

AGING IN PLACE RESOURCES



Home health services

Home health care services are private agencies that provide a variety of medical and non-medical services for in-home residents. Some agencies include:

- Care Advantage: www.careadvantageinc.com
- Visiting Angels: www.visitingangels.com
- Visiting Nurses: <http://vnaa.org/>

If doctor-ordered, the physician's office can recommend preferred providers for skilled nursing care. Be mindful of Medicare restrictions that limit the length of coverage for such care.

Home Instead (nonmedical care):

www.homeinstead.com/

Comfort Keepers (nonmedical care):

www.comfortkeepers.com/

Food delivery

Several companies prepare and deliver meals nationwide. Some prepare meals specific to seniors and can accommodate specialized diets such as low-sodium, diabetes-friendly and more.

- Dinewise: <http://www.dinewise.com>; 800-749-1170
- Magic Kitchen: <http://www.magickitchen.com>; 877-516-2442
- Let's Dish!: <http://www.letsdish.com/>
- Meals on Wheels delivers daily meals to interested seniors five days a week. All income levels qualify and determine cost on a sliding scale.

Home safety, security, monitoring

Senior-oriented non-medical aids for help with daily living, bathroom safety and more.

- <http://www.goldviolin.com>; 1-877-648-8400.
Catalog of helpful products and safety items for independent living
- <http://www.elderproofhome.com>; 1-888-840-1055.
Online shopping for Products to make any home "Senior-safe" (contains list of EPH-Accredited Installers (Elder Proof Home)
- <http://www.carepathways.com>

Home security/monitoring and medical alert systems

Home Security Systems — ADT, Guardian, Xfinity are the names of the top security firms. In addition to home security, they offer smoke and carbon monoxide monitoring, and some offer home health monitoring systems.

These services provide peace of mind for the aging-in-place senior or those with mobility problems. Seniors wear a pendant around the neck or a wristband and can summon immediate assistance in any kind of emergency. Average monitoring pricing is \$25–\$30 a month. Several national home security systems (Such as ADT, Guardian, Xfinity) now offer their home security customers access to home health medical support.

In addition, stand-alone medical alert systems are offered by:

- Medical Alarm: <http://www.medicalalarm.com>; 1-800-800-1960
- Alert 1: <http://alert-1.com>; 1-855-643-0199
- <http://plumbmetrics.com> is an easy online method for a status check on well-being of a family member, friend or patient.

Please note that inclusion on this list does not imply an endorsement or recommendation by Legg Mason and The Center for Innovative Care in Aging at the Johns Hopkins University School of Nursing.

INVESTMENT PRODUCTS: NOT FDIC INSURED • NO BANK GUARANTEE • MAY LOSE VALUE

De-cluttering and downsizing

It is important to remember that any move from the family home is significant. A lifetime of possessions needs to be distilled to fit in a much smaller space, so de-cluttering affects every senior regardless of where they move. There are local resources known by area retirement communities. Contact them for a recommendation.

National Association of Senior Move Managers.

- For assistance helping older adults and their families downsize, relocate or modify their homes, contact <http://www.nasmm.org>

National Association of Professional Organizers.

- Find a professional organizer near you at <http://www.napo.net>

External home services

Lawn care/snow removal services

- See Angie's list and Craigslist for local listings
- Angie's List is a service that identifies a wide range of services to identify contractors for home maintenance and home improvement projects, home care, in-home medical care, lawn care, snow removal, meal service and much, much more.

Housekeeping

- Merry Maids, www.merrymaids.com and Molly Maids, www.mollymaid.com

Bill paying

- American Association of Daily Money Managers, a group of professionals who provide personal bookkeeping services to senior citizens, the disabled and others; <http://www.aadmm.org>

Transportation

Transportation is a major issue for seniors who have had to give up driving. Having alternative means of transportation, whether through a town's senior services or through family and friends, can be tremendously important to a senior's sense of independence.

- There are multiple options for senior transportation; they vary by cost and convenience.
- Many communities often reduce fares for seniors on regular public transportation
- Some seniors hire a home care aide to provide transportation
- Taxis and car services may also be available, depending on location
- Call your local senior care center or Eldercare Locator (1-800-677-1116) to learn more about transportation services or vouchers for seniors in your area; www.eldercare.gov

More on housing

For more information about the quality, pricing and availability of retirement facilities:

- Senior Housing.net: <http://www.seniorhousingnet.com>
- A Place for Mom: <http://www.aplaceformom.com>
- Housing for Seniors: <http://usa.gov/Topics/Seniors/Housing.shtml>
- Department of Aging or your local Area Agency of Aging (AAA)

Universal Design

- www.universaldesign.com

Memory loss

- For dementia care, call the Alzheimer's Association Helpline at 1-800-272-3900

Medicare

- Medicare coverage is a big variable in planning the cost of senior care. You can access the Medicare coverage policy by going to <http://www.medicare.gov> to download or order a copy of the 2013 Medicare Guide.

All investments involve risk, including loss of principal.

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