

Aging in Place Guide to Resources and Professionals

At **No Place Like Home Senior Services**, we understand the deep desire many older adults have to remain in the comfort of their own homes as they age. Living independently at home for as long as possible is both possible and sustainable with the right support system in place. Knowing which resources to bring together is key to creating a plan that promotes safety, health, and quality of life.

We've outlined essential resources and professionals who can help seniors age in place successfully.



Home Safety and Accessibility Experts

Creating a safe environment is the first step in fall prevention and long-term independence. Small changes can have a big impact.

Certified Aging-in-Place Specialists (CAPS):

Identify risks and provide practical solutions to keep homes safe and comfortable. They can recommend home modifications such as grab bars, stairlifts, or widened doorways.

Occupational Therapists (OTs):

Assess how a senior moves through their home and suggest tailored adjustments. They can also help with physical and cognitive exercises to improve overall health.

Home Care Providers

Professional caregivers can provide vital support with bathing, dressing, meals, and medication reminders. Beyond tasks, caregivers often provide companionship and emotional support, helping seniors thrive. When choosing a provider, look for:

- Trained and vetted caregivers who bring professionalism and empathy.
- Programs with a holistic focus, such as our **Quality of Life Program™**, which helps seniors build on their strengths while supporting independence.
- Flexible care options that can be scaled as needs change.



919-762-0035
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Medical Professionals for At-Home Care

Thanks to advances in healthcare delivery, many medical services can be provided at home.

- Visiting physicians and nurse practitioners for check-ups and urgent care needs.
- Home health agencies that deliver physical therapy, wound care, and other skilled services, often covered by insurance.
- Pharmacy delivery services to ensure timely access to prescriptions and medical supplies.

Technology Solutions for Independence

Smart technology can extend independence while offering peace of mind for families.

- Medical alert systems for immediate emergency response.
- Remote monitoring tools that track movement or medication use without being intrusive.
- Smart home devices to manage lights, reminders, and calls hands-free.

Financial and Legal Advisors

Planning ahead ensures both financial stability and peace of mind.

- Elder law attorneys for wills, trusts, and Medicaid planning.
- Financial planners who specialize in senior care costs.
- Long-term care insurance specialists to explore coverage options for future needs.

Community Resources

Local support can fill gaps and strengthen social connections.

- Area Agencies on Aging is a government program for meal programs, transportation, and caregiver resources.
- Faith-based and volunteer groups that provide companionship or practical help.
- Support groups that give caregivers and seniors alike a sense of community.



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Family and Caregiver Support

Aging in place requires teamwork and communication. Families can support success through:

- Regular family meetings to share updates and plan next steps.
- Respite care to give family caregivers much-needed breaks.
- Professional counseling to navigate emotional challenges and transitions.

Building An Aging In Place Plan

Aging in place isn't just about staying at home—it's about quality of life. By proactively engaging the right professionals and resources, seniors can enjoy independence while families and care teams gain peace of mind.



Have Questions?

We're happy to help! Schedule a FREE 15-minute Q&A call about aging in place with our experts.



About Us...

At No Place Like Home Senior Services, we understand how challenging it can be to find the right care for your family. Our **Quality of Life Program™** goes beyond just meeting basic needs—we care for your loved one holistically, ensuring they experience meaningful and engaging days filled with care that addresses both their body and spirit.

Let us help ease your mind and provide the best care possible for your loved one!



Irene Brooks

Owner

No Place Like Home
Senior Services

Learn More!



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