



## **Happy at Home Seniors, LLC**

### **Aging in Place~ Wellness~ Care Management**

#### **AGING IN PLACE**

What does "Aging in Place" mean to you?

The U.S. Centers for Disease Control and Prevention defines Aging in Place as: "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level." Nearly 90% of seniors want to stay in their own homes as they age, and respecting their aging in place preference is an important way to support them. Aging in place promotes life satisfaction, a positive quality of life, and self-esteem—all of which are needed to remain happy, healthy, and well into old age. We are here for you to assist with staying safely and independently at home with our individualized services. Contact us for a free phone consult to determine how we can best help you.

#### **SERVICES**

##### **SENIOR HOME SAFETY ASSESSMENT**

Home safety assessments for the elderly are crucial to ensure successful aging at home. A home safety assessment by a trained professional offers an objective look at the home environment without the emotional triggers of a review by family members. It is a comprehensive 240 point assessment, and provides suggestions for immediate, short term, and long term solutions to address fall risk hazards and aging in place.

##### **LOW VISION SOLUTIONS**

Are you or a family member having difficulty seeing and diagnosed with an eye condition such as macular degeneration, cataracts, glaucoma, or diabetic retinopathy? A low vision consult can help connect you to resources and solutions to improve quality of life and manage low vision successfully.

##### **ASSISTIVE TECHNOLOGY CONSULT/TRAINING**

We can connect seniors and their families with assistive technology devices and resources for various needs—including medication management, reminders, smart home technology, emergency response systems, and GPS/remote monitoring that help to make your home more age-friendly and safe.

##### **DEMENTIA CONSULTS**

By 2050, the number of people age 65 and older with Alzheimer's dementia may grow to a projected 12.7 million, barring the development of medical breakthroughs to prevent, slow, or cure Alzheimer's disease. Alzheimer's takes a devastating toll on caregivers. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties. Let us help you navigate this difficult path with strategies and long term plans for caring for your loved one with dementia.

##### **CHRONIC DISEASE SELF-MANAGEMENT EDUCATION AND WELLNESS**

This service helps adults with chronic diseases learn how to manage and improve their health. Interactive workshop sessions focus on problems that are common to individuals dealing with any chronic disease. Topics include pain management, nutrition, exercise, medication use, emotions, and communicating with doctors and other health care practitioners.

##### **CARE MANAGEMENT**

Aging Life Care Management is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, the expertise of Aging Life Care Professionals provides the answers at a time of uncertainty. Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off of work for family caregivers through: Assessment and monitoring; Planning and problem-solving; Education and advocacy; Family caregiver coaching.

##### **ABOUT THE OWNER**

First, I am a mother and a daughter who knows what it involves caring for aging parents and children at the same time. My professional background includes being an Occupational Therapist for over 27 years working primarily with older adults in a variety of settings. As an Occupational Therapist, I often found what I could do to help people was increasingly limited, and I wanted to implement prevention and wellness strategies to help seniors remain at home. I am a Certified Senior Home Safety Specialist™ with AgeSafe America, a Certified Dementia Care Specialist, and have been a Certified Low Vision Therapist for over 15 years. Further, as Aging Life Care Professional®, I can assist you with Care Management services as well. I started this business to combine my personal and professional experience to assist seniors and their families with remaining happy at home and living life to the fullest. This is my passion and I look forward to working with you! ~Sherry Boothby, OTR/L, CLVT, ECDCS, SHSS, MS

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