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According to the National Institute on Aging, 96 per cent of Canadians want to age at home and live independently for as long as possible. Home modifications are necessary for safety and success.

Here is a list of adjustments and modifications to consider for aging in place, which can help individuals stay in their home and prepare for living with confidence as they age:

1. Home Safety and Accessibility:

- Install handrails and grab bars in key areas such as bathrooms, hallways, and staircases.
- Ensure proper lighting throughout the house, including night lights in bedrooms and bathrooms.
- Remove tripping hazards like loose rugs, clutter, and electrical cords.
- Consider installing a walk-in bathtub or shower with a built-in seat.
- Check that doorways and hallways are wide enough to accommodate mobility aids like wheelchairs or walkers.
- Make sure the home's entrance has a ramp or a gradual incline for easy accessibility.

2. Bathroom Modifications:

- Install a raised toilet seat or consider a toilet with adjustable height.
- Add non-slip mats or adhesive strips to the bathtub or shower floor.
- Install a handheld showerhead for added convenience.
- Consider a vanity with accessible height or a wall-mounted sink to accommodate a wheelchair.

3. Bedroom and Living Areas:

- Ensure the bedroom is on the main level of the house to avoid using stairs frequently.

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- Install adequate lighting and nightstands with accessible controls next to the bed.
 - Ensure there's enough space around furniture to accommodate mobility aids.
 - Consider using remote-controlled curtains or blinds for ease of use.

4. Kitchen Adaptations:

- Install adjustable or varied height countertops to accommodate different mobility levels.
- Use pull-out shelves or drawers for easy access to items in lower cabinets.
- Ensure essential items like dishes, cookware, and frequently used items are within reach.

5. Emergency Preparedness:

- Install smoke detectors and carbon monoxide detectors on each level of the house.
- Have a fire extinguisher readily accessible in the kitchen.
- Keep a first-aid kit well-stocked and easily accessible.
- Create an emergency contact list and keep it in a visible location.
- Consider investing in a personal emergency response system or wearable device.

6. Social Engagement and Support:

- Connect with local community centres, senior centres, or organizations that provide social activities and support for seniors.
- Consider joining clubs or groups that align with personal interests or hobbies.
- Maintain regular communication with friends, family, and neighbours.
- Explore transportation options for outings or medical appointments if driving becomes challenging.

7. Financial and Legal Planning:

- Ensure important legal documents like wills, powers of attorney, and advance directives are in order.
- Consider consulting a financial planner to assess retirement savings and income sources.
- Review and update insurance policies, including health insurance and home insurance.
- Explore available government programs and benefits for seniors.