

Show and Tell for Older Folks

Shared ideas that work well, are fun,
and help us as we navigate this job of Aging at Home in Fairbanks

Movie theater – ask at ticket counter for glasses that show captioning for the movie

Clothing

- magnetic closures for easy-on clothes such as shirts, pants, jackets (search for 'adaptive clothing' – Tommy Hilfiger is good)
- set out clothing to be ready for the next day (saves stress in the morning, and you never know when you'll have to get up and out in a hurry)

Home design/safety

- put lockbox next to front door to hold the key and you can give the code to those who need entrance (including emergency personnel)
- garage door timer – garage door will close automatically after 5 minutes if you forget to close it yourself – prevents pipe from freezing
- keep battery light or smart phone on bedside table for getting up in the dark
- battery motion-sensor lights - great for stairs or dark areas, inside and outside of the house
- put white tape or paint stripe at outer edge of steps, especially in dark areas
- kick heel to the back of the stair as you're walking down stairs to be sure of your footing
- when building a new home, install outlets above normal height for easy reach
- grab bars in bathroom – some with suction work well (AARP approved on the label)
- robot vacuum is fun to watch and actually works, even for pet hair

Tech

- Amazon Echo or other smart speaker to play radio station or music, add items to shopping list, tell jokes (and much more),
- 2-in-1 laptop with touch screen and screen adjusts to all angles,
- try text-to-speech app in Word, Firefox and probably other software,

Your car

- Cobra car battery charger - small backup battery that starts a car easily (search online),
- get a car with seats 'butt' high so you can sit and then swing legs in
- to prevent snow from sliding over back window, brush a 'reverse Mohawk' on the roof of the car

Food/kitchen

- cook quantities of mushrooms, onions, grains, etc. and freeze in small bags
- cook meat and vegetables ahead and freeze in serving sizes
- put rubber band around jar lid for easier opening
- hang on to the stubborn lid and screw the jar off instead of the other way around

Convenience

- rubber dots (vinyl bumpers) are handy for cabinet doors, behind framed pictures, on hard to hit keyboard keys, car window switch, or anywhere you can't see well but can feel what you need

Suitcase packing – use a shoebox or zipper plastic bags for all the loose items in your suitcase