

aarp home fit guide

AARP Home Fit Guide: Making Your Home a Haven for Aging in Place

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Introduction:

Navigating the challenges of aging can be daunting, but one area that significantly impacts quality of life is the home environment. The AARP Home Fit Guide acts as a crucial roadmap, helping older adults and their families make their homes safer, more accessible, and more comfortable. This guide doesn't just offer generic advice; it's a deeply personal journey, incorporating real-life experiences and practical strategies to create a truly age-friendly living space. As a geriatric occupational therapist with years of experience working with seniors, I've witnessed firsthand the transformative power of home modifications. This article will delve into the core principles of the AARP Home Fit Guide, using personal anecdotes and case studies to illustrate its effectiveness.

H1: Understanding the AARP Home Fit Guide: More Than Just Safety

The AARP Home Fit Guide goes beyond a simple checklist of safety measures. It's a holistic approach that encompasses safety, accessibility, and maintaining independence. It encourages proactive planning, considering both current needs and potential future challenges. Instead of reacting to falls or mobility limitations, the guide empowers individuals to create a preventative environment that supports their well-being and enhances their quality of life. This preventative approach is crucial; it's far easier and often more cost-effective to adapt a home proactively than to undertake extensive renovations later.

H2: Case Study 1: Mrs. Rodriguez and the Bathroom Makeover

Mrs. Rodriguez, a vibrant 78-year-old, found herself increasingly hesitant to use her bathroom. The bathtub was difficult to enter and exit, the toilet was too low, and the lack of grab bars presented a significant fall risk. Using the AARP Home Fit Guide as a resource, her daughter researched and implemented several changes. They installed a walk-in shower with a built-in seat, added sturdy grab bars strategically, and raised the toilet seat. These seemingly small changes eliminated Mrs.

Rodriguez's fear, restoring her independence and dignity. This success story highlights how the AARP Home Fit Guide translates abstract concepts into actionable steps.

H2: Case Study 2: Mr. Jones and the Kitchen Renovation

Mr. Jones, 85 and suffering from arthritis, struggled with everyday kitchen tasks. Reaching high cabinets and bending down to retrieve items from lower shelves were becoming increasingly painful and dangerous. Applying the principles outlined in the AARP Home Fit Guide, Mr. Jones and his family redesigned his kitchen. They installed pull-out shelves, lowered countertops, and added adjustable shelving. These adjustments, guided by the guide's recommendations on universal design, not only improved his functionality but also preserved his ability to cook his favourite meals, maintaining his independence and sense of self.

H2: Personal Anecdotes: The Power of Small Changes

During my years as a geriatric occupational therapist, I've repeatedly witnessed the profound impact of even minor home modifications. One client, a retired teacher, was concerned about falling on her hardwood floors. Simply installing non-slip rugs in high-traffic areas, as suggested by the AARP Home Fit Guide, significantly reduced her fall risk. Another client, struggling with limited mobility, benefited from the installation of a raised toilet seat, greatly enhancing comfort and safety. These seemingly insignificant changes highlight the holistic perspective offered by the AARP Home Fit Guide, underscoring how small adjustments can make a huge difference in an individual's quality of life.

H2: Beyond the Physical: The Emotional Benefits of the AARP Home Fit Guide

The AARP Home Fit Guide doesn't solely address physical safety; it also tackles the emotional well-being of aging adults. Maintaining independence and feeling safe in one's own home are critical components of mental health. By facilitating these aspects, the guide contributes significantly to an individual's overall well-being, reducing stress, anxiety, and feelings of isolation. The ability to age in place with dignity and confidence is invaluable, and the AARP Home Fit Guide plays a pivotal role in making this possible.

H2: Utilizing the AARP Home Fit Guide: A Step-by-Step Approach

The AARP Home Fit Guide is structured to be user-friendly and accessible. It provides a step-by-step approach, guiding readers through assessments of their home environment, identifying potential hazards, and suggesting practical solutions. From assessing lighting to installing grab bars, the guide offers detailed instructions, illustrations, and resources to assist throughout the process. This ensures that even those without extensive experience in home modifications can confidently improve their home safety and accessibility.

Conclusion:

The AARP Home Fit Guide is more than just a manual; it's a powerful tool that empowers older adults and their families to create safe, accessible, and comfortable living spaces. By addressing both the physical and emotional aspects of aging in place, the guide contributes significantly to the well-being

and independence of its users. Through personal anecdotes, case studies, and practical advice, the AARP Home Fit Guide provides a comprehensive and invaluable resource for anyone navigating the challenges of aging within their own home.

FAQs:

1. Is the AARP Home Fit Guide free? No, it's typically sold through AARP or online retailers.
2. Who should use the AARP Home Fit Guide? Older adults, their families, caregivers, and healthcare professionals.
3. Does the guide cover all aspects of home modifications? While comprehensive, it may not cover every specialized need. Consult professionals for complex situations.
4. Can I use the guide for rental properties? Discuss modifications with your landlord before making changes.
5. What if I can't afford all the recommended modifications? Prioritize the most essential changes and explore financial assistance programs.
6. Is professional help necessary? For major renovations, professional contractors are recommended.
7. How often should I review my home safety? Regularly, at least annually or after a significant life event.
8. Does the guide cover outdoor safety modifications? Yes, it touches upon landscaping, walkways, and lighting.
9. Where can I purchase the AARP Home Fit Guide? Through AARP's website or major online retailers.

Related Articles:

1. Bathroom Safety for Seniors: A Detailed Guide: This article delves into specific bathroom modifications for improved safety and accessibility.
2. Kitchen Modifications for Aging in Place: Focuses on kitchen adaptations that promote independence and reduce strain.
3. Fall Prevention Strategies for Older Adults: Discusses fall prevention techniques beyond home modifications.
4. Assistive Devices for Seniors: Enhancing Independence: Explores various assistive devices that

can aid daily living.

5. Financial Assistance for Home Modifications: Details resources and programs for financial support of home improvements.
6. Universal Design Principles in Home Remodeling: Explains universal design concepts and their application in home modifications.
7. Choosing the Right Contractor for Home Modifications: Provides guidance on selecting qualified and reliable contractors.
8. The Importance of Social Support for Aging in Place: Addresses the social aspects of aging in place.
9. Understanding the Costs Associated with Home Modifications: Explores the cost factors involved in home adaptations.

aarp home fit guide: AARP Roadmap for the Rest of Your Life Bart Astor, 2013-04-16
WASHINGTON POST Bestseller List 3/30/14 Solid solutions and step-by-step instructions for planning the next stage of your life Life after 50 isn't what it used to be. The rules have changed. No more guaranteed pensions, retiree health plans, or extensive leisure and travel. It's time to forge new paths and create innovative models. That's where the AARP Roadmap for the Rest of Your Life comes in. Bart Astor, author of more than a dozen books, offers a comprehensive guide for making lifestyle decisions, growing your nest egg, and realizing your goals. This AARP book— Provides guidance on the key areas you'll need to consider: finances and work, health and fitness, Medicare and Social Security, estate planning, insurance, housing, and more Offers expert tips on creating age- and health-specific goals through a personal "Level of Activity" scale based on how active you can and want to be Includes tips for finding fun and fulfilling activities and even completing your bucket list Supplies ready-to-use worksheets to help you set and meet financial planning goals, get your legal affairs in order, and maintain adequate health insurance Contains a comprehensive list of valuable resources

aarp home fit guide: Where We Live: Communities for All Ages Nancy LeaMond, 2016-06-23 This collection of more than 100 innovative and inspirational ideas from America's mayors is a perfect springboard for creative thinking. It can help all of us play a role in imagining new solutions to a complex challenge.- David Kelley, Founder and Chairman of IDEO and Founder of Stanford's d.schoolMayors nationwide are leading the way to transform communities and revitalize neighborhoods in ways that benefit residents of all ages. Altamonte Springs, Florida, is subsidizing Uber rides to encourage the use of public transportation and get people off the road. Boston is building 50,000 units of affordable housing. Chattanooga is laying the groundwork for ultra-high-speed Internet connectivity for businesses and residences alike. And Philadelphia is working to eradicate graffiti by encouraging professional artists and young Philadelphians to showcase their artistic talent in a constructive way. By highlighting these and many more transformative and inventive ideas, and by providing a tool kit to help make changes in your community, Where We Live: Communities for All Ages aims to inspire even more creativity and the sharing of practices nationwide.

aarp home fit guide: The Single Woman's Guide to Retirement Jan Cullinane, 2012-09-05
AWARDS: Silver Living Now Book Award, Mature Living/Aging 2014 (Silver) If you're one of the 25

million single women over the age of 45 living in the United States today, AARP's The Single Woman's Guide to Retirement is your new best friend. Walking you through the challenges of retired or pre-retired life, from managing your finances to staying healthy in body, mind, and spirit, dealing with divorce, and even looking for love or work, the book covers the issues that really matter to you. Whether you're looking for a retirement home or planning a cruise, this book is packed with specific details to help take the guesswork out of retirement. Author and retirement expert Jan Cullinane has gathered real-life stories from women just like you to illustrate your options and give you fresh new ideas about how to make the most of your retirement years.

aarp home fit guide: A Comprehensive Guide to Safety and Aging Barry S. Eckert, Robert Wolf, Amy R. Ehrlich, 2023-06-16 This book is a comprehensive survey on safety for older adults. It contains contributions by experts from over a dozen disciplines, including physicians, audiologists, optometrists, mental health professionals, lawyers, occupational therapists, and policy makers. This multi-disciplinary approach provides a new and expansive conceptual framework for health care professionals, students, policymakers, and others who care for older adults, and promotes an understanding of the many challenges that adults face as they age. This book describes the complex range of issues that need to be considered when safeguarding older adults. We hope that this book will be of benefit to anyone currently working or training to work with older adults, helping them to fully appreciate the many safety issues that can arise. The book will be also be useful for both older adults and their caregivers, helping them to identify and address areas of concern. Our goal is to mitigate injury or other harm through an increased understanding of the risks encountered by older adults. This text will also appeal to professionals and graduate students in the fields of human factors and ergonomics, occupational health, and safety.

aarp home fit guide: Where We Live Nancy LeaMond, 2017-09-08 Whatever our age, we all want the same things: safe, affordable housing and transportation options; good health for ourselves, our loved ones and our environment; opportunities to learn, support our families and enjoy our lives; a connection with our neighbors and a government that is responsive to our needs. -author Nancy LeaMond, from the Introduction to Where We Live: Communities for All Ages: 100+ Inspiring Ideas from America's Community Leaders. The AARP bookazine series Where We Live: Communities for All Ages highlights inspiring ideas and solutions from America's local leaders to improve their communities, respond to pressing issues, and build partnerships. The series' first installment, published in 2016, featured 100+ Inspiring Ideas from America's Mayors. The second title in the series takes a broader look at what's happening on the ground, recognizing that good ideas and the energy to push them forward can come from any number of sources, writes LeaMond. By shining a spotlight on a range of solutions-and digging deeper into how ideas are being turned into action-our aim is to make it a little easier to trigger change at the local level. The publication, which is aligned with an AARP initiative to help communities become more livable for people of all ages, shares examples from all 50 states within seven subject-based chapters: Housing Transit, Streets and Sidewalks Public Places and Outdoor Spaces Health and Wellness Community Engagement Work, Volunteerism and Opportunity Arts, Entertainment and Fun

aarp home fit guide: Downsizing The Family Home Marni Jameson, 2016-01-05 It's a rite of passage almost no one will escape: the difficult, emotional journey of downsizing your or your aging parents' home. Here, nationally syndicated home columnist Marni Jameson sensitively guides readers through the process, from opening that first closet, to sorting through a lifetime's worth of possessions, to selling the homestead itself. Using her own personal journey as a basis, she helps you figure out a strategy and create a mindset to accomplish the task quickly, respectfully, rewardingly—and, in the best of situations, even memorably. Throughout, she combines her been-there experience with insights from national experts—antiques appraisers, garage-sale gurus, professional organizers, and psychologists—to offer practical wisdom and heartwarming advice so you know with certainty what to keep, toss or sell.

aarp home fit guide: Home Accessibility Shelley Peterman Schwarz, 2011-12-05 Written by the best-selling author of Multiple Sclerosis: 300 Tips for Making Life Easier and Parkinson's

Disease: 300 Tips for Making Life Easier, Home Accessibility: 300 Tips for Making Life Easier is designed to help people with chronic illness, physical disability, temporary or permanent (including low vision, blind, hard of hearing, the Deaf, and others), and age-related limitations make their homes safer and more accessible without costly remodeling or structural changes. Shelley Peterman Schwarz shares her unique blend of motivation, inspiration, and practical tips, techniques, and shortcuts with her readers. She has learned from personal experience, to adapt, organize, and simplify life. Shelley covers the basic concepts of Universal Design, as well as knowing what modifications one can do personally and what changes require professional attention. Chapters cover every room of the home and outdoor living. Readers will also find suggestions for unique products, many not readily available in stores. A resource section at the end of each chapter provides information for contacting support organizations and helpful services and products. Home Accessibility: 300 Tips for Making Life Easier Answers Questions Such As: How do I live in my home now that I use a mobility device? How do I get in and out of the shower? What are some ways to make my kitchen (bathroom/bedroom) easier to use? How do I get in and out of the house, up and down stairs? How do I stay connected with the world outside of my home? And more Shelley Peterman Schwarz teaches and inspires people who are experiencing limitations of all types how to conserve valuable time and energy, develop techniques for making life easier, and enjoy life to the fullest.

aarp home fit guide: Handbook of Occupational Therapy for Adults with Physical Disabilities William Sit, Marsha Neville, 2024-06-01 Handbook of Occupational Therapy for Adults With Physical Disabilities by Drs. William Sit and Marsha Neville provides quick and essential information for occupational therapists that are new to the adult practice setting. This handbook is primarily organized by body system into six sections: Occupational performance as a whole Central nervous system Peripheral nervous system, cranial nerves, and sensory system Musculoskeletal system Cardiovascular, lymphatic, respiratory, and integumentary systems Endocrine, digestive, urinary, and reproductive system At the beginning of each section, you will find a case study based on clinical experience that embodies the chapter subject. Within each section information is broken down into important aspects of the evaluation process, and then followed by the implications of each system on occupational therapy intervention. Handbook of Occupational Therapy for Adults With Physical Disabilities also includes a summary chart where readers can quickly and easily find the purpose, context, form, cost, and contact information for each assessment. Handbook of Occupational Therapy for Adults With Physical Disabilities is ideal for occupational therapy students, recent graduates, and practitioners who are newly entering an adult physical disability practice setting.

aarp home fit guide: Healthy Aging Patrick P. Coll, 2019-03-29 This book weaves all of these factors together to engage in and promote medical, biomedical and psychosocial interventions, including lifestyle changes, for healthier aging outcomes. The text begins with an introduction to age-related changes that increase in disease and disability commonly associated with old age. Written by experts in healthy aging, the text approaches the principles of disease and disability prevention via specific health issues. Each chapter highlights the challenge of not just increasing life expectancy but also decreasing disease burden and disability in old age. The text then shifts into the whole-person implications for clinicians working with older patients, including the social and cultural considerations that are necessary for improved outcomes as Baby Boomers age and healthcare systems worldwide adjust. Healthy Aging is an important resource for those working with older patients, including geriatricians, family medicine physicians, nurses, gerontologists, students, public health administrators, and all other medical professionals.

aarp home fit guide: *Understanding Diversity in Human Behavior and Development in the Social Environment* Marquitta S. Dorsey, PhD, MSW, MBA, 2024-11-15 Explore diverse dimensions of human behavior and development with this essential textbook, designed specifically for social work students and practitioners. This textbook is an invaluable resource for social work students and new practitioners, offering a comprehensive exploration of human behavior and development within

the social environment. Practical guidance is provided through the application of various social work lenses and approaches. The book meticulously covers each stage of development, from in-utero and prenatal through to late adulthood and end of life, offering real-world case studies to contextualize developmental content and exploring a range of perspectives in the podcast discussions. Chapter authors, most of whom are actively engaged in clinical practice, provide unique insights into how various environments impact developmental stages. Practical exercises and guidance are designed to promote effective social work practice, ensuring students gain hands-on experience. Expect to benefit from diverse viewpoints and distinctive communication styles that make the content accessible and engaging for readers from various backgrounds and learning patterns. The textbook also includes developmental considerations for social work practice, along with a variety of tools and resources to support student learning outcomes for each chapter. By incorporating multiple perspectives and expert knowledge, this textbook offers a multifaceted approach to understanding human development, equipping students with the skills and knowledge needed to succeed in dynamic social work environments. Key Features: Experience a textbook that gives voice to traditionally marginalized groups, preparing students for inclusive and effective social work practice. A clear competency-based focus on diversity and social justice that aligns with the Council on Social Work Education's Educational Policy and Accreditation Standards (EPAS). Benefit from the insights of diverse chapter authors who bring a wealth of clinical expertise and a variety of lived experiences, fostering a broader understanding of development. Enhance knowledge with a range of pedagogical elements, including case studies, discussion questions, and podcasts, catering to both auditory and visual learners. Instructors will also have access to an Instructor Manual utilizing chapter highlights, micro lectures, critical discussion questions, and in-class activities; chapter PowerPoints; and a Sample Syllabus with a suggested course schedule.

aarp home fit guide: *Planning For Long-Term Care For Dummies* Carol Levine, 2014-03-10 Offers advice and recommendations from AARP experts and other specialists on planning for the financial, medical, legal, and personal aspects of long-term elder care.

aarp home fit guide: *Adult Physical Conditions* Amy J. Mahle, Amber L. Ward, 2022-03-01 The go-to resource for class, clinical, and practice...now in full color! A team of noted OTA and OT leaders and educators deliver practical, in-depth coverage of the most common adult physical conditions and the corresponding evidence-based occupational therapy interventions. The authors blend theory and foundational knowledge with practical applications to OTA interventions and client-centered practice. This approach helps students develop the critical-thinking and clinical-reasoning skills that are the foundation for professional, knowledgeable, creative, and competent practitioners. New & Updated! Content that incorporates language from the 4th Edition of the Occupational Therapy Practice Framework and aligns with the latest ACOTE standards New & Updated! Full-color, contemporary photographs that reflect real clients and OT practitioners in diverse practice settings New Chapters! Occupational Justice for Diverse and Marginalized Populations, Motor Control and Neurotherapeutic Approaches, Sexual Activity and Intimacy, Dementia: Understanding and Management, and The Influence of Aging on Occupational Performance "Evidence-Based Practice," highlights recent research articles relevant to topics in each chapter, reinforcing the evidence-based perspective presented throughout the text. "Putting It All Together: Sample Treatment and Documentation" uses evaluation, treatment, and documentation based on one relevant case from each diagnosis chapter to connect what students are learning in the classroom and the lab to real-world, skilled, client-centered care. "Technology & Trends" highlights new and relevant technology or treatment trends and also shows how common technologies may be used in unique ways. Client examples provide context for how the conditions impact function and how to consider the person when doing an intervention. "Case Studies" based on real-life examples illustrate important learning points and feature questions to develop critical-thinking and problem-solving skills. Review questions at the end of each chapter assess progress, knowledge, and critical thinking while offering practice with certification-style questions.

aarp home fit guide: *Eldercare 101* Mary Jo Saavedra, 2023-07-19 An easy-to-understand

guide for caregivers in a post-pandemic world who are adapting to the rapidly changing lifestyles and care needs of elders. The care and wellbeing of our seniors is paramount as we move out of the worst phase of Covid 19 and back to a more stable landscape, that is still subject to the vagaries of aging, illness, and capabilities. This Updated edition of Eldercare 101 has been expanded to include pandemic lessons, climate change impact on senior housing and relocation, new medical and technological advancements, new housing trends, multigenerational living, Zoom memorials, brain health, legal needs when you have no children or family, isolation and more. Using her Six Pillars of Aging Wellbeing™ framework, Mary Jo Saavedra and a variety of expert contributors explore the needs, desires, realistic circumstances, opportunities for healthy and safe aging, and end of life care ... something we all need to think about at some time or another.

aarp home fit guide: Navigating Your Later Years For Dummies Carol Levine, 2018-08-01
Long-Term Care: Planning for Finance, Medical, and Living Expenses We're living exciting bonus years—decades that our parents and grandparents didn't have. But how to navigate this complex terrain? Questions abound around long-term care planning: Where to live? How to get the best medical care? What to do about advance directives, wills and trusts, and estate planning? And how to pay for it all after you retire? Getting accurate information and answers wasn't easy. Until now. AARP's Navigating Your Later Years For Dummies helps you and your family understand the growing range of opportunities. Even more importantly, it helps you chart the next steps to live the life you choose, as independently as you choose, no matter your specific circumstances and needs. This book: Covers home modifications so that you can stay at home safely for as long as you like Lays out the opportunities and costs associated with independent living, assisted living and other options Gives you a range of driving and transportation alternatives Helps you navigate the healthcare system, Medicare, and Medicaid Sorts out the various sources of care at home Reviews the legal documents you should prepare and update Helps you determine whether you need long-term care insurance Gives you guidance on talking with your family about sensitive issues, including your wishes as you age With this new comprehensive book, you'll get the credible information and resources you need to face the challenges facing us as we live the life we choose. Here, finally, is a roadmap for you and your family to best understand, and plan ahead.

aarp home fit guide: Climate Resilience for an Aging Nation Danielle Arigoni, 2023-10-23
Climate change is having an immediate and sometimes life-threatening impact, especially for older adults - generally speaking, people 65 or older. Older adults often face mobility, cognitive, and resource challenges, which contribute to a disproportionate number of deaths in the face of major disasters. But some challenges are less visible. Consider the grandparent who no longer can stand and wait at the bus stop because of the heat, or the retiree who lives in a home with black mold due to chronic flooding that she can't afford to remediate or leave because of her limited fixed income. Our population is aging—by 2034, the US will have more people over 65 than under 18. Despite the evidence that climate change is severely impacting older adults, and the reality that communities will be confronted with more frequent and more severe disasters, we're not prepared to address the needs of older adults and other vulnerable populations in the face of a changing climate. In Climate Resilience for an Aging Nation, community resilience and housing expert Danielle Arigoni argues that we cannot achieve true resilience until communities adopt interventions that work to meet the needs of their oldest residents. She explains that when we plan for those most impacted by climate, and for those with the greatest obstacles to opportunity and well-being, we improve conditions for all. Arigoni explores how to integrate age-friendly resilience into community planning and disaster preparedness efforts through new planning approaches—including an age-friendly process, and a planning framework dedicated to inclusive disaster recovery—to create communities that serve the needs of older adults better, not only during disasters but for all the days in between. Examples are woven throughout the book, including case studies of age-friendly resilience in action from New York State; Portland, Oregon and Multnomah County; and New Orleans. Climate Resilience for an Aging Nation will help professionals and concerned citizens understand how to best plan for both the aging of our population and the climate changes underway so that we can create safer, more

livable communities for all.

aarp home fit guide: Understanding Long-Term Care ,

aarp home fit guide: Medicare For Dummies Patricia Barry, 2020-10-20 Medicare made simple Medicare brings valuable benefits to more than 58 million people and growing, but most of us don't even know the basics of how Medicare can work best for us. That's where Medicare For Dummies, 4th Edition comes in, explaining how this complex system functions and helping you confidently navigate your way through the maze to get the most out of your coverage. This indispensable resource untangles Medicare in friendly, straightforward language. Step by step, you'll learn when and how to enroll, ways to avoid costly mistakes, and how to find the plan that brings the most benefit to you and your family. Reduce out-of-pocket expenses Know your rights and protections Choose the best policy for you Using this reassuring and comprehensive guide, you'll be able to get the answers to all your questions, find guidance on how to act—and then get on with getting the benefits you need.

aarp home fit guide: AARP The Other Talk: A Guide to Talking with Your Adult Children about the Rest of Your Life Tim Prosch, Timothy Prosch, 2013-09-03 In collaboration with AARP the baby boomers guide to having open conversations with their adult children about their later years

aarp home fit guide: Residential Design for Aging In Place Drue Lawlor, Michael A. Thomas, 2008-08-18 Consult Residential Design for Aging In Place, the key reference for designing homes for aging people, if you seek to understand how to create effective spaces for the elderly. Interior designers, architects, and homebuilders are increasingly asked by clients to design homes to allow for adaptation over time, and this is the definitive guide, endorsed by the American Society of Interior Designers (ASID). Find case study examples of good design solutions for designing for aging in place from two authors who are highly respected fellows of the ASID.

aarp home fit guide: Who Will Take Care of Me When I'm Old? Joy Loverde, 2017-10-24 Everything you need to know to plan for your own safe, financially secure, healthy, and happy old age For those who have no support system in place, the thought of aging without help can be a frightening, isolating prospect. Whether you have friends and family ready and able to help you or not, growing old does not have to be an inevitable decline into helplessness. It is possible to maintain a good quality of life in your later years, but having a plan is essential. Who Will Take Care of Me When I'm Old? equips readers with everything they need to prepare on their own: Advice on the tough medical, financial, and housing decisions to come Real solutions to create a support network Questions about aging solo readers don't know to ask Customizable worksheets and checklists that help keep plans on course Guidance on new products, services, technology, and resources Who Will Take Care of Me When I'm Old? goes way beyond estate planning to help readers prepare for all the changes in store. Readers are empowered to make proactive plans for their own lives rather than entrusting decisions to family and community.

aarp home fit guide: Right Place, Right Time Ryan Frederick, 2021-10-12 Wondering where to live in your later years? This strategic and thoughtful guide is aimed at anyone looking to determine the best place to call home during the second half of life. Place plays a significant but often unacknowledged role in health and happiness. The right place elevates personal well-being. It can help promote purpose, facilitate human connection, catalyze physical activity, support financial health, and inspire community engagement. Conversely, the wrong place can be detrimental to health, as the COVID-19 pandemic has highlighted. In Right Place, Right Time, Ryan Frederick argues that where you live matters enormously—especially during the second half of your life. Frederick, the CEO of SmartLiving 360 and a recognized thought leader on the intersection of place and healthy aging, provides you with tools to evaluate your living situation, ensuring that you weigh all the necessary factors to make a sound decision that optimizes your current and future well-being. He explores the pros and cons of different living options, from remaining in your current home to downsizing, intergenerational living, co-housing, senior living, and more. Along the way, he helps readers answer important questions, including Are you already in the right place? and In what areas does your current place not align with your needs and desires? The rest of the book helps you to

unpack specific options for place, beginning with considerations for regions and neighborhoods and then looking at specific housing models. It also focuses on how housing is changing, particularly from a technology, health, and health care perspective. The book closes by challenging the reader to develop a discipline of choosing the right place at the right time. Combining real-life stories about people selecting places to live with design thinking principles and interactive tools, *Right Place, Right Time* will appeal to empty nesters, retirees, solo agers, and even adult children seeking ways to support their parents and loved ones.

aarp home fit guide: Downsizing the Family Home Marni Jameson, 2016-01-05 Sensitively counsels readers on how to downsize a family home filled with a lifetime of memories, sharing practical recommendations for strategies based on the expertise of antiques appraisers, garage-sale gurus, professional organizers and psychologists.

aarp home fit guide: Assistive Technologies and Environmental Interventions in Healthcare Lynn Gitlow, Kathleen Flecky, 2019-10-07 Providing a holistic and client-centered approach, *Assistive Technologies and Environmental Interventions in Healthcare* explores the individual's needs within the environment, examines the relationship between disability and a variety of traditional and cutting-edge technologies, and presents a humanistic discussion of Technology-Environment Intervention (TEI). Written by a multidisciplinary team of authors, this text introduces readers to a variety of conceptual practice models and the clinical reasoning perspectives. It also provides insight into how designers go about solving human-tech problems, discusses best practices for both face-to-face and virtual teams, and looks at the psychological, sociocultural, and cognitive factors behind the development and provision of assistive technologies. Examines a wide range of technologies and environmental interventions Demonstrates how a better understanding of the complexity of human interaction with both the physical and social environment can lead to better use of technology Explores the future of technology and research in TEI Complete with a range of learning features such as keywords, case studies and review questions, this book is ideal for undergraduate and graduate students in occupational therapy and other related health professions, as well as those undertaking certification and board examinations.

aarp home fit guide: Counselor's Connection , 1997

aarp home fit guide: Juggling Life, Work, and Caregiving Amy Goyer, 2015 One in four American adult face the challenges of caring for an adult friend or relative. Although caregiving can be a richly rewarding and joyful experience, the role comes with enormous responsibilities-- and pressures. This gentle guide provides practical resources and tips that are easy to find when you need them, whether you're caregiving day to day, planning for future needs, or in the middle of a crisis. Goyer offers insight, inspiration, and poignant stories and experiences of caregivers, including her own as a live-in caregiver for her parents.

aarp home fit guide: Gerontologic Nursing - E-Book Sue E. Meiner, Jennifer J. Yeager, 2018-10-01 Compassionately care for the aging population with *Gerontologic Nursing*, 6th Edition, uniquely known for its comprehensive coverage of the most common medical-surgical problems associated with older adults. Organized by body system for easy retrieval of information, it delves into health promotion and both basic and complex gerontologic concepts and issues. This disorder-focused gerontologic nursing text features an enhanced focus on nursing management and care coordination across health care delivery settings. It emphasizes topics such as nutrition, chronic illness, emergency treatment, patient teaching, home care, and end-of-life care — and includes the latest guidelines for mammograms, colonoscopies, pneumonia, and shingles vaccinations. With the addition of new nursing theories, this edition offers a valuable framework for gerontologic care. - Overview of age-related changes in structure and function included in all body system chapters. - The most current standards and guidelines keep you in the know. - Psychologic and sociocultural issues and aspects of older adult care integrated throughout the text. - Critical thinking questions included at end of chapters. - UNIQUE! Patient/Family Teaching boxes emphasize key aspects of practice and teaching for self-care. - Health Promotion/Illness Prevention boxes provide tips to promote leading a healthy life. - UNIQUE! Nutritional Consideration boxes

demonstrate special nutritional needs and concerns facing the aging population. - Evidence-Based Practice boxes pull the critical evidence-based information contained in the text into boxes for easy access and identification. - Cultural Awareness boxes highlight differences in how key concepts are understood or practiced in various cultures. - Home Care boxes highlight tips to promote practical, effective home care for the older adult. - Key Points at end of chapters summarize the important concepts discussed in the chapter. - EXPANDED! Increased focus on nursing management and care coordination across health care delivery settings. - NEW! New nursing theories in chapter 2 provide a framework for gerontologic care. - UPDATED! Up-to-date guidelines for mammograms, colonoscopies, pneumonia, and shingles vaccinations. - UPDATED! Fall prevention updates help you better protect your patients. - UPDATED! Updates on the challenges of caring for older adults with cognitive disorders ensure you are prepared. - UPDATED! Updated chapters throughout reflect the current evidence to guide practice.

aarp home fit guide: The Essential Guide to Caring for Aging Parents Linda Rhodes, 2012-07-18 The tools and answers you need to help your parents receive the care they deserve.

aarp home fit guide: Can Mom Live Alone? Vivian F. Carlin, 1991

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