

Keep Them Safe, Keep YOU Sane

Modify your parents' home so they can safely age in place.

A survey by AARP shows that 90 percent of seniors wish to remain in their homes where they created so many wonderful memories. But declining physical and cognitive abilities often derail those desires. When the issue of “How safe are Mom and Dad?” comes up, and the question “Can they stay in their home?” arises, it often causes conflict between parents and kids. The answer is to somehow meet in the middle. By getting them to agree to modify their surroundings, you can help your parents to stay in their home for as long as possible.

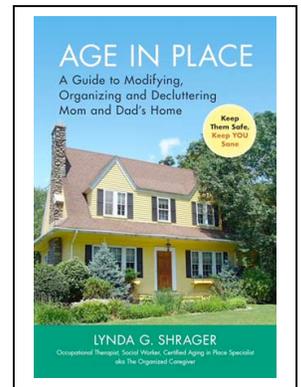
In her book, ***Age In Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad's Home*** (Bull Publishing, April 4, 2018), Lynda Shrager, an occupational therapist and Certified Aging in Place Specialist, provides a practical step-by-step, room-by-room guide to simple modifications that can help seniors make their homes safer and easier to navigate. Shrager offers readers clear and practical solutions, from how to sleuth out the places most likely to cause a potential fall to detecting declines in hearing by whether the TV volume is blasting.

Author Lynda Shrager is a registered, national board certified occupational therapist, a master's level social worker, and a Certified Aging in Place Specialist with more than 37 years of experience in the field of geriatrics. She has worked with seniors in their homes for more than 13 years and is an expert in adapting the environment to increase patient safety and independence.

Age In Place is designed to help seniors, along with their caregivers, address the challenges of independent living to make life at home safer, more manageable and less stressful for all. Features include:

- A guided walking tour starting with the home's exterior, through its entranceway, and into all of the living areas
- A checklist to complete a room-by-room walkthrough with a quick and easy guide to making each space safe and manageable
- Photographs of modifications from patients' homes
- Tips at the end of each chapter that offer practical occupational therapy advice
- A customizable plan for families to organize caregiving efforts, including determining when mom and dad need help, encouraging them to accept it, creating the caregiving team and organizing tasks

Age In Place uncovers the most common residential challenges facing aging seniors who want to remain in their homes, along with suggestions for solving them. The book is a well-organized handbook that helps families to put a plan into effect before a crisis occurs, and allows seniors to thrive in their homes for as long as they desire.



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About the Author

LYNDA SHRAGER, OTR, MSW, CAPS, is the author of *Age In Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad's Home* (Bull Publishing, April 4, 2018). Her newspaper column, Mom's Rx, appeared in countless newspapers across the country. Lynda is a featured columnist for Everyday Health, a leading online consumer health web site. She is also the author of *Otherwise Healthy® - A Planner to Focus Your Thoughts on Organizing Life after Being Diagnosed with Breast Cancer*.

Lynda has practiced in the medical field of geriatric rehabilitation for more than 37 years, focusing on all aspects of senior health and wellness. She combines her expertise as an occupational therapist, master's level social worker, professional organizer and Certified Aging in Place Specialist to pursue her passion of providing therapeutic care in the patient's home environment and in educating their caregivers.

Learn more at otherwisehealthy.com.

"I wish I had a dollar for every time 'I'm fine' was the answer to the kids asking 'How are you doing?' and 'Do you need anything?' Rather than ask, especially over a phone call from afar, you need to channel your inner Sherlock Holmes and go on a fact-finding mission. This begins with an in-person visit to their home, where the sleuthing commences."

—Lynda Shrager