

APDA TAKE CONTROL

Aging in Place Safely



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VirtualKare



Aging in Place (AIP)

“The ability to live in one's own home and community **safely, independently, and comfortably**, regardless of age, income, or ability level”.

Source: U.S. Centers for Disease Control and Prevention

MAKE CHANGES NOW

- **Never** too early
- Lower costs and time to plan
- Peace of mind
- It's there when you need it

- **Never** too early to plan, motor changes begin in the first stage of PD
- May lower costs (not being in a hurry) and time to work out logistics for extra care.
- Provides peace of mind like other insurances.
- It's there when you need it, even temporarily.

Solution: ID Issues → Modifications



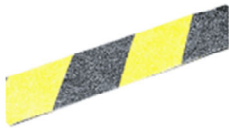
- Room by room analysis of entire home & outside
- Mitigate potential and likely hazards
- Determine DME needs & modifications
- Consider help options, availability
- DIY or professionally

Exterior Areas



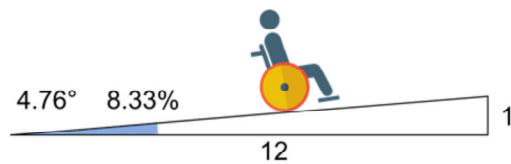
- Motion or Timed Auto sensor lights-entrance, paths
- Paths –trim shrubs
- Address clearly visible from street

Exterior Areas



- Steps- yellow tape edges, paths allow for walking with walker or cane or if need w/c, mailbox access
- Paths debris / clutter / firm / smooth, anti-slip
- Removal plans –snow/ leaves / ice / trash, recycling

Exits & Entrances



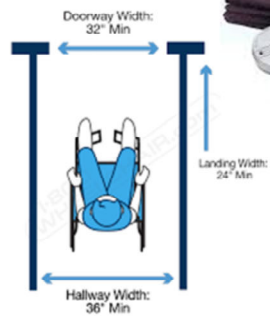
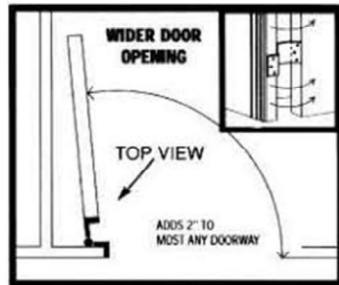
- Lockbox, keyless entry, 2nd key
- Lever-style door handle, grab bar-door jam
- Windows not blocked, emergency alert system; top door lock
- 2nd exit option, pref. no steps
- Ramps to 1:12 grade and other ways to bridge transitions from one height to another

General Indoors All Rooms



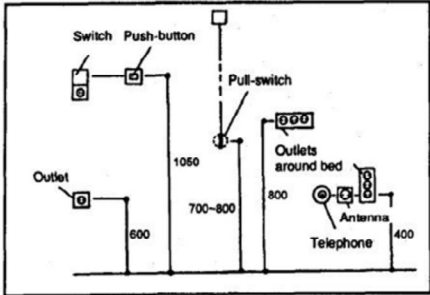
- NO throw rugs, tape carpet edges, flooring secure / smooth
- If can't remove carpet, tape down
- If possible, install all electrical outlets about waist high so you don't have to bend down to access them. If not practical, use power strips that are placed within easy reach.
- Use contrasting colors on light switch plates or get lighted switch plates to make finding switches easy in the dark. Lights esp night lights with auto-sensors, touch activated, clap
- Rocker switches 36-44", outlets 18-24" from floor
- Tape down or move exposed cords

General Indoors All Rooms



- Paths, doorways – no clutter/ toys /plants, 36" wide or offset hinges, remove door / curtain
- Door must be able to swing and fit WW, w/c with door closing
- Hallways also wide enough for DME, can turn from hallway into room
- Flashlights, phones each rooms
- Extra batteries, water, shelf-stable food, oxygen – in case of emergency (alert utility co and local fire dept)
- Phone, lamp accessible, within reach from chair /bed

General Indoors All Rooms



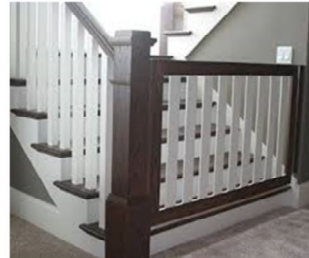
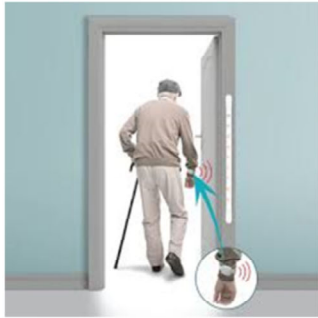
- Lighter colored rooms tend to minimize freezing
- ID a calming quiet place
- O2 tubing – green / fall risk
- Make sure there is a phone or life alert button within easy reach of the shower, tub and toilet in case of an emergency.
 - Consider using a waterproof med alert device such as Revolar in the shower or tub
 - Smart watches,
 - Voice Activated Personal Assistants- Amazon, Alexa, Google Home
 - Help esp with those having mobility issues, motor control/ tremors, limited ROM, visual and cognitive issues
 - At minimum pre-coded cell phone 1-son, 2- 911, etc
 - Smart Watches
- Secure railings & grab bars

Technology Assisted Devices



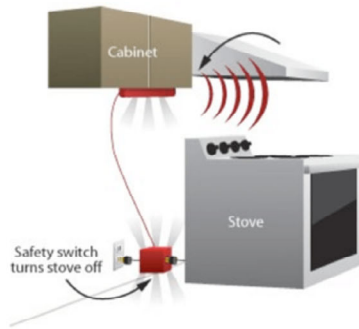
- Be sure a communication system is in place and easily accessible in every room and hallway that you use. (i.e. phone, smart watch, alarm button or medical alert necklace or bracelet.
- This is important for people who are in the later stages of PD.
- Voice Activated Personal Assistants- Siri, Alexa, Cortina, Google, Echo, etc
- Help esp with those having mobility issues, motor control/ tremors, limited ROM, visual and cognitive issues

Wandering & Elopement Safety



- Safety issues for cognitive issues
- There are tracking devices that can't be removed
- Safety lock door and danger filled drawers (meds, knives, scissors) in case of use
- Secure gait blocking stairs both top (fall risk) and bottom
- Stop sign – strong long term memory visual cue

Kitchen



- One touch, one handed faucet for both hot and cold
- Safety shut off controls, water temp set <120F
- Appliance controls easy to turn/read, in front, auto
- Lever, touch, sensor controls for appliance
- Auto turn off electronics

Kitchen



- Install cabinet handles rather than knobs to make it easier to open and close cupboard doors.
- Store commonly used items in easily accessible drawers to avoid the need to reach or bend over to find them.
- Place items used for cooking, such as spices, pots and pans, near the stove to avoid reaching over the stove, which may cause burns.
- Reachers great for higher and lower items
- Consider melamine instead of ceramic and glass dishes - more durable / rarely breaks when dropped.
- Wrap glass jars with rubber bands

Kitchen



- Purchase convenience foods that are pre-cut and washed to save time and limit the need to use sharp knives.
- Use non-slip rubber matting to stabilize cutting boards, mixing bowls or dinnerware.
- Seated meal prep, island with high stool, waist height counters
- Remove/secure floor mats, wipe spills, sweep
- Pull handles not knobs for cabinet, drawers
- Swap large trash cans for smaller ones or ones with wheels - easier to take out the trash.

Bedroom

SleepIQ™
only from Sleep Number®



- Easy, clear path to bathroom, BSC adjacent to bed if get up freq at night
- Flashlight, phone and light accessible
- Water bottle bedside and HOB elevated with wedge, blocks, etc under mattress- helps get up easier and decreases BP drops supine → sit. (neurogenic orthostatic hypotension (nOH)). Sleep number bed.

Bedroom



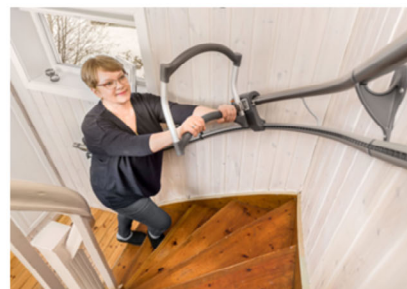
- Bedding tucked, bed rails, bed against wall - ? pad on floor,
- Telephone, auto or light switch access from bed
- Make the bed with loose / light sheets that can take off or put on depending on the temperature. (No heating blankets.) Or, just use a light down comforter instead -reduces the chance of getting caught up in multiple sheets.
- Half noodle under sheet to prevent roll out of bed.
- Multiple wide handled step platforms if can't get into or feet don't touch floor when sit over side of bed
- Bed and chair alarms
- If you have REM Sleep Behavior Disorder, reduce safety hazards (secure bedside lamps, lock up any weapons, remove clutter) in case you act your dreams out at night or fall out of bed. (Consider sleeping in separate beds.)
- Reachable clothes drawers, closet, closet, adjustable rods and shelves

Living & Family Room



- Stable non-rocking armchairs, hips \geq knees, elevating chair
- Furniture walkways allow for DME
- Light switch and outlets reachable, near chair, secure /move cords
- Curtains, furniture away from portable heaters, oxygen properly stored, ventilated
- Smooth well marked transitions or rails, step to step options

Stairs



- Steps not too steep, wide enough, uncluttered
- Non slip tread on steps to prevent slipping – needs to fully secure to step, no edges
- High contrast
- Stair glide and Assistep stairglide options

Stairs



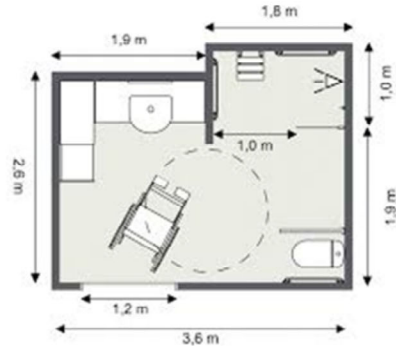
- Handrails two to three inches from the wall permit good grasp.
- BUE secure rails, entire length, proper height
- Prevent accidental fall with secure rail
- Lights at top and bottom of stairs
- Chair at top/landings to rest esp SOB, easy fatigue

Bathroom



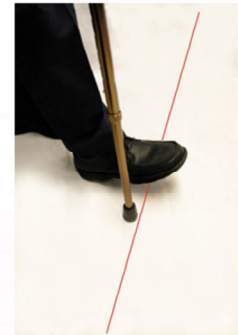
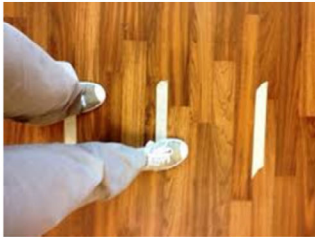
- Suction cup handles can work well but check daily they are secured
- Consider bath bench- some glide in and out, shower chair with rails
- Handheld shower, easy to reach personal cleaning supplies
- There are all sorts of railing types including tension rod style if can't install /apt;

Bathroom



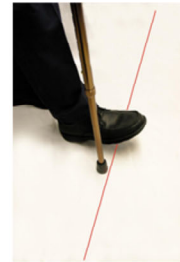
- Tubs can be retrofitted for easy step through or no door options with banked floor to drain
- Make seating available to perform tasks such as brushing teeth or shaving.
- Place light switches near the door to avoid walking into a dark area.
- Place light switches near the door to avoid walking into a dark area.
- Elevated toilet seat with bolted rails or to the floor- not the ones that ledge fits into hold seat-can topple. BSC over toilet option
- Need to be able to turn WW or w/c in
- **Uncluttered, non-slip steps, high contrast**
 - Make seating available to perform tasks such as brushing teeth or shaving.

Other Safety Issues to Address



- Rooms with lighter colored paint color can give the illusion of more space and assist with freezing.
- Marking the floor for step lengths and where to stand when transfer
- Eliminate abrupt changes in surfaces (i.e. carpet to hardwood) because they can be a tripping hazard
- U step with 2 modification options for handles, brakes, laser and sound cues
- Laser cane or cue

Other Safety Issues to Address



- Consider in-home exercise equipment for exercise solutions in bad weather. Exercise can improve gait, movement and mental capacity throughout the day— even short bouts of 10-15 minutes can be helpful.
- Oxygen signs, stored safely
- Place the File of Life (folife.org) notice outside your house and the information on the side of your refrigerator so that first responders can access it quickly and respect your wishes.
- Emergency plan- 2nd exit, elevator and supplies
- Fire rescue stickers
- Cellphones charged, shortcut codes
- Posted emergency numbers, include equipment
- Alert fire dept, utility companies
- Daily buddy system

Medication Devices & Apps



Medisafe - Makes Managing Medications Easy

- One of the largest causes of falls is medications
- Medications are also the cause of dyskinesias (involuntary movements) and often worse tremors
- Lots of options to keep meds safely secure and proper dosage dispersed as needed only at correct time or alert to take med:
 - Medisafe
 - Medicube
 - Hero
 - My pill box
 - Dosesafe
 - Live Fine Automatic Med Dispenser
 - Smart phones
 - Smart watches

Technology Assisted Devices



- For fall notification, ability to observe remotely
- Ones that send info to your phone or computer
- Software for multiple CG people to coordinate care
- Voice controlled devices – Lights , smoke alarms, temperature controls.
- GPS trackers on your phones
- Apple watch EKG heart monitor, fall alerts

Modification Tips & Considerations



- Skilled, experienced professionals
- Ask ?s, estimates/recommendations
- Shop reputation/ costs/ warranties
- Second, third quotes
- Loan closets, clubs, friends / family
- Specific physical or cognitive needs
- Get it in writing, pay when completed
- Consider needs for 5 years down the road

Alternative Options



- Move in with others
- Downsize- condo, apt
- Senior living community
- Indep → ALF transition
- Long term care insurance
- Do nothing or too late

Conclusions



Thank you for Joining!

Visit us at: <https://www.virtualkare.com>

Call us: (360) 930-9633

- Are you ready?
- Strive for the ideal
- Don't underestimate the unknown
- Prepare early & 5 years ahead
- Get help/ PT/OT assessment
- Don't wait until it's needed
- Consider all your options, costs



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Safe Home = Stay Longer

Keep all trees and shrubs well trimmed.

Place valuables and personal papers in a waterproof container on the highest level of your home.

Cover windows with hurricane shutters or pre-cut plywood.

Create a Ready kit with enough supplies for at least three days, consider needs of children, pets and elderly.

Develop an evacuation plan and where to reconnect with family.

Bring in all outdoor furniture and anything else that is not secured.



Set refrigerator to the coldest setting.

Fill gas tank.

UPCOMING PROGRAMMING

JULY Take Control: 2-part series

Thursday, July 9, 2020

10:30am pdt

The Gut Biome & PD

Dr. Kelly Condefer, Movement Disorders Neurologist, Confluence Health

Friday, July 10, 2020

10:30am pdt

Unlock the Healing Power of Food

Wilma Shaw, Nutritional Therapy Practitioner, Embrace Nutrition

AUGUST Take Control

Friday, August 14

10:30 am pdt

Mind Over Parkinson's

Dr. Patrick Hogan, DO, Puget Sound Neurology



www.apdaparkinson.org/Northwest