



Solutions to Maintain Independence in the Home For the Aging Population

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What is Assistive Technology?

- Per [20 U.S.C. Chapter 33, Section 1401 (25)] Assistive Technology (AT) is:

“Any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve the functional capabilities of a child with a disability.”

AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to “age in place” —stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.



A few changes could make your home easier and safer to live in and help you continue to live independently.





Vision Issues?

Common Complications with Visual Impairments

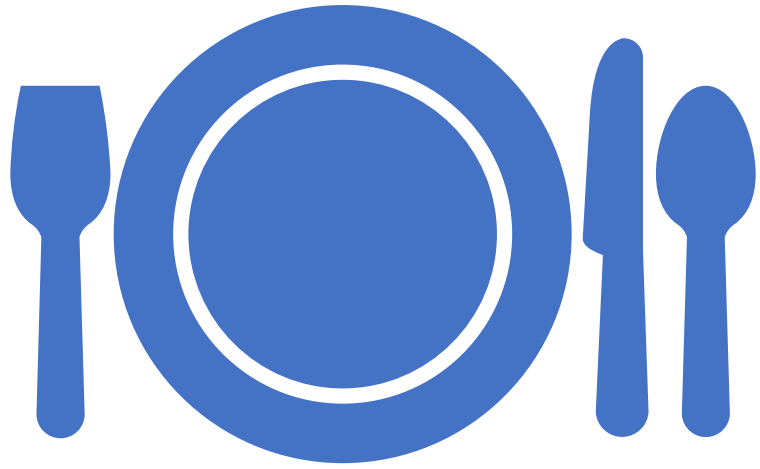
- Driving
- Reading
- Writing
- Contrast
- Light Sensitivity/Glare
- Mobility
- Locating objects





High Tech Technology for Everyday Tasks

- Magnification Devices
- Optical Character Resolution (OCR) Devices
- Smartphones, Tablets and Smart Home Devices
 - Object identification
 - Reading
 - Reminders
 - Food Preparation
 - Information Gathering



Low Tech Technology For Everyday Tasks

- Object Identification
- Pouring Liquids
- Measuring in the Kitchen
- Food Preparation
- Reading

Demonstration Time

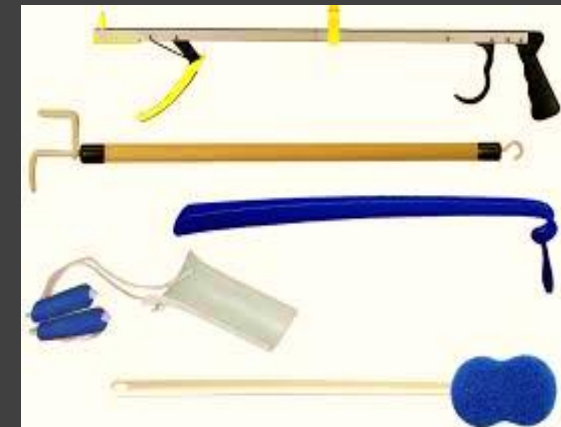
A thick white curved line, resembling a large arc or a partial circle, is positioned on the right side of the image. It starts from the bottom edge and curves upwards and to the left, ending near the top edge. The background is a solid dark gray.

Technology Options for Everyday Living

Low Tech Interventions



- Large Button Telephone
- Relabel frequently used objects, e.g. medications, calendars in large print.
- Increase illumination: Using different types of light sources, color temperature, softness, placement, and wattage (higher is better) without increasing glare.
- Increase background contrast: Use black on white.
- Apply bright colors (e.g., markers, tape).
- Reorganize: Store or place frequently used items at a convenient eye level.
- Store less frequently used items lower or higher.
- Liquid level Indicator
- Hip Kit (Reacher, Sock Aid, Dressing Stick, Long handled sponge)



General Strategies: Daily Living Skills

<https://www.nia.nih.gov/health/aging-place-growing-older-home#support>

- **Personal Care/ADLs (Activities of Daily Living)**

- Can a relative or friend help?
- Hire a trained Caregiver/Aide for a short time each day
- Physician's order to receive Occupational or Physical Therapy

- **Meals**

- Meal delivery programs bring hot meals into your home; some of these programs are free or low-cost. E.g. Meals on Wheels America, 1550 Crystal Drive, Suite 1004 Arlington, VA 22202 1-888-998-6325.

- **Household Chores**

- Some grocery stores and drug stores will take your order over the phone and bring the items to your home. There are cleaning and yard services you can hire, or maybe someone you know has a housekeeper or gardener to suggest. Some housekeepers will help with laundry. Some drycleaners will pick up and deliver your clothes.

General Strategies: Daily Living Skills, Continued

- Money Management

- Volunteers, financial counselors, or Geriatric Care Managers can also help. Just make sure you get the referral from a trustworthy source, like your local Area Agency on Aging. Call the Aging Life Care Association at **1-520-881-8008**, or visit its website at www.aginglifecare.org.
- Avoid Money Scams: Never give your Social Security number, bank or credit card numbers, or other sensitive information to someone on the phone (unless you placed the call) or in response to an email. Always check all bills, including utility bills, for charges you do not recognize.

- Medication Management

- Ask the doctor to put all recommendations in writing. Take a notepad with you to your doctor's appointments to write down important information.
- There are devices available to remind you when it is time for your next dose. Special pill boxes allow you or someone else to set out your pills for an entire week.

Medication Reminder Devices

<https://www.seniorsafetyreviews.com/best-medication-reminders/>

- Reminder Rosie

- Reminder Rosie is a hands free medication reminder that allows family caregivers to record and schedule up to 25 personalized voice messages. For example, "Dad, it's 1 PM. Take 2 red pills and one blue pill now."

- Hero Health

- The Hero is an all in one medication reminder, pill organizer and pill dispenser.

- MedCenter Pill Organizer with Reminder System

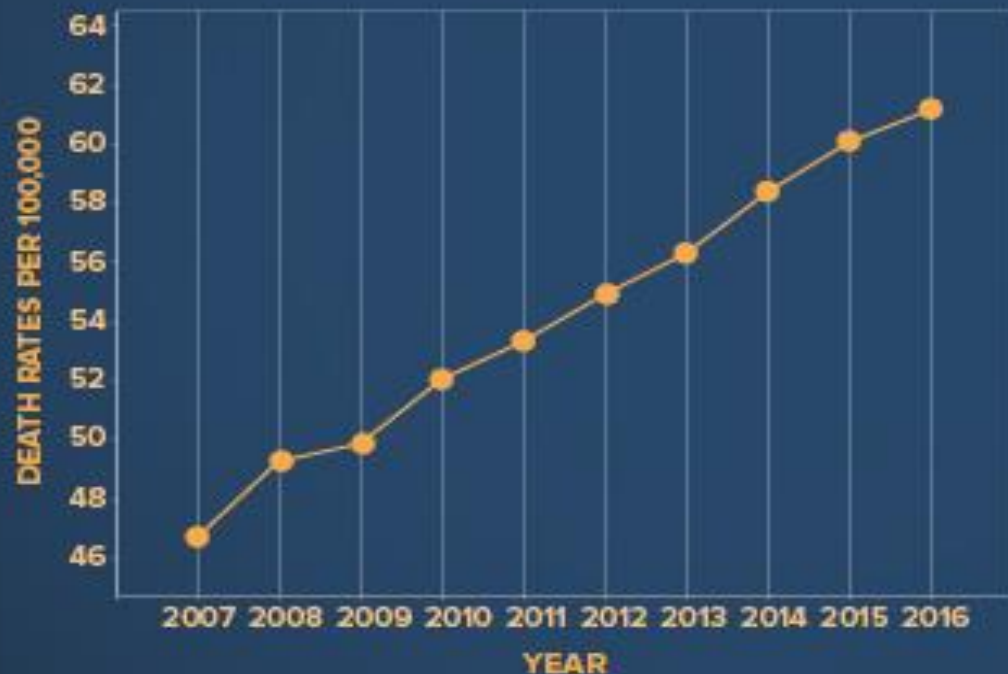
- The MedCenter pill organizer and reminder system offers a great, affordable combination to ensure the right medications are taken at the right times. It organizes pills for a full month, and each day can be separated into 4 sections.



Mobility Technology

Fall Death Rates in the U.S. **INCREASED 30%**

FROM 2007 TO 2016 FOR OLDER ADULTS



Learn more at www.cdc.gov/HomeandRecreationalSafety.

If rates continue to rise,
we can anticipate

**7 FALL
DEATHS**
EVERY HOUR
BY 2030



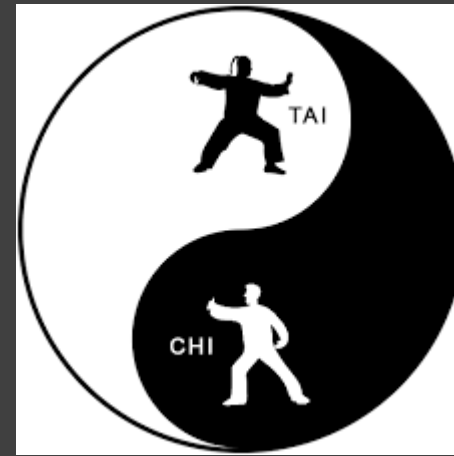
Falls Are Serious and Costly

Source: <https://www.cdc.gov/falls/facts.html>

- One out of five falls causes a serious injury such as broken bones or a head injury.^{4,5}
- Each year, 3 million older people are treated in emergency departments for fall injuries.⁶
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.⁶
- Each year at least 300,000 older people are hospitalized for hip fractures.⁷
- More than 95% of hip fractures are caused by falling,⁸ usually by falling sideways.⁹
- Falls are the most common cause of traumatic brain injuries (TBI).¹⁰
- In 2015, the total medical costs for falls totaled more than \$50 billion.¹¹ Medicare and Medicaid shouldered 75% of these costs.

Fall Prevention Strategies

- Exercise
 - Swimming, Yoga, Tai Chi, Walking
 - Resistance Exercise!
- Home Modifications
 - Grab Bars: Shower Stall
 - Ramps
 - Reduce Clutter, No Rugs
 - Stair lift
- Assistive Devices
 - Walkers, Rollators
 - Shower Chair, Tub Transfer Bench,
 - 3-in-1 Bedside Commode
 - Raised Toilet Seats
 - Wheelchairs
- Medication Side Effects
 - Psychotropics



Cognitive Technology



Memory Issues



- Reminder Rosie
- Reminder Watch
- Medication Reminder Box
- Smart Home Devices
 - Reminders
 - Alarms
 - Routines



Learning Issues

- Voice Recorder
 - Stand alone device
 - Smartphone
- Smart Home Device



Smart Home Technology



<https://www.pcmag.com/picks/the-best-smart-home-devices>

- Alexa
- Amazon Echo



Personal Alert Systems

- Lifeline, formerly **Philips Lifeline**, is the #1 medical alert service, trusted by more than 7.5 million U.S. subscribers for over 40 years.
- Home System (with or without AutoAlert)
- Mobile System (Home or On-the-Go)

Phone: 855-681-5351

<https://www.lifeline.com/>

Contact The STAR CENTER

Phone-

731-668-3888

Fax: 731-668-1666

TTY: [TN Relay Services](#)

Address-

STAR Center, Inc.

1119 Old Humboldt Road
6PM

Jackson, TN 38305

EMAIL-

info@star-center.org

Business Hours-

Mon, Wed 8AM-5PM

Tue, Thurs. 8AM-

Fri 8AM-3PM

Resources

- **Eldercare Locator**
800-677-1116
eldercarelocator@n4a.org
<https://eldercare.acl.gov>
- **Centers for Medicare & Medicaid Services**
800-633-4227
877-486-2048 (TTY)
<https://www.cms.gov>
www.medicare.gov
- **USAgings**
202-872-0888
info@usaging.org
www.usaging.org

Resources, cont.

- **Department of Housing and Urban Development**
202-708-1112
202-708-1455 (TTY)
<https://www.hud.gov/>
- **Low Income Home Energy Assistance Program**
National Energy Assistance Referral Hotline (NEAR)
866-674-6327
energyassistance@ncat.org
<https://liheapch.acf.hhs.gov/help>
- **National Resource Center on Supportive Housing and Home Modifications**
213-740-1364
homemods@usc.edu
www.homemods.org

Visit Your Local Senior Center

- **Contact:**

Area Agency on Aging and Disability

@ 1-866-836-6678

Search by address, city, county, or zip code.

<https://www.tn.gov/aging/resources/find-a-senior-center.html>

Need a version you can print or carry with you? We also provide the list as a [printable PDF directory](#).

My People Senior Activity Center

- My People Senior Activity Center
1220 West Main Street Sevierville, TN 37862
Phone: 865-453-8080 FAX: 865-453-1632

"The Place for Fun, Resources, Fitness, Fellowship, Learning"
Hours: Monday through Friday, 8:00am to 4:30pm

The My People Senior Activity Center, built in 2002, offers a range of programs, activities, and services primarily for older adults age 60 and over. Most programs are free or are offered at a nominal cost. The Sevier County Council on Aging is also located at the Senior Center, and provides information and referral plus a wide variety of services, including a senior housing program.

<https://www.seviercountyttn.org/seniors.html>

Questions?

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