



At Helping Hands Living Solutions, we see our customers in three basic categories differentiated by age. Our pre-retirement customers, aged 55 to 65, are normally in the role of caregiver; and are facing the realities of being somewhat responsible for ‘mom and dad’. 65 to 80 year olds are our customers that are experiencing the realities of aging, but still have very active lives and responsibilities. Our 80 and over seniors are special. In the lottery of life, they have managed to raise the average life expectancy, and deserve to live their remaining years under their terms.

So what are the terms for senior living that we all look forward to? For many, it is to age in their home surrounded by the wonderful possessions and memories of a lifetime. For some this will be the home they raised their family in, but for all it will be in a home that is familiar and comforting. To make this possible, certain accommodation will need to be made to optimize the home for aging in place.

Aging in place remodeling involves the adaptation of a home so that it’s safe and manageable for a person to live in regardless of their physical or age related limitations. Some modifications like installing grab bars in the bathroom are straightforward, while other aging in place remodeling projects take time, planning, and a financial investment.

Looking at the costs for home modifications for aging in place, it is important to remember that this is an investment in your home. The longer you are able to live in your home, the more the investment in your home is of value to you.

Alternatively, aging solutions such as assisted living are heavy financial costs that come monthly without much return for your investment. The National Center for Assisted Living shows the monthly costs for care in St. Louis as:

Monthly Median Costs: *St. Louis* (2023)

In-Home Care ^①	Community and Assisted Living ^①	Nursing Home Facility ^①
Home Maker Services ¹ \$6,101	Adult Day Health Care ² \$2,058	Semi-Private Room ² \$7,194
Home Health Aide ¹ \$6,673	Assisted Living Facility ³ \$5,100	Private Room ² \$9,095

Genworth Cost of Care Survey, December 2023

1. Based on annual rate divided by 12 months (assumes 44 hours per week)
2. Based on annual rate divided by 12 months
3. As reported, monthly rate, private, one bedroom





Aging in place comes with many benefits besides the costs associated with assisted living. Aging in place provides, psychological, emotional, and physical benefits; coupled with having a space that is truly your own. The consistency that comes with familiar surroundings offer comfort, and can lesson confusion as you age. A heightened sense of control over daily routines, actions, and life decisions serve as a heartbeat keeping people physically and mentally active.

Another consideration is the support network. Neighbors watch out for neighbors and are available to assist when needed. Also, when family comes to visit they are comforted by the familiar surroundings. When you age in place you have your neighborhood and your friends to keep you connected to your lifestyle and memories.

Falls are the leading cause of injury and injury death among adults ages 65 and over. Across the US, more than 1 in 4 older adults fall each year leading to 41,000 deaths, 3.6M emergency department visits, and 1.2M hospital stays. These falls result in about \$80B in medical costs every year. Medicare covers 2/3 of these costs. (cdc.gov/falls/about/) Fall prevention will be a lot of the focus to provide an aging in place solution for your home.

Another large focus area of the Helping Hands Living Solution portfolio is to ensure your home is safe, and communications between you and your support network are always available. The evolution of the Smart Home to provide home security as well as quality of life, is a huge benefit to assist with the aging in place planning. Smart Home is cutting age technology, and may seem intimidating at first, but we will be helping you gain comfort in using the solution. The ability to remotely lock your doors, monitor the security outside your home or in your garage, know when packages arrive, and numerous other solutions can help you secure your home. Quality of life is also a main advantage of a smart home, with remote control of news/weather/music, lighting, thermostat control, and new devices every day.

Helping Hands Living Solutions wants to provide an aging in place solution for you. To be realistic you need to understand the risks and how to mitigate them, but the benefits are clear that for most people aging in place is the right plan.

www.helpinghandslivingsolutions.com

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