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
- **Visiting Angels**: www.visitingangels.com
- **Visiting Nurses**: http://vnaa.org

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
- **Comfort Keepers**: www.comfortkeepers.com

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: 800-749-1170
- **MagicKitchen.com**: www.magickitchen.com: 877-516-2442
- **Let’s Dish!**: www.letsdish.com
- **Meals on Wheels**: 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.
**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*
*MedFolio: www.medfoliopillbox.com*

**Health and wellness**

**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*
*GoMeals: www.gomeals.com*

**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*
*Life Alert: www.lifepelthelp.com*
*ADT Medical Alert: www.adt.com*

**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*

**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*
*Fitbit: www.fitbit.com*
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: [http://www.aarprealpad.org](http://www.aarprealpad.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.

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).

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.

Assistant technology

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

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<td>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.</td>
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Housekeeping

- Merry Maids: www.merrymaids.com
- Molly Maids: www.mollymaid.com

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.

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

More on housing

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

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

Universal Design

For more information about Universal Design features to make a home more accessible: www.universaldesign.com

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
- Caring.com: www.caring.com/local/memory-care-facilities

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

All investments involve risk, including loss of principal.