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NATIONAL INSTITUTE OF AGING SURVEY

91 % of Canadians of all ages, and almost 100% of Canadians 65 years of age and older, plan on supporting themselves to live safely and independantly in their own home as long as possible.

WHERE TO AGE
IN PLACE

Current Home

New Home which is better suited

Condo/ Life Lease or Apartment

Independant or Assisted Living

IMPORTANT CONSIDERATIONS

Location- close to friends, family and services

Can I afford my current and future housing costs?

If I find myself on my own can I manage?

Will the features in my home keep me safe for the next 10 -15 years?

What if my health changes and I am in a wheel chair?

WISH LIST

All important rooms on one floor

Open floor plan with few obstructions

No step entry

All doorways to be 36 inches wide

Lever style door handles

No throw rugs

KITCHEN

All cabinets and sink either lower or adjustable

Shallow sink

Pull out pantry with pull out shelves

Front mounted controls on cooktop

Under cabinet lighting

Round edges on countertops

Drawers over doors

Micro wave at counter height-dishwasher raised

LIVING ROOM TIPS

Remove clutter that doesn't belong

Add more storage- shelves or baskets

Un-decorate..less pillows,
hang pictures, floating shelves

Wrangle your wires

BEDROOM

Bedroom on main level

Low profile bed (20-23 inches from floor to top of mattress)

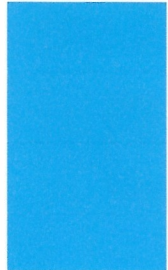
Night stands same height as bed

Phone beside bed

Adequate clearance around the bed

Pull down closet rods

Lighting in closet



LAUNDRY

Near bedroom

Front load washer and dryer

Washer and dryer raised 12 to 15 inches off the floor

Easy to read controls

Lower cabinets

Laundry chute if multi level house



OTHER THOUGHTS

Easy to maintain shrubs and plant-hire yard and snow service

Longer lasting LED lights

Clear pathway between bedroom and bathroom

Chairlift on stairs

No throw rugs or extension cords

Eliminate clutter-now is time to deal with excess possessions

Contrasting colours on stair treads and risers

5 foot x 5 foot clear turn space in all main rooms

Door locks, thermostats etc that can be activated by a smart phone

HEMOCARE

You can arrange for government or private homocare to be delivered in any private setting. Your house, an apartment, condo, life lease or assisted living building and occasionally in supportive housing.

SUPPORTIVE HOUSING is a secure building that is subsidised by the government. You must be paneled by the WRHA to be admitted. Personal care can be provided by the staff or occasionally by Homocare. It is a locked facility and is best suited for people with Dementia who can dress themselves and take care of their personal care.

PERSONAL CARE HOMES are intended for people who need nursing care. There are nurses available daily and doctors as needed. You must be paneled to be admitted.

DAY PROGRAMS are available for people living in their own homes. The Lions provide a number of programs. The WRHA has the PRIME program and THE GET AWAY CLUB for people with early stages of Dementia. Participants are picked up by bus from their homes. Family caregivers can use this time as respite.

SELF/FAMILY MANAGED CARE

Funds are provided by RHA to your designated Self/Family manager based on your care plan.

You can hire and train your own healthcare aids. Can't be a family member.

As you will be the employer you must have a separate bank account, register with Workers Compensation and the federal government as an employer. Your books will be audited occasionally. Independent Living Resource Centre offers help to get you started.

You can not expect RHA to cover if you can't find employees.

You must receive homecare for 1 year before applying.

PRIVATE HOME CARE

Can be hired to manage your Self/Family managed program.

Can be used to augment the services you have been assessed under S/F

Are a good option for companionship, home helper and Alzheimer's care. Will be consistent, can drive the client for shopping, doctors appointments etc. Often retired persons who are truly interested in offering above and beyond service.

You can have input into the number of hours, which hours and who works with you or your loved one. Very flexible.