

The Insider

A newsletter for Albright LIFE participants, staff, family and friends

Winter 2019



Make Your Home Safer Today To Live There Longer

As we grow older, it can be hard for some to imagine downsizing or making a move. Research shows most people want to stay at home as long as possible, which is known as “Aging in Place.” According to the American Association of Retired Persons (AARP), nearly 90 percent of seniors want to stay in their own homes as they age. Even if they begin to need day-to-day assistance, 82 percent of seniors would prefer to stay in their homes. However, falls are the leading cause of injury related visits to emergency rooms in the United States and the primary cause of accidental deaths in people over 65. If planning to stay at home, there are several steps you can take to prevent falls and accidents. Even if you have to make

some renovations to your home, most of the time this is more affordable than relocating. AARP recommends an in-home consultation by a contractor with Certified Aging-in-Place Specialist (CAPS) training from the National Association of Home Builders. If you are looking to make your parents’ home safer, spend a few days with them and watch how they get around the house in order to identify hazards that could be reduced. Here is a list of tips to make your home safer now:

- Live on the first floor of the home to avoid stairs
- If stairs must be used, install railing on both sides and make sure there is plenty of lighting
- Eliminate throw rugs or tripping hazards such as clutter
- Find furniture that can help you, such as electric beds, electrical tilting chairs and stair lifts
- Live in open spaces with wide hallways and doorways
- Move items frequently used to lower cabinets and drawers
- Install grab-bars wherever needed, especially at the toilet and in the shower
- Add zero-step or ramp access entryways



Albright Can Help Keep You Safe At Home

The team at Albright LIFE is committed to keeping you safe in your home. Our participants can receive assistance with chores and housekeeping. We can visit a participant’s home and install safety equipment, such as grab-bars in the bathroom or shower. Albright LIFE also provides 24 hour on call and home health services. Our comprehensive care team can make a big difference in the lives of our participants and their families. It is all part of the preventive and proactive approach to care that the LIFE Program continues to strive for each day.

A Day in the LIFE

Physical Therapy Can Be Life Changing

LIFE Lebanon participant, Harry Boltz, is walking and living independently, thanks to hard work with his physical therapist, Angela Bensing. She started working with Harry when he arrived last summer. He could barely stand on his own and now he's walking, thanks to Angie's help! Harry can cook dinner, take a shower and do chores around the house. He said, "I love it here. It's really changed my life."



LIFE Lycoming participants Don and Doris Muthler recently celebrated their 70th wedding anniversary at the LIFE Center in Williamsport. Congrats to the happy couple!



Pet Therapy Dogs

Pet Therapy Dogs visit LIFE Lancaster every month to spend time with our participants, including Gloria Wagner. From pet therapy for depression, to pet therapy for anxiety, dementia, and more, there are many benefits to having pets visit the LIFE Center!



What is Albright LIFE?

LIFE is Pennsylvania's version of the nationally recognized Program of All-Inclusive Care for the Elderly (PACE). LIFE combines Medicare and Medicaid funds to provide comprehensive medical, health, and social services enabling participants to remain at home independently for as long as possible. In our Adult Day Center, participants receive the services they need and the social interaction they desire.

(570) 322 - 5433 - serving Lycoming, part of Clinton and Union Counties, Watsontown area (17777)

(717) 381-4320 - serving Lancaster County, Chester County (19320)

(717) 376-1133 - serving Lebanon County

Let Your Life Shine  Brighter Together!
**ALBRIGHT
LIFE CENTER**

Living Independently for Elders