

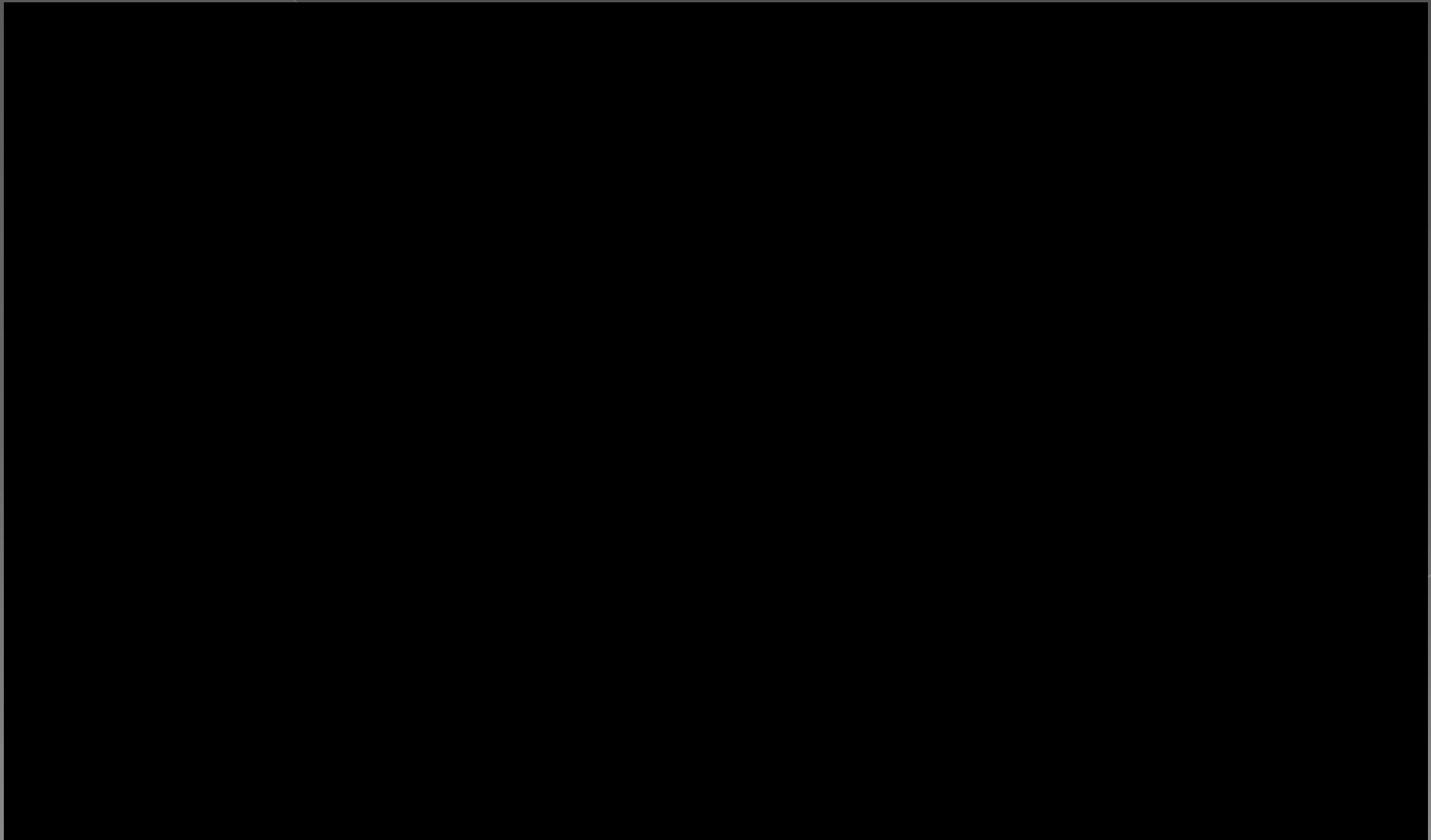
# Aging in Place

Presenter:  
Katherine Falcone

# Welcome and thanks for joining us for our Aging in Place seminar!

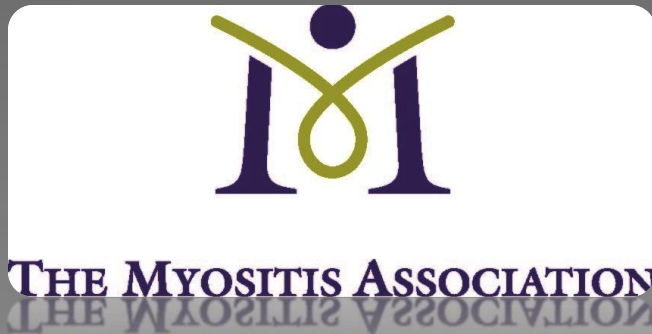
- I'm Katherine Falcone.
- Almost 4 years ago, I was diagnosed with Dermatomyositis (DM)
- I started SOS Group (Safety Outfitting Services) shortly after.
- Here is my story...

# SOS Group, Inc – Our Story



# SOS Group & TMA

- SOS Group has teamed up with The Myositis Association to donate some of the proceeds back to the Association for any purchases made from SOS Group by a TMA member.



# SOS Group & TMA

- 10 percent - Donation Proceeds: \$1.00 to \$1,000.00
- 5 percent - Donation Proceeds: \$1,001.00 to \$5,000.00
- 2 percent - Donation Proceeds: \$5,001.00 and above



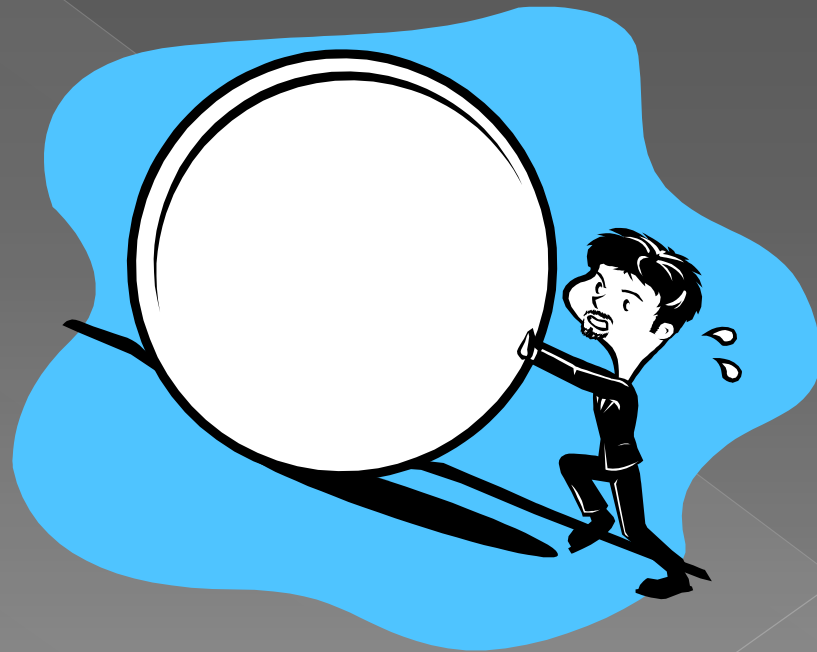
# Aging in Place & what it means to you

- The ability to live in one's own home and community safely.
- Independently
- Comfortably
- By modifying your home to fit your changing needs

- ◉ *Aging in your home is difficult enough.*
- ◉ *Aging in your home with Myositis can present extremely challenging & discouraging obstacles.*



How many of you face some form of physical obstacles in your home on a day to day basis?





# Entering and Exiting the Home

- ◉ Navigating your entry/exit way can present quite the challenge.
- ◉ Especially when steps, porches, and high threshold lips are involved.
- ◉ A solution....





**Ramp it up!**





Fun fact about Katherine...As part of her managing her disease, she raises chickens!

***This is Tinkerbelle!***



- Ramps are made for a variety of situations and circumstances.



- They can be situated on outdoor steps and small level rises.
- Offer greater accessibility to the wheelchair-bound and to those with limited mobility.

# All different kinds..

- Suitcase Ramps



Outdoor



Indoor

They are portable! You fold it in half and take it with you.

# Modular Ramp Systems



**Aluminum**

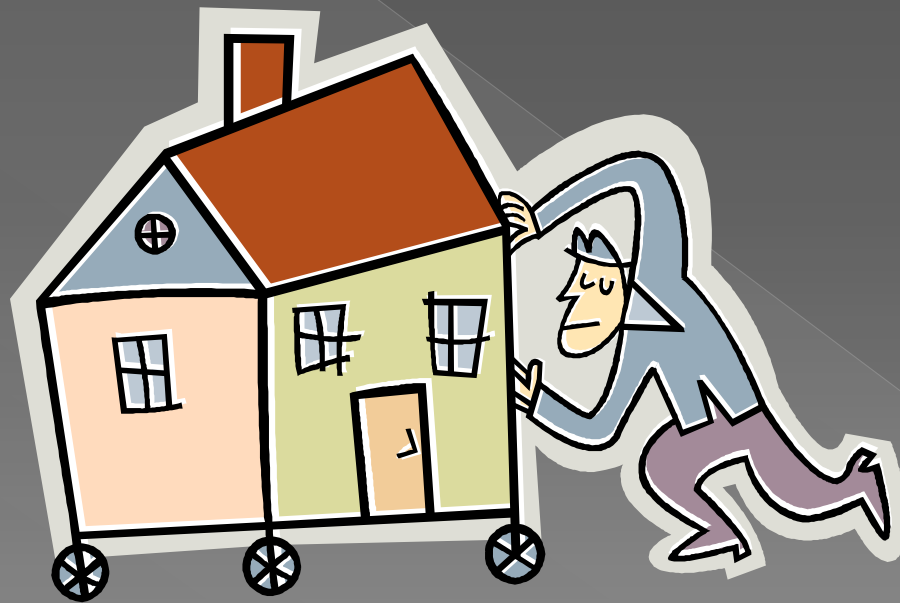


**Steel**

# Official Builders of Hurricane Sandy Modular Ramp Relief Program



Due to different home structures (too many levels or steep steps) a ramp is not always an appropriate option..





Platform Lifts are a great backup!

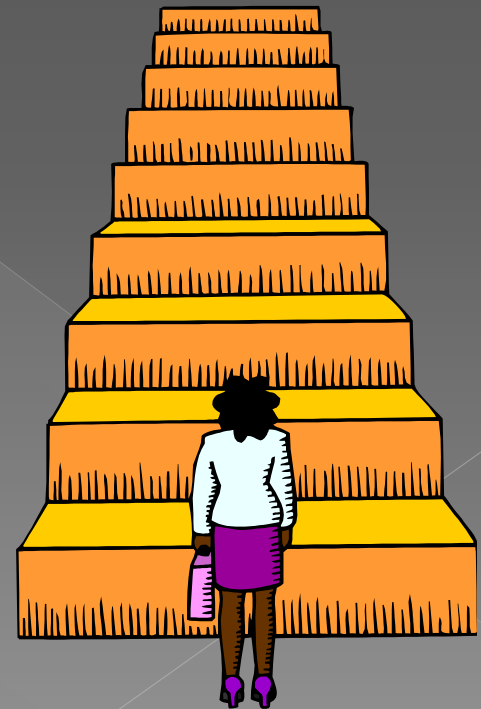


# Katherine and one of her chickens, Victor!



# Living with Myositis..

- Can present muscle weakness. The result is difficulty accessing and climbing the steps inside your home.
- A solution..



# Stair Lifts!



**Straight**

**Curved**



Even Outdoor!





Kat and her chicken, Omelette!

Going from a sitting to a standing position can be especially difficult..

A solution...



# Lift Chairs!





# Widened Doorways



30 inches



36 inches

# Barrier Free Living – Our Aging in Place Customized Home



•**Natalie G.**

•**82 year old woman,  
looking to age in  
place.**

..Before  
Living Room  
into dining  
room wall



**After!**

**Living  
room  
into  
dining  
room**



**•Arched Widened Doorway; Open Spaces**

After:  
Dining  
Room  
(from  
another  
angle)



# Before: Master Bathroom



**After!**

**Barrier Free  
Master  
Bathroom**



# After

## Master Bathroom Zero Entry Shower

Proper radius for a  
wheelchair to roll in  
and turn





# Before: Living Room



**After Living  
Room:  
Customized  
Bookshelves  
open &  
airy spaces**



# Kat, Alyssa & Bacon, the chicken!



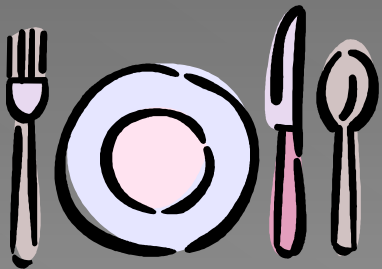
Before:  
Kitchen  
Notice  
the  
dividing  
wall



# Before: Kitchen



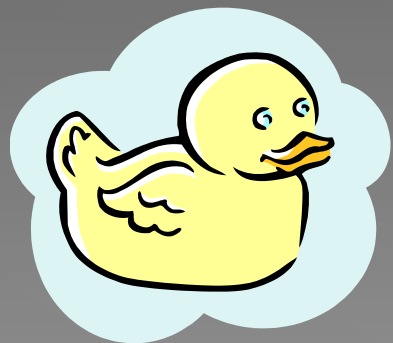
# After! Kitchen



# After: Kitchen



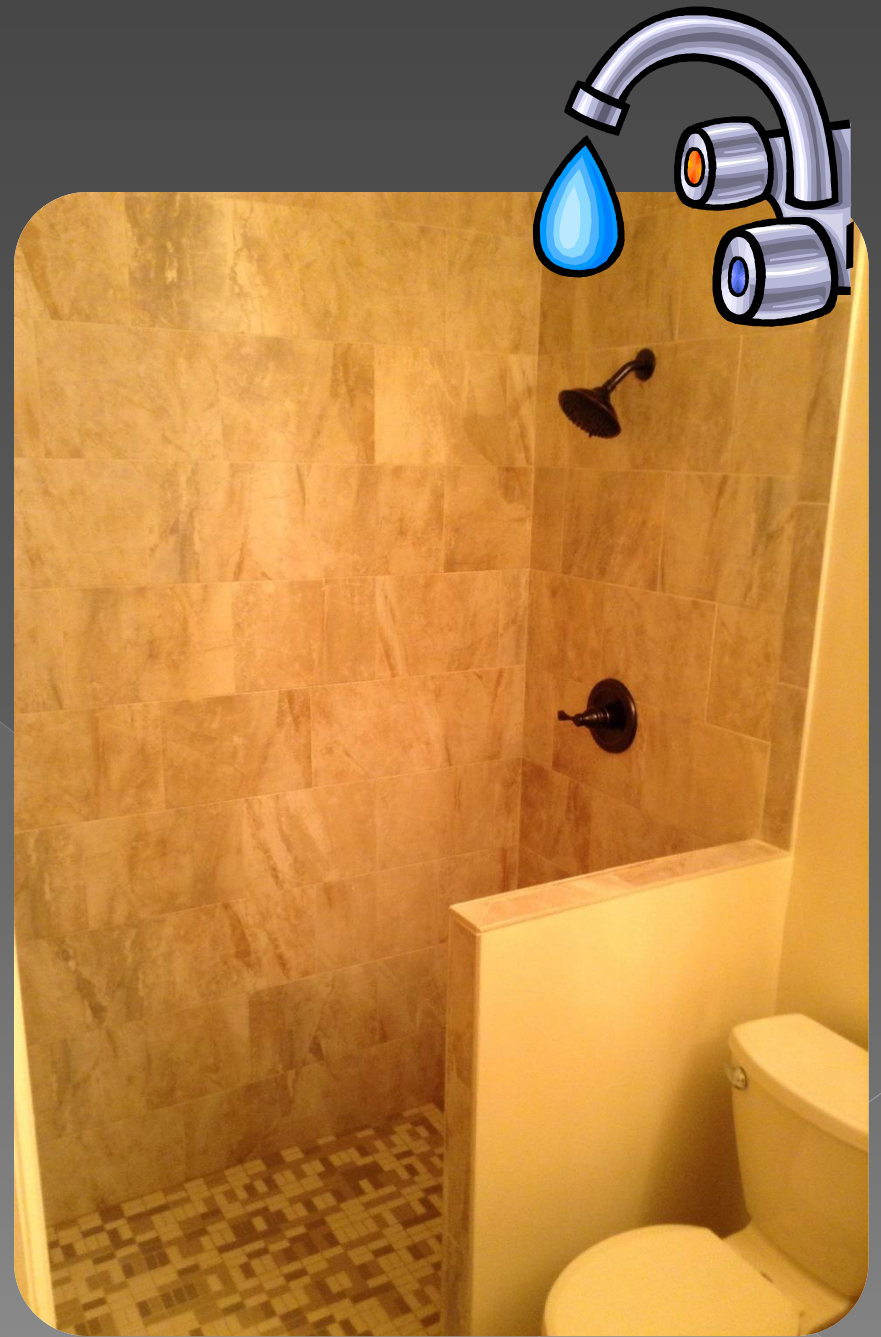
**Before:**  
**Guest Bathroom**





# After!

## Guest Bath Low Entry Shower



**Before:**

**Guest Bathroom Sink**



# After

Guest Bathroom sink:  
Elevated for easy  
access



# Fall risk – We are all at risk!

- ◉ There's no such thing as a **ZERO** fall risk. Each and every one of us is at risk for a fall.
- ◉ Living with Myositis greatly increases this risk.



# Did you know...?

- ◉ In the United States, falls account for approximately 8.9 million visits to the emergency department annually
- ◉ Falls are the most common cause of traumatic brain injuries.



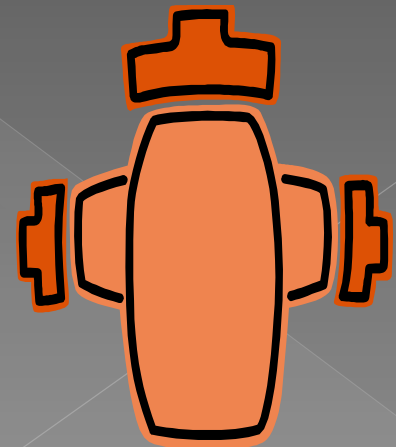
# Fall Prevention

- What can you do to decrease your fall risk inside your home?



# PLAN AHEAD!

- Learn what to do in case of a fall.
- Have a plan in place in case of a fall.
  - Emergency Alert System
  - Creating an Emergency Call List



# Medical Alert Systems

 **MedicalAlert**  
Help at the Push of a Button





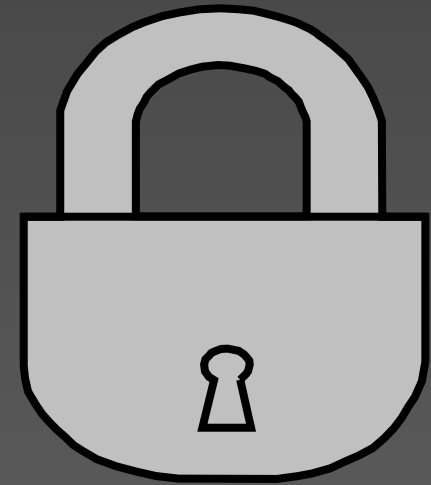
# Medical Alert Systems

- Each option comes with the choice of a pendant or a watch.
- Press the button in case of emergency and first responders will be notified

# ..Medical Alert Systems

- Cellular Option – Covers you within 600 feet of the base within your home.
- GPS Option – works with the AT&T cell phone network to provide coverage anywhere you go in the US.

# Lock Box!



- Each Medical Alert System comes with a Lock Box to attach to your front door.
- In case of an emergency where the front door can't be opened from the inside.
- The response team can open the lock box with your code and access your house key.

This is Jesús – you can't catch him!



# Helpful Aids

Sock Aid



Dressing Stick



Button/Zipper Pulls



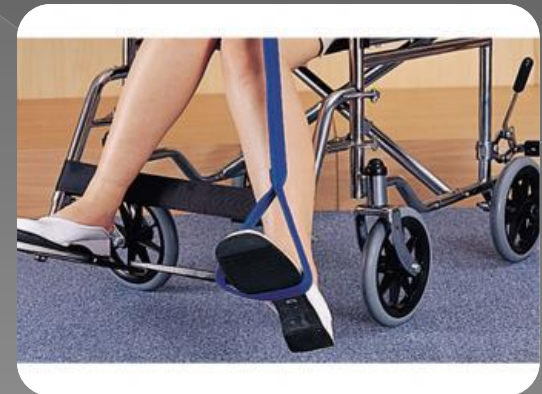
Shoe Horn



Key Turner



Leg Lifter

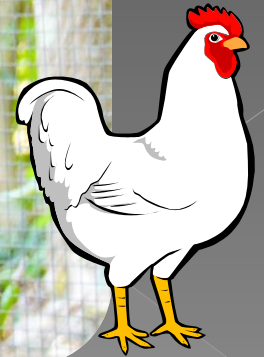


# ..Helpful Aids

- ◉ Canes, Walkers, Bedrails



Finally, we have Benedict,  
the chicken!



# Grab Bars, Grab Bars & more Grab Bars!

- Grab bars are an inexpensive and extremely effective way to protect yourself from slip and falls.
- The more you have – the better!





# All different types!



And shapes & finishes to  
compliment your home!



Is your home as Accessible  
as it could be?



# Other Simple Accessibility Solutions

- Rocker Light Switches



# Lever handles

- ◉ Reduce the need for gripping and turning that a regular knob can present.



# Kat & all of her chickens!



# Safety Tips

- Never use throw rugs – they are tripping hazards.
- Make sure there is good lighting at the top & bottom of the steps.
- Staircases should have a nonslip surface, especially the steps.
- Keep a fire extinguisher in your Kitchen and know how to use it.



# It's as simple as...

- ◉ Wearing the proper shoes or slippers!



← Make sure slippers  
and shoes have backs!



Back-less shoes and slippers  
are a tripping hazard!

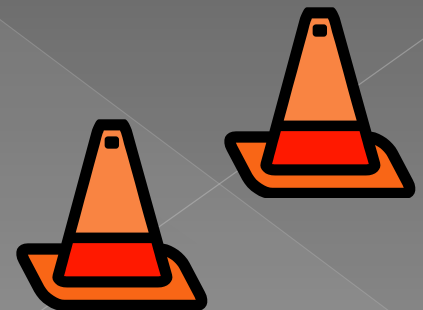


Do you have any safety or accessibility tips/tricks that make your everyday home life easier?



# What to look for in your home accessibility contractor

- CAPS (Certified Aging in Place Specialist) Certification.
- Seek referrals from friends, family, neighbors, co-workers, and others who have had similar work done.



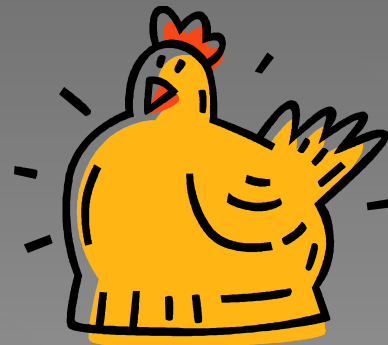
# ..What to look for in your Aging in Place contractor

- ◉ Verify the remodeler has the appropriate license(s) and insurance in your state.
- ◉ Select a professional remodeler with plenty of experience with your type of project. Remember, lowest price does not ensure a successful remodeling project.



# Can you remember...?

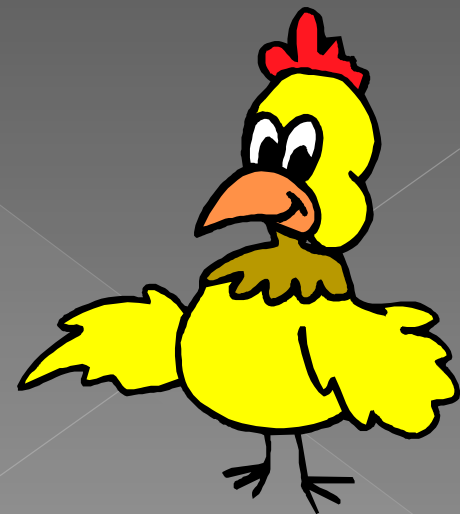
- How many chickens does Kat have??




Can you remember...?

*To win a Prize:*

- Can you name all of Kat's chickens?



# To conclude.. A note from Kat

- ◉ A song that hits our hearts 
- ◉ Hold on for one more day!
- ◉ If we hold on, we will find a cure for Myositis today or tomorrow!



# Hold on for one more day!!



I know this pain

Why do lock yourself up in these chains?

No one can change your life except for  
you

Don't ever let anyone step all over you

Just open your heart and your mind

Is it really fair to feel this way inside?



# Thank you!!!



THE MYOSITIS ASSOCIATION

