



Aging in Place

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Sponsored by St. Barnabas Legacy Society and Pastoral Care Staff



Agenda

01 About me

02 Stepping Stones to Healthy Aging Overview

03 Making the Decisions: to Move or Not to Move

04 Home Safety

05 Resources





01

About Me



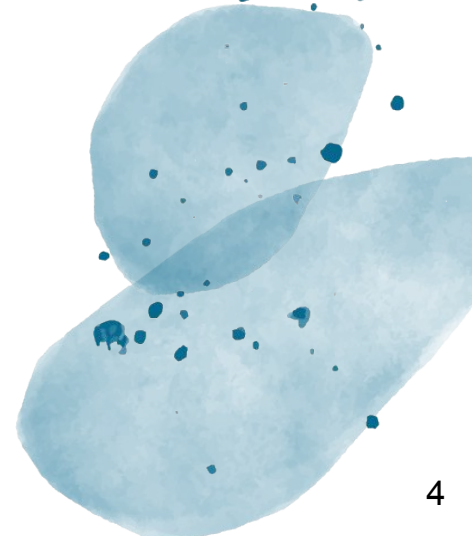
About Me



Professional

Personal

Family



02

Stepping Stones to Healthy and Secure Aging Overview



Stepping Stones to Healthy and Secure Aging

Aging in Place

Reconciling a
Lifetime of
Possessions (and
Memories)

Time to
Move?
What's Next

Navigating
Care Facility
Options

Preparedness in
the Digital Age

Safety from
Online
Predators

A Gift for the
Next
Generation:
Passwords,
Medical History,
Wills, Trusts,
529 plans...

Steps for
Safety

Community
Resources

Physical and
Psychological Well-
Being in Aging

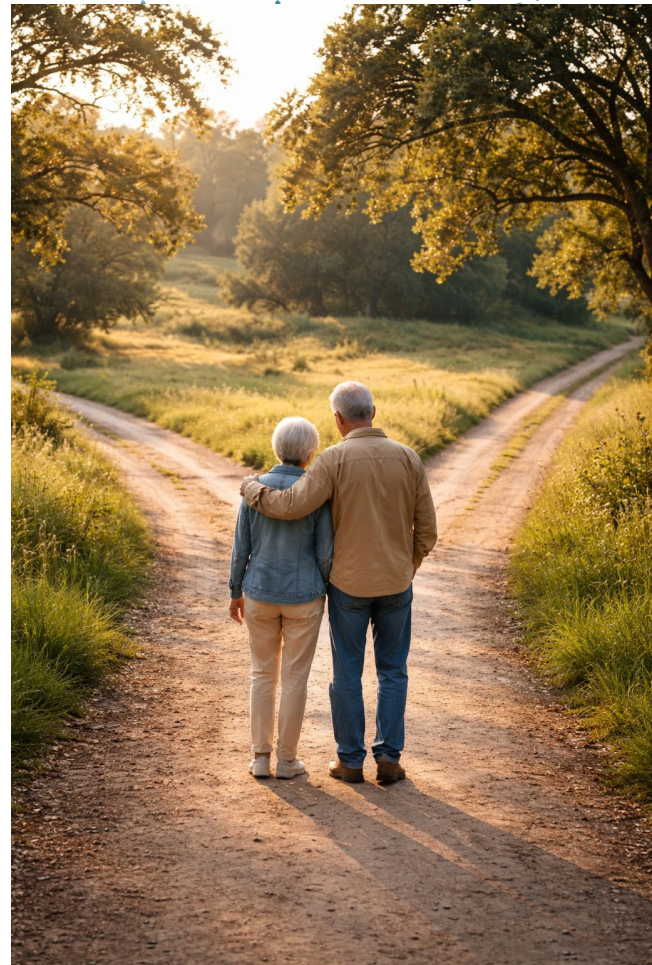
Caregiver
Burden

Psychosocial
Considerations

Maintaining
Physical
Wellness

03

Making the Decision: To Move or Not to Move



Weighing Physical Space Considerations

Can you independently meet daily needs while staying at your house?
(feeding, bathing, toileting, medication administration?)

What is the proximity to medical care?

Can you care for your home (yardwork, repairs, cleaning, etc)

What type of social support systems and community resources/events do you have available?



Weighing Financial Considerations



At Home

Hiring needed
in-home medical or
respite care.

Structural changes
to house for
accessibility

Remaining
monthly mortgage,
property taxes (or
rent)

Independent/ Assisted Living

Monthly rent

Initial buy-in fee

Fees for for
assistive
living/memory care
levels



Home Layout Considerations: More Easily Remodeled

- Physical space to make a bathroom accessible (shower bars/shower seat?)
- Room (turning space, etc) for a wheelchair or walker to navigate if needed?
- Heights of the toilets, countertops?
- At least one no-step entry?

Home Layout Considerations: Less Easily Remodeled

- Stairs?
- Doorways narrower than standard?
- Locations of bedrooms and bathrooms located?
- Sunken living room/family room?
- Property location in relation to hospitals, doctor's offices, grocery stores

Transportation

- Can you still drive/are stores and medical appointments in close proximity?
- Do you have a plan for if you can't drive?
 - Personal support system
 - Public transportation
 - Ride share
 - Medical transport options



“The time to repair the roof is when the sun
is shining.”

— *John F. Kennedy*

Discussion Break

Have you thought about these considerations for you or your family members?

Do you think you can transition the current living situation into one that will be suitable for aging in place?

If not, what are the roadblocks for doing so?

04

Home Safety






Caveat: There's a Lot About Fall Prevention

$\frac{1}{4}$ older adults falls each year, less than $\frac{1}{2}$ tells their doctor

Falling once doubles your chance of falling again

3 million emergency department visits due to older people falling each year






Caveat: There's a Lot About Fall Prevention

1 million fall related hospitalizations among older adults each year

Falls most common cause of TBIs

In 2019, 83% of hip fractures deaths and 88% of emergency department visits/hospitalizations for hip fractures caused by falls



Fall Prevention- Safe Walkways

- Keep floor clear of trip hazards like extension cords, rugs, laundry or other clutter.
- Immediately wipe up any spills
- Don't place commonly used or heavy items on high shelves
- Secure handrails on both sides of stairs
- Keep external walkways clear of rocks (or ice/snow)

Fall Prevention- Lighting

- Check lighting in bathrooms, bedrooms, common areas, indoor hallways, and outdoor walkways.
- Don't walk around in the dark! Always-on or motion-activated nightlights



Fall Prevention: Bathroom Safety

- Toilet height
- Non-slip mats/decals
- Grab bars for shower and toilet areas
- Use shower seat if indicated
- Have everything within arms reach when bathing/showering

Fall Prevention: Alerting Options

Apple Watch



Pendants



Fall Prevention: Personal Health Considerations

Blood Pressure	Hearing
Medications	Vision
Arthritis/joint mobility	Peripheral Neuropathy
Muscle strength/flexibility	Vestibular Conditions
Neurological conditions	

To Be Balanced...

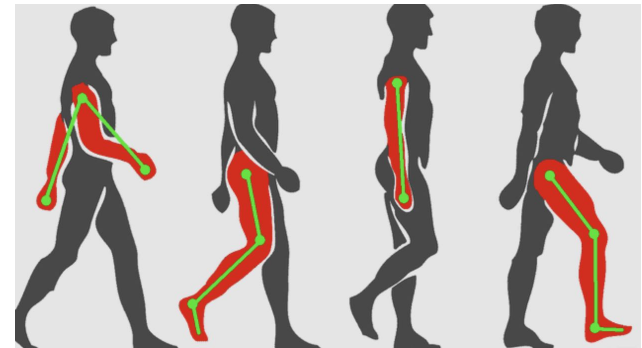
Sensory Component

What the body tells us about our surroundings



Motor Component

How we react to the sensory information/what we do to keep our bodies balanced



We Become Imbalanced If...

- If there is a mismatch of sensory information

OR

- A delayed or inaccurate motor response



What Can We Do To Help?

- Vestibular rehabilitation
- Strengthen your muscles/improve your flexibility
- Review your medication list with your physician(s) or pharmacist
- Improve overall health

****Do not start a new exercise program without consulting with your physician****

What We Can Do to Help: Hearing Loss, Cognition and Falls



- Properly amplifying hearing loss significantly reduces the rate of cognitive decline (Lin et al., 2023).
- Increasing evidence about relationship between hearing loss and fall risk, and possible protective effect of hearing aids or cochlear implants (e.g. Carpenter and Campos, 2000, Yeo et al., 2025).



Consequences of Untreated/Unidentified Hearing Loss in Adults

Isolation and
loneliness

Anxiety/stress

Depression/Loss of
Confidence

No longer active
participant in social
situations

**Get your hearing
tested!**

Home Safety Considerations for Hearing Loss

- Are home alerting devices like smoke alarm, door bells, and alarm clocks audible?
- Do you have a phone captioning option if traditional phone calls are difficult?
- Do you have a car card identifying you as D/d/HoH if get pulled over and couldn't hear the officer well?
- You can text 911 in AZ



Discussion Break

What is one change you could make in the environment of you or your loved ones for greater safety?





05

Resources



Community-Based Resources for Home Safety and Caregiver Support

There are a number of steps that can be taken to help ensure that the home is environment is safe for “aging in place.” These include fall risk prevention, fire safety, environmental awareness, and access to community

Additionally, as friends and family get older, the level of care needed to properly provide for their needs begins to transition in the time, physical stamina, and complexity that is required. Taking care of a loved one can be a 24-hour responsibility, but it does not have to be without assistance.

We have assembled a list of personal safety resources along with those for caregiver assistance within the State of Arizona. If something in your area is not listed, please contact local city fire department/community health and safety division to gather further information.

Community-based resources

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Questions?