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# AGING IN PLACE RESOURCES

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## Home health care services

Home health care services are private agencies that provide a variety of medical and non-medical services for in-home residents. Some agencies include:

- Care Advantage: [www.careadvantageinc.com](http://www.careadvantageinc.com)
- Visiting Angels: [www.visitingangels.com](http://www.visitingangels.com)
- Visiting Nurses: <http://vnaa.org>

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If needed, a doctor's office can recommend preferred providers for skilled nursing care. Be mindful of Medicare restrictions that limit the length of coverage for such care.

### Non-medical care:

- Home Instead: [www.homeinstead.com](http://www.homeinstead.com)
- Comfort Keepers: [www.comfortkeepers.com](http://www.comfortkeepers.com)

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## Food delivery

Several companies prepare and deliver meals nationwide. Some prepare meals specific to dietary requirements and specialized diets such as low sodium, diabetes-friendly meals and more.

- DineWise: [www.dinewise.com](http://www.dinewise.com): 800-749-1170
  - MagicKitchen.com: [www.magickitchen.com](http://www.magickitchen.com): 877-516-2442
  - Let's Dish! [www.letsdish.com](http://www.letsdish.com)
  - Meals on Wheels: [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org). Meals on Wheels deliver daily meals five days a week. All income levels qualify and costs are determined on a sliding scale.
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## Assistive technologies

The tools listed below are examples of what is available and are not to be taken as endorsements or recommendations by your Financial Advisor, Legg Mason, or Johns Hopkins Center for Innovative Care in Aging.

### Health and wellness

#### Medication management and reminders

Ex: [MedMinder](#), [MedFolio Wireless pillbox](#)

- Medication management systems and devices can remind an older adult when to take medication and sends alerts on missed medications. “Smart-pill dispensers” set alarms, send notifications through text, email and phone calls, identify correct pill compartments with blinking lights, and wirelessly send data to online reports accessible by users and caregivers.
- MedMinder: [www.medminder.com](http://www.medminder.com)
- MedFolio: [www.medfoliopillbox.com](http://www.medfoliopillbox.com)

Systems for monitoring chronic diseases, like diabetes or congestive heart failure. Allow patients to stay on top of their health and provide vitals to caregivers or doctors.

- Health Harmony by GE/Intel:  
<http://resources.careinnovations.com/health-harmony>
- WaveSense Diabetes Manager by AgaMatrix:  
[www.agamatrix.com/products](http://www.agamatrix.com/products)
- dLife Diabetes Companion mobile app:  
[www.dlife.com/dlife\\_media/mobile](http://www.dlife.com/dlife_media/mobile)

Additional devices and senior-oriented non-medical aids for help with daily living, bathroom safety and more:

- Gold Violin: [www.goldviolin.com](http://www.goldviolin.com); Catalog of helpful products and safety items for independent living
- CarePathways.com: [www.carepathways.com](http://www.carepathways.com); Nationwide database of home care, adult day care, and nursing homes

#### Fitness tracking devices

Ex: [Microsoft Band](#) or [Fitbit](#)

A variety of portable fitness tracking devices can monitor physical activity, including heart rate, daily steps, and quality of sleep. Either a mobile application or a watch-like device can send the user’s information to an online dashboard for easy tracking.

- Microsoft Band:  
[www.microsoft.com/microsoft-band/en-us](http://www.microsoft.com/microsoft-band/en-us)
- Fitbit: [www.fitbit.com](http://www.fitbit.com)

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### Nutrition guides

Ex: [MyFitnessPal](#) or [GoMeals](#)

Meal planning may be an impediment to proper nourishment. Free or low-cost mobile apps track nutrition needs and food intake. Senior nutrition technology is leading to simple methods like touchscreen technology to allow you to measure food intake, mood, cognition and physical function.

- MyFitnessPal: [www.myfitnesspal.com](http://www.myfitnesspal.com)
- GoMeals: [www.gomeals.com](http://www.gomeals.com)

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### Safety and security

#### Medical Alert systems

Ex: [Philips Lifeline](#), [Life Alert](#), [ADT Medical Alert](#)

Personal emergency response systems allow a senior to call for help in an emergency. A senior wears a small pendant or watch-like device with a radio transmitter. In case of emergency, such as a fall while home alone, the senior pushes a button on the wearable device to call for help. The transmitter sends a signal to a console connected to the senior’s phone, and an emergency response center monitors calls and sends help.

- Philips Lifeline: [www.lifeline.philips.com](http://www.lifeline.philips.com)
- Life Alert: [www.lifealtherthelp.com](http://www.lifealtherthelp.com)
- ADT Medical Alert: [www.adt.com](http://www.adt.com)

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#### Wireless monitoring systems

Ex: [Lively](#)

Wireless monitoring systems are more frequently being used as an unobtrusive way to keep track of activity at home. Small wireless sensors can be fixed to doors, pillboxes and even refrigerators to keep track of how often an individual leaves the house, takes medication, and opens the refrigerator to eat. Information can be accessed through an online profile, and alerts are sent to family and caregivers when the system detects unusual behavior.

- Lively: [www.mylively.com](http://www.mylively.com)

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#### Smart home security systems

Ex: [Quiet-Care](#), [GrandCareSystems](#), [BeClose](#)

Newly developed home security features include smart locks and home monitoring systems. Smart locks use personalized codes or fingerprints, instead of keys, and automatically lock a few minutes after being opened, decreasing the risk of getting locked out or forgetting to lock up the house at night. Home monitoring systems use specialized sensors to detect movement, daily activities and even leaks or floods. Some systems also feature communication options such as texting, email and phone contact to check in with family members and caregivers.

- Quiet-Care: <http://resources.careinnovations.com>
- GrandCareSystems: [www.us.grandcare.com](http://www.us.grandcare.com)
- BeClose: [www.becclose.com](http://www.becclose.com)

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Release from liability: Any selections the individual or family makes in terms of care or technology are the sole responsibility of the decision maker. The Financial Advisor, Legg Mason, and The Center for Innovative Care in Aging at the Johns Hopkins University School of Nursing are held harmless and released from any liability that may occur from choosing an assistive technology.

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## Communication

### Simplified computers and tablets

Ex: AARP RealPad, Telikin

Those who struggle with technology may benefit from simplified computers and tablets. Devices often come with customer support, built-in instructional videos and easy-to-use applications to keep in touch with families and friends online.

- AARP RealPad: [www.realpad.org](http://www.realpad.org)
- Telikin: [www.telikin.com](http://www.telikin.com)

### Computer-free emails

Ex: Presto Email Machine

Computer-free email machines allow those who do not own computers (or those who are unable to use computers) to send and receive email.

- Presto: [www.presto.com](http://www.presto.com)

### Telephones for older adults

Ex: Jitterbug, ClarityLife C900

Cell phones for older adults feature amplified sound, large keys to aid dialing, bright displays and safety features. A medical alert cell phone connects to health and safety experts.

Those who already own a smartphone can turn up the volume by downloading amplification apps.

- Jitterbug phone: [www.greatcall.com](http://www.greatcall.com)
- ClarityLife: [www.clarityproducts.com](http://www.clarityproducts.com)

Finally, to address concerns over wandering, GPS tracking systems, using cellular and satellite technology, can accurately communicate the location of the device wearer, right to a computer, cellular phone or smartphone.

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## De-cluttering and downsizing

It is important to remember that any move from the family home is significant. A lifetime of possessions needs to be distilled to fit in a much smaller space, so de-cluttering affects everyone regardless of where they move. There are local resources known by area retirement communities. Contact them for a recommendation.

### National Association of Senior Move Managers:

For assistance helping older adults and their families downsize, relocate or modify their homes, contact: [www.nasmm.org](http://www.nasmm.org).

### National Association of Professional Organizers:

Find a professional organizer near you at: [www.napo.net](http://www.napo.net).

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## External home services

### Lawn care/snow removal services

- Angie's List ([www.angieslist.com](http://www.angieslist.com)) is a paid subscription supported website that identifies a wide range of services to identify contractors for home maintenance and home improvement projects, home care, in-home medical care, lawn care, snow removal, meal service and much, much more.
  - Craigslist ([www.craigslist.org](http://www.craigslist.org)) is a classified advertisements website with sections devoted to jobs, housing, for sale, items wanted, services and community.
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## Assistive technology

**New innovations are available to assist older adults with everyday tasks.**

### Health and wellness

Medication reminders  
Pill dispensers  
Heath management  
Nutrition guides  
Fitness tools  
Brain games

### Safety and security

Home monitoring systems  
Medical alert systems  
(traditional and mobile)  
GPS tracking systems

### Communication

Simplified computers  
Computer-free emails  
No-contract cell phones  
Amplified cell phones  
Video chats

### Note to family members:

Careful conversations with your loved one may help them understand the precise benefit of a new device to keep them safe and connected. Importantly, remember to tie the benefit back to the goal of keeping older adults safely at home for a longer period of time.

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## Housekeeping

- Merry Maids:  
[www.merrymaids.com](http://www.merrymaids.com)
- Molly Maids:  
[www.mollymaid.com](http://www.mollymaid.com)

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## Bill paying

American Association of Daily Money Managers, a group of professionals who provide personal bookkeeping services to senior citizens, the disabled and others: [www.aadmm.com](http://www.aadmm.com).

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## Transportation

Transportation is a major issue for older adults who have to give up driving. They can often find alternative transportation methods which are vital to maintaining a sense of independence.

- Family and friends may assist with rides to scheduled appointments
- Many communities often reduce fares on regular public transportation
- Some locales offer senior transportation to doctors' appointments
- A home care aide can be hired to provide transportation
- Taxis and car services may also be available, depending on location
- Call your local senior care center or eldercare locator (1-800-677-1116) to learn more about transportation services or vouchers for older adults in your area; [www.eldercare.gov](http://www.eldercare.gov)

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## More on housing

For more information about the quality, pricing and availability of retirement facilities:

- Senior Housing.net:  
[www.seniorhousingnet.com](http://www.seniorhousingnet.com)
- A Place for Mom:  
[www.aplaceformom.com](http://www.aplaceformom.com)
- Housing for Seniors:  
[www.usa.gov/housing](http://www.usa.gov/housing)
- Administration on Aging:  
[www.aoa.gov](http://www.aoa.gov)
- Your local area agency on aging

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## Universal Design

For more information about Universal Design features to make a home more accessible:

[www.universaldesign.com](http://www.universaldesign.com)

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## Memory loss

For memory care, call the Alzheimer's Association helpline at 1-800-272-3900 or access the memory care locator at:

- Alzheimer's Locator:  
[www.alzheimerslocator.com](http://www.alzheimerslocator.com)
- Caring.com:  
[www.caring.com/local/memory-care-facilities](http://www.caring.com/local/memory-care-facilities)

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## Medicare

Medicare coverage is a big variable in planning the cost of senior care. You can access the Medicare coverage policy. To download or view "Medicare & You, 2015," go to:

[www.medicare.gov/pubs/pdf/10050.pdf](http://www.medicare.gov/pubs/pdf/10050.pdf)

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Clarion Partners  
ClearBridge Investments  
EnTrustPermal  
Martin Currie  
QS Investors  
RARE Infrastructure  
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