

## Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 33 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



Featured above is an example of a safe bathroom modification including a shower seat.

Retrieved from: <http://dailycaring.com/home->

## Hot Topics: Home Safety

Today about 90 percent of seniors' desire to live out the rest of their lives in their own homes (AARP), this emerging trend is known as 'Aging in Place.' However, for the senior to remain in the home, the home may need to undergo modifications to be safe. To make identification of the areas in the home that need to be improved for safety there are three categories: Lighting, Support and Spacing & Height.

### Lighting:

Dim Lighting can be a danger to an aging adult who may have vision loss, trips down a dark part of the house such as a hallway may pose as a fall risk. Every room in the house needs to be assessed to see if there is adequate lighting, from the front porch to the bathroom the lighting should be bright and easy to turn on and off. Rocker light switches are recommended because of their maneuverability, also there is a wide array of motion lights that even include LED lights that light up the stairway. Beyond the home, motion lights can also be very effective as a deterrent against burglars, place a motion light near the driveway or front porch.

### Support:

Leaning, crouching and returning to a standing position after being seated all can pose as a challenge to an aging adult. For a senior to continue to live in their homes one of the most important modifications is the installation of grab bars. Grab bars need to be installed near the front entry way stairs and all other stairs and/or steps. Grab bars are also effective down long hallways where support is needed to walk safely. Finally, the bathroom is crucial, grab bars need to be located near the toilet and in the shower. Although walk-in bathtubs can be purchased, they can be costly- another option is to outfit a shower seat in the bath with a grab bar for a safe bathing experience.



See how a lowered countertop and pull out drawers can make cooking and cleaning safe and enjoyable.

Retrieved from:

<https://www.cnbc.com/2015/08/03/six-home-modifications-to-help-you-age-in-place.html>



## Spacing and Height:

It is doubtful that during the purchase of the home that a person would consider that someday they may need their home to be modified to fit a mobility device such as a wheelchair or a walker. However, this could be a reality for you or a loved one. Steps may need to be replaced with ramps and doors may need to be widened to at least 36 inches to accommodate a wheelchair or walker. Height can also be an issue for those who may need to wash the dishes, or reach a cabinet in a wheelchair. Kitchen countertop could be fashioned in a variety of levels, so you can sit and wash the dishes. Pull out, or sometimes called “roll out,” shelves can help in accessing food at arm’s reach instead of high cabinets. Even in the bathroom height may be an issue as the toilet may be too low to safely crouch down on, to fix this potentially dangerous fall risk, replace the low toilet with a tall toilet that can be purchased at any home improvement store.

**For More Information and additional resources that discuss Home Safety, please visit:**

<https://www.payingforseniorcare.com/home-modifications/how-to-pay-for-home-mods.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2768139/>

[http://www.eldercare.gov/Public/Resources/Factsheets/Home\\_Modifications.aspx](http://www.eldercare.gov/Public/Resources/Factsheets/Home_Modifications.aspx)

## Contact Us

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*“Every day is a journey and the journey itself is home.”*

*Matsuo Basho*

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