



About Lynda Shrager

Lynda Shrager is an Occupational Therapist, master's level social worker, trained Aging in Place Specialist and a professional organizer. For more than 30 years she has specialized in the field of geriatrics, the last nine working in the field of Home Care. Lynda focuses on helping people get organized and live up to their potential in the face of various health challenges.

For nearly a decade Lynda has written *Mom's Rx*, her health and advice newspaper column for the Albany Times Union. Follow her *Organized Caregiver* blog at EverydayHealth.com, one of the country's leading providers of on-line health information. She is the author of *Otherwise Healthy® - A Planner to Focus Your Thoughts on Organizing Life after Being Diagnosed with Breast Cancer.* (Otherwisehealthy.com)

What does the At Home For Life Residential Assessment include?

- ❖ Initial visit assessment
- ❖ Creation of your personalized plan
- ❖ Return visit to present and review the plan
- ❖ At Home For Life Handbook

**To schedule
your personal
At Home For Life
Assessment
and
for more information
on additional services
contact Lynda Shrager**

**518-368-0322
LGShrager@gmail.com
www.lyndashrager.com**

**PO Box 420
Slingerlands, NY 12159**



At Home For Life[™]

***Stay in Your
Own Home***

**Remain in a
familiar environment**

Safely

Comfortably

Independently

Lynda Shrager

OTR, MSW, CAPS

Research indicates that most of us would like to stay in our own homes as we age, continue to make independent choices and maintain control over our lives. Learning how to live safely by making necessary modifications to your home can help you accomplish these goals.

An **At Home for Life Residential Assessment** provides you with an analysis of how your environment impacts your ability to function in your home. We start with a detailed in-depth home assessment taking into account the current condition and status of significant areas of your residence including but not limited to:

Entranceways

Bathrooms

Living Rooms

Bedrooms

Kitchens

Stairways

Halls

Laundry Rooms

Garages

Basements



Solutions for every challenge

What to expect from your **At Home for Life Residential Assessment**:



Lynda Shrager will accompany you on a walking tour to observe how you exit and enter your home and mobilize from room to room. She will then create a written personalized **At Home for Life** plan which will provide detailed recommendations to help you to continue to live safely and comfortably in your home.

Lynda will conduct a second visit, review with you the findings of your personalized plan and answer any questions you may have. Provided in a binder format the plan will include resources to help you follow through with the suggested enhancements, as well as safety and organizing checklists to maintain your home.

Additional services are available at an hourly rate such as: organizing both home and health matters, decluttering to make your home more manageable and developing a best-use barrier free design for living.

Upon completion of the **At Home for Life Residential Assessment** you will receive a detailed, personalized plan which includes specific recommendations for:

- ❖ Minimizing risk factors that may lead to falls
- ❖ Adaptive equipment to increase independence and maximize functional mobility and safety
- ❖ Home Modifications with Universal Design Concepts, if needed
- ❖ Community Resources to help implement the plan
- ❖ Maximizing safety, ease and comfort through the use of:
 - Home safety checklists
 - Seasonal maintenance checklists
 - Document locators
 - Scam and fraud prevention tips
 - Emergency preparedness tips



Style and function: grab bar/toilet paper holder