



# Modern Health Talk

ABOUT TECHNOLOGIES FOR HOME HEALTH CARE



**90% of seniors want to  
Age in Place at Home.**

## ASK US ABOUT

**In-home Assessments for Home Health Care and Aging-in-Place**

**It's More than just Cost savings.**

Avg. Nursing Home private room = \$83,000 a year in 2010 (MetLife)

Avg. Independent Living Community = \$32,000/yr (Long Term Living Magazine)

Avg. Home Care = \$18,000/yr (health aid, meals on wheels, maid, etc.)

**It's about Family, Friends and Familiar Surroundings.**

# CALL for In-home Assessment

## Remain in the Home and Save the Estate

Modifications based on professional home assessments can enable injured, disabled or chronically ill people to stay in their homes and community, thus reducing care costs and preserving assets and the family estate. Such changes can also reduce accidents such as falls, ease the performance of daily functions, facilitate hospital discharges, decrease readmissions, improve independence and self-management, assist caregivers and care coordination, and avoid expensive institutional care.

## Each Situation is Unique

Professional in-home assessments are important because homes vary widely in their location, size, condition, and physical characteristics; and each of these factors affects provision of care and how health technologies are used. Individuals and families also differ – in their wellness, willingness to change the home environment to facilitate health care, preferences for where they perform basic activities of daily living, willingness to use health technologies, ability to participate in daily care, and in their financial means. Since each household is unique, solutions that may be suitable for one individual, family caregiver and home may not be appropriate or effective for others.

**For Affiliate Relationships**, call Wayne at 512-507-6011



## Physical Environment Assessment

Our objective is to help you prioritize investments that remove barriers and make the home more assessable, comfortable, convenient and safe for home health care and aging in place. We start by considering the type of home structure (single-family detached, duplex, townhome, apartment or mobile home), its age & condition, layout, accessibility, support features, and presence of pets.

Some of the least expensive improvement ideas might include furniture placement & organization, adjustable storage & shelving, grab bars & hand rails, “comfort” height toilets, handheld shower heads & anti-scald faucets, and lever style door & faucet handles. Other ideas with moderate costs include wider doorways, level door thresholds & entries, stair ramps & lifts, elevators, non-slip flooring, brighter lighting, security & automation systems, intercoms & electronic door locks, exercise equipment, bedding, and lift/transfer devices.

More expensive kitchen & bath remodeling can include multiple counter heights, knee space under sinks & cabinets, and curb-less showers & walk-in tubs, but many options are limited by space and cost. If needed, we can help connect you with contractors, interior designers, realtors or other non-medical specialists to help with remodeling, adding on, downsizing, finding a roommate, or other housing options.

## Community Environment

If desired, we can discuss challenges posed by the location (244M urban/suburban, 65M rural), neighborhood safety, streets & sidewalk condition, parks & recreation centers, shopping, transportation, family income, and cultural and weather influence

## Assistance Technologies

Although your physician or physical therapist is your first source for assistive technology recommendations, Modern Health Talk has lots of information about low- and high-tech solutions such as personal emergency response systems (PERS), medical & bio feedback sensors, pill dispensers, lift devices, adjustable beds, clocks & phones with large displays, mobile smart phones, video conferencing, remote monitoring services, security & intercom systems, and smart home technologies.

Currently serving Central Texas

**512-739-0075**