiar. Does this mean changes will not need to be made? No, changes in the home will gradually take place, such as helps for mobility and safety as one may decline in years. In a positive vein, it is the best choice for many, because one can continue in an independent lifestyle and often remain very active. In our day of modern technology, this very topic of ageing in place has become the forefront of inventive ideas to allow seniors to remain in their own home with the ongoing development and implementation of Assistive Technology.

For more information on Ageing in Place see the Ageing In Place Initiative website with details on the partnership of the National Association of Area Agencies on Ageing and Partners of Livable Communities: www.ageinginplaceinitiative.org

Things to consider while Ageing in Place:

- Making your home safe – Ageing in Place will require home modifications and often-structural changes. Consider what your financial need will be for such changes and who is available to make these changes under state and county codes.
- Living with Chronic Diseases at home – Consider what type of supports you will need in the future and perhaps now with caring for yourself or a loved one with a chronic disease.
- In-home caregivers and or companions – Take time to decide on what options there are for In home care and companions that will fit your lifestyle and needs. Perhaps you may want to consider a Geriatric Care Manager
- Understanding Risks involved – Consider carefully with your family and senior professionals what the risks are of staying in your own home as you age and make a care plan. Taking action now is the best plan.
- Transportation – Sometimes as we age driving becomes difficult and it is good to have a backup plan for transportation.
- Having that talk with Children – Take charge of your life now so your children will not have to decide for you, as your ageing needs change. Have that long awaited talk about making known to your family what your plans and needs are for ageing place.
- Making a Care Plan – A care plan is crucial for one to keep control of ones life from the standpoint of finances and health concerns while ageing in place.

Note: While most Americans would rather choose to remain in their homes during their Golden years and often it is possible, there are some cases to consider when safety is priority for an ageing senior. One must consider other alternatives for care such as a nursing home, assisted living or In-Home health care especially.

What is Assistive Technology?

Assistive technology is a term now popularly used to refer to adaptive, assistive or rehabilitation products or devices designed towards providing greater independence to those with disabilities or limited abilities typically caused by the ageing process. Assistive Technology products can assist people with a variety of tasks and improve their quality of life and allowing many to remain at home and Age in Place.

How can Assistive Technology help while Ageing in Place?

Assistive Technology now available for the Boomer generation and their parents is the key to successful Ageing in Place. Universities and Government funded agencies have began a work in designing an ever-increasing base of Assistive Technology items to further the ability of ageing adults to remain in their homes with a safe comfortable environment. These items can facilitate in areas of mobility, cognitive disorders, safety, and much more. Assistive Technology is the synergy behind Ageing in Place and provides the foundation for the Ageing American population.

The Assistive Technology industry is growing fast and this includes new technology that will allow families to monitor their aging parents at home through computer networking as well as enabling health care professionals and home health care agencies the ability to offer families healthcare information and care initiatives for their ageing loved ones.

Assistive Technology Product Ideas to start out with:

- The Safeway Step- to retrofit bath and shower for safety
- Handrails for shower
- Medical alert system
- Amplified phone with caller ID
- Anywhere light
- TV ears
- Door and faucet grips
- Wireless keyboard
- Hands free magnifying glass
- Stair and Bathtub lifts
- Bulb changing kit
- Ipad

Note: When purchasing Assistive Technology to Age in Place, it is not only important to consider what will be adaptive for your needs. It is also important to be sure you are purchasing quality equipment and devices from a reputable dealer and/or manufacturer. Be sure to do some research first and ask questions. Check if there are warranties with the equipment and see if your health insurance may cover some if not all of the cost. Many assistive technology items are considered private pay items.

Where to Purchase Assistive Technology

AlturaCare Systems



In-home Medical Alert Systems

AlturaCare is comprised of eldercare specialists who understand the hardship of aging and the issues that seniors and their families face each and everyday. AlturaCare Systems utilize only Philips Lifeline Equipment and Monitoring Centers - the best in the business! They require no long term contracts or commitments and service is available in all 50 states. Call toll-free 1-866-674-9900 (ext. 4933) for further information. **Website:** www.AlturaCareSystems.com

Easy Home Medical Supplies



High Quality, Medline Products at an Excellent Value

Medline Industries Inc, is a manufacturer and distributor of tens of thousands of medical products.

If you do not see it on the website call and ask – Toll Free 888-815-9657

Easy Home Medical Supplies was founded in order to create a fast, efficient, and affordable on-line source for personal protection, incontinence, wound care, mobility, and other DME/HME supplies. Our mission is simple: to offer only high quality, reliable medical products at an excellent value to our customers. A key part of our ability to deliver on this promise is that we have chosen to deal exclusively with Medline Industries Inc, a manufacturer and distributor of tens of thousands of medical products. We feel confident that Medline products are the best in the marketplace and we are excited about the opportunity to bring these products to you at a great price! **Website:** www.EasyHomeMedicalSupplies.com

Other Assistive Technology Resources

www.safewaystep.com

www.sterling-stairlifts.com

www.readinglight.com

www.firststreetonline.com

www.theergoguys.com

www.centrolinc.com

www.activecare.com

www.aframedigital.com

www.beclose.com

www.idealife.com

www.happy-neuron.com

<http://assistivetech.net/>

<http://www.aginginplaceinitiative.org/>

http://en.wikipedia.org/wiki/Aging_in_place

<http://www.enablemart.com/>

<http://www.ablenetinc.com/>

<http://www.assistiveware.com/purchase.php>

Books on Ageing in Place:

Aging in Place: Safely Living In Your "Home Sweet Home" Until You're 100 Plus; by Donna Christner-Lile, NCC, RPC

The Senior Solution: A Family Guide to Keeping Seniors Home for Life; by Valerie VanBooven-Whitsell, RN, BSN, PGCM

Retirement Life by Design; by Pamela Pope, OT, Elder Care Specialist

Making Your Home Senior-Friendly: A Guide for Family and Friends; by Chuck Oaks

Universal Design for the Home: Great-Looking, Great-Living Design for All Ages, Abilities, and Circumstances; by Wendy A. Jordan

Who Gets Grandma's Yellow Pie Plate?; by University of Minnesota Extension Service

Caregiving Without Regrets; by Dr. Vicki Rackner

Have Questions and How to Contact Us

If you have additional questions about resources and services for low to moderate income older adults and seniors call the expert organizations listed in this Seniors E-Guide – www.SeniorsEGuide.com

Also visit the Seniors E-Guide website and browse the “Questions to Ask Series.” There is helpful information posted to help you gain insight and knowledge. In particular the Seniors E-Guide called “An Overview of Locating Senior Resources and Services” provides general background information on finding and selecting resources. – www.SeniorsEGuide.com.

Visit www.SeniorsResourceGuide.com and our national and local Internet directories to find other resources for seniors. The website lists 76 topics in 6 categories and we have information for 28 local cities and regions.

In our National Directory we are building a list of all senior resource providers. We are including website links in this resource. Check out these resources.

Go to www.SeniorsResourceGuide.com/National

Contact SeniorsResourceGuide.com by email: SRGinfo@SeniorsResourceGuide.com or call us at 303-794-0799.

Websites: www.Seniors-E-Guide.com | www.SeniorsResourceGuide.com

Seniors-E-Guide.com.com

This e-publication is available at www.SeniorsE-Guide.com

List of e-Publications:

- Ageing in Place and Assistive Technology*
- Selecting Assisted Living & Higher Levels of Care*
- Selecting Active Independent Living & Retirement Communities*
- Selecting In-Home Care/Companions or Home Health Agency*
- Care Options for Developmentally Disabled Seniors*
- Resources for Low & Moderate Income Independent Seniors*

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