

# Young at Heart

A MONTHLY FEATURE DEDICATED TO SENIORS



## Simple steps to live longer and happier at home

For many older adults, living independently in their own houses or apartments is an important factor in maintaining the quality of life. Many people will need to modify their homes with home medical equipment to continue living independently. Medical equipment can take up space and everyone's needs are different, so here are some simple steps that can be taken to make living easier, and therefore happier.

- Simplify the items around the home. Consider what items you have that your family may want, or that you could sell or donate to clear some space in your home.
- Are cabinet doorknobs and faucets easy to use? Changing these can make a big difference as these areas are so frequently used.
- Donate books and magazines that have not been read in the last two months or more and free up valuable space.
- Sit down and stand up in all the places of the home to determine where grab bars are needed.
- Check if the kitchen/bathroom heights and depths are comfortable. Modifications may be required.
- Place only the items that are needed beside

the bed, and clear away items that are not used frequently.

- Empty higher shelves that cannot be reached. This will reduce the chance of an accident.
- Remove rugs and doormats that pose a tripping hazard.
- Ensure that the telephone is readily available in case of an emergency.

With these simple changes, you can increase mobility, comfort and safety, and help make it possible to live in your home for years to come. Start making a list today and don't be afraid to ask for help.



This article was provided by Trudi Brooks of Customized Transitions: 905-955-5262,

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### When you were young you couldn't wait to be older. Now that you are, you wonder what the rush was all about!

Some things in life are truly better when you're old enough to enjoy them. So now that you are a little more mature, why not stop to enjoy it? Relax and have friendly, courteous staff take care of your weekly housekeeping and laundry. Dine on a variety of delicious a la carte meals served twice daily. Invite a friend or family for a drink in your own privately licensed English-style pub when you feel like it. Take a swim before breakfast in the heated pool...

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