

A publication
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No place like home

by Herbert Doerr, P.T., CAPS (Certified Aging-in-Place Specialist), 914-769-3382

The word "home" is one of the most emotionally charged words we'll ever use. Our homes are central to our identities. They hold our possessions and memories; they give us a sense of place and belonging, comfort and security.

Our homes offer us both independence and engagement in community life. We open the doors to our homes to socialize with family, friends and neighbors, and we walk out of those doors to work and play in the community.

Ninety percent of Baby Boomers want to continue to live at home as they age. They don't want to live with relatives, in a nursing home or at an assisted care facility.

Barriers to aging at home

Often people don't think about things that can get in the way of remaining at home until they're suddenly confronted with too many steps, hard-to-handle doorknobs or slippery bathroom floors that can become treacherous overnight.

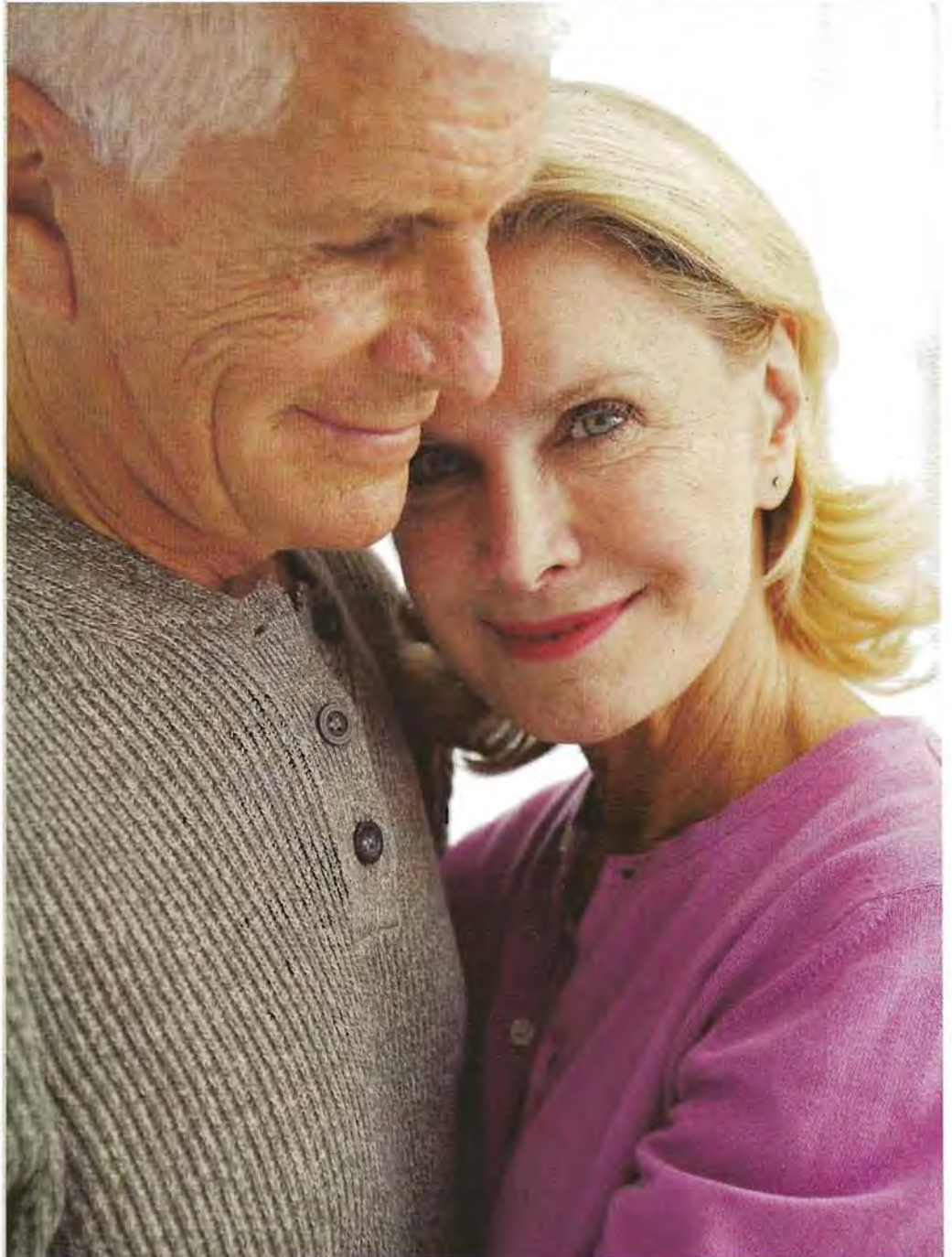
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When you bought your first home, you probably invested a great deal of thought and planning in your decision. The same kind of considerations need to go into the choice of remaining in your home as you age. Staying at home may mean making changes to your home that can help you live more comfortably and safely. These design changes can range from the easy and simple to the complex.

A Certified Aging-in-Place Specialist can help

Planning modifications and making changes to your home that can help you continue living there comfortably and safely—those are the provinces of Certified Aging-in-Place Specialists (CAPS).

These experts have the answers to many of your housing questions and problems. CAPS have learned strategies and techniques for designing and building attractive, barrier-free living environments. CAPS have been trained to meet the housing needs of those ages 50 and older

and can identify and make home modifications or changes to help people live independently in their homes at later ages. They can also find solutions to common obstacles that make homes unsafe.

The Remodeler's Council of the National Association of Home Builders (NAHB), in collaboration with the NAHB Research Center, the NAHB 50+ Housing Council and AARP, developed the CAPS program to help consumers with the dream of making their houses their homes for a lifetime, even if their needs and abilities change. 

Help for returning home

Westchester Caring Services, a licensed home care agency affiliated with White Plains Hospital Center, provides high quality nursing and home health care. We have Registered Nurses, Licensed Practical Nurses, Home Health Aides and Personal Care Aides to help you transition from the hospital or rehabilitation facility to your home. Call us at **914-681-1285** to find out more about our services.