

Aging in Place

What Does It Mean?



Aging in Place...is the ability to

live in one's own home and community safely,
independently, and comfortably, regardless of age,
income level or ability level.

Aging in Place means having the health and social supports and services you need to live safely and independently in your home or your community for as long as you wish and are able.

Making a plan will give you a better chance to have a satisfying and positive experience as you age, and will help you to age in place.

Planning for Aging in Place could help you improve your future and the future of your loved ones. Making choices now could give you greater control over your independence, quality of life and dignity.

The earlier that you start planning for Aging in Place, the more prepared you will be to respond to changes that may occur as you age, such as changes in your health, finances, mobility or social connections. Being prepared for the future could help you make the most of your later years.

Make Your
House a Home
...for a Lifetime

Modifying your home not only allows you to stay in the place you love; it can potentially be less expensive than alternative arrangements.

Design can be both functional and attractive, making your home more comfortable, livable and stylish for everyone in the family, from children to grandparents.

With the shift in healthcare funding towards home care, it also means a greater reliance on an individual's home - as the environment where care is delivered to seniors.

Stay at Home

Improve your future and the future of your loved ones.

Make a Plan

Making choices now could give you greater control over your independence, quality of life and dignity

Be Prepared

Being prepared for the future could help you make the most of your later years.





Certified Aging in Place Specialist

A CAPS professional has been trained on the unique needs of seniors to identify potential future living issues and a range of possible solutions in modifying homes so someone can live there longer as they age; and to address the most common barriers in a home. So whether you are building a new home or renovating your current home, hiring a CAPS professional can help you make your home safer, more accessible and, ultimately, more livable.

If you're like the majority of North Americans over the age of 45, you want to continue living in a familiar environment throughout your maturing years. According to AARP, older homeowners overwhelmingly prefer to age in place, which means living in your home **safely, independently** and **comfortably**, regardless of age or ability level.

To age-in-place you will probably need to modify your house as you mature to increase access and manoeuvrability. These modifications range from the installation of bath and shower grab bars and adjustment of countertop heights to the creation of multifunctional first floor master suites and the installation of walk-in bathtubs.

Make Your House a Home for a Lifetime.



Consider this:

- Do I want to add a bathroom and possibly a bedroom to the main level?
- Can I make my current bathroom more functional?
- Am I worried about preventing falls?
- How much money can I budget for this project?
- Is there funding available to assist me?
- Will other members of my family benefit from modifications?
- Will renovating make my home safer?
- Where do I find a professional I can consult with about my needs?

Safe & Accessible for All Abilities and Ages

Did You Know?

The Walkin Tub Company and American Standard have more CAPS certified professionals on staff, than any other company in Canada?



Tips on Helping Your Spouse or Elderly Parent Bathe Safely & With Dignity

Reprinted with permission by Natalie Strouth, Saint Elizabeth Health Care

Caring for a family member, friend or spouse comes with all kinds of tasks and responsibilities. Some you can just jump into with confidence, like preparing meals. Others, like helping an elderly parent with bathing, can come with some fear or embarrassment for both of you.

If you are having these feelings, know they are normal and expected. And sometimes you are so tired and may rush through things, especially the uncomfortable ones, thinking, *I can't do this* or *I need a break*. I understand and have seen it with many families. What I can share with all of you loving, hard-working caregivers, is this: You can do far more than you might think you're capable of if you allow yourself the chance to be patient and learn together.

You want to maintain the person's privacy, dignity and independence as much as possible. It might take longer than it used to for the person to do something for themselves, but the benefits far outweigh the extra time. Take your lead from the person you are caring for and provide positive reinforcement for the skills they are able to do themselves.

Some tips:

- ❖ The person may resist bathing because they're afraid of falling. A home care professional or occupational therapist can help suggest equipment to make bathing safer and more comfortable. Assistive devices like bath seats, grab bars and bath mats can be used to improve safety and independence while bathing and showering.
- ❖ Allow as much privacy as possible. One way to help is to have the person wrap a towel around themselves, and then clip the towel with a clothespin or attach velcro tabs to the towel. A long, plastic apron can also be worn in the tub or shower for additional privacy.
- ❖ Stop yourself from doing things that the person can do himself or herself. For example, someone may be able to take a bath independently, but needs your help with washing his or her back. Take your lead from the person as to how much or how little to help out.
- ❖ Bathing in a tub bath is safer than a shower.
- ❖ Put a rubber mat in the bottom of the tub or shower stall or use a bath seat. Stay close by in case of a fall.
- ❖ Use a liquid soap dispenser and a large sponge to make cleaning easier. Use mild, gentle soap and shampoo such as a mild baby wash.
- ❖ Always try to have everything ready for the bath or shower, before you assist the person in getting to the bathroom.
- ❖ Keep the area around the bathtub or shower stall dry. Wipe any excess water off the floor.
- ❖ Test the water temperature with your elbows to make sure the water is not too hot or cool.
- ❖ Cover the eye area with a dry cloth during hair washing in the tub. To further avoid shampoo and water in the eyes, you may want to use a bath visor.
- ❖ A hand-held showerhead attached to the faucet will make rinsing and hair washing much easier.

And lastly, remember that some things will take time. Do you remember when you were a kid, how good it felt to have your parent squeeze a cloth of warm water on your back in the bath, or lovingly brush your hair? Enjoy the time spent together, and remember that often, *they just need you*.



Fall Prevention

Falls Are the #1 Cause of Injury

Serious, but Preventable.

20%-
30%

Canadian Seniors fall each year

95%

Direct cause of all Hip fractures

1/3

Seniors are admitted to LTC following hospitalization for a fall

70%

Of home accidents, occur in the bathroom



Medical Management

Some of the health factors that can contribute to falls are osteoporosis, being over age 80, changes in balance and walking patterns, changes in vision and sensation, and taking multiple medications. Talk with a health professional, and your family to determine what factors can be modified to reduce your risk.

Balance & Mobility

Studies show that balance, flexibility, and strength training not only improve and mobility, but also reduce the risk of falling. Statistics show that most older adults do not exercise regularly, and 35% of people over the age of 65 do not participate in any leisure physical activity. There are many creative and low-impact forms of physical activity for fall prevention, such as walking and tai chi.



Environmental Modification

At home, older adults are commonly concerned about falling in the bathtub or on steps. Making changes to the home, such as bathroom grab bars, a walk-in tub, and higher toilets can help a person feel safer and less at risk of falling.