

# Home Technology for Safety



- ▀ **The First Rule to  
Aging in Place Safely...**

# Honesty

# ➤ Lighting

- Layered lighting:
  - Overhead or pendant lighting
  - Undercabinet or table lighting
  - Ambient- banked or diffused lighting
- Power-loss lights
- Navigation lights



A Viva Village Volunteer can help!



# Locks and Handles

- Easy access
- Easy handling





# Rugs/Flooring

- Flooring changes for better visual navigation
- Non-skid matte surfaces for reduced glare and easy mobility
- Accessible pathways free of clutter
- Safety issues with throw rugs and plush carpeting



# Access/Visitor Safety



- Property Entrance
- Mail Access
- Multi Level plan
- Emergency use
- Preventative measures  
(e.g., reflective tape)

# ▀ Buddy System

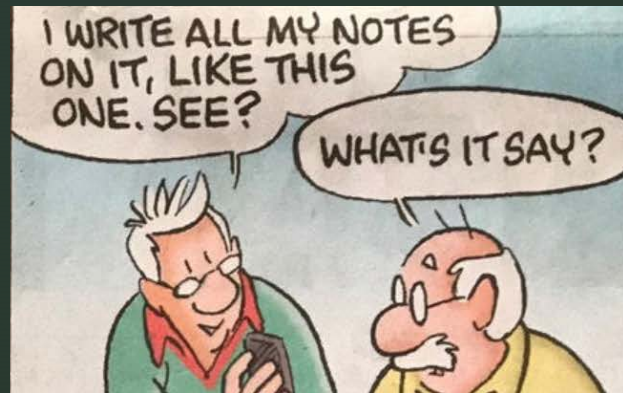
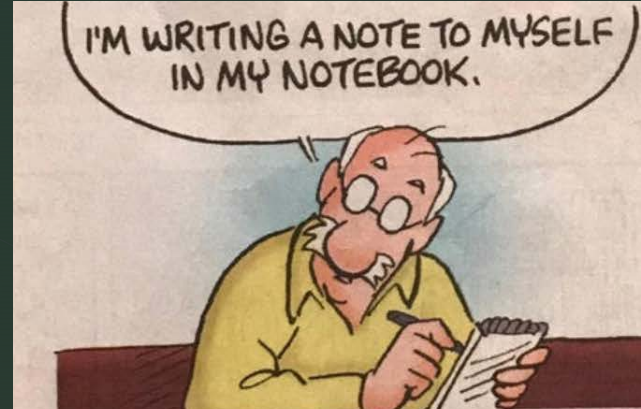
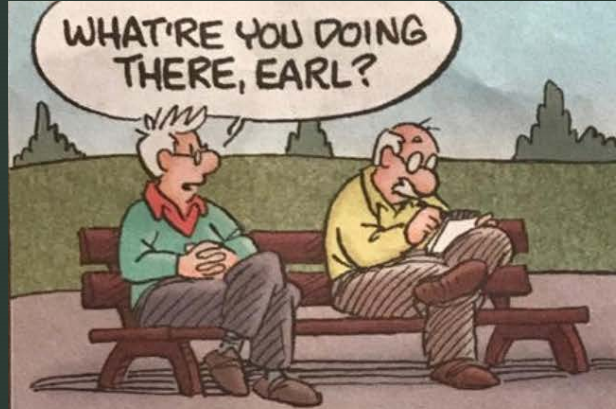


- A daily plan for communication with someone
- Connections with your community





# So true...





## ▀ **Medium/High Tech Solutions**

- **Accessible cell phones**
- **Google and Alexa**
- **Doorbell camera systems**
- **Health monitoring system – access to medical info on phone**
- **Monitoring home devices**
- **Smart phone with applications**

# Resources

## International Association of Certified Home Inspectors

**Description:** Aging-in-Place checklist that can be used as a starter to identify what might need to be done

**Link:** <https://www.nachi.org/documents/aging-in-place-inspection-checklist.pdf>



## AARP publication

**Description:** Aging-in-Place checklist that is available as a hard copy from AARP or Viva Village. A PDF version is available from AARP.

**Link:** [www.aarp.org/livable-communities/housing/info](http://www.aarp.org/livable-communities/housing/info)



## Resources



For your own AARP *HomeFit Guide*:

### Hard copy for those in the Beaverton area:

- A Viva Village volunteer can deliver a hard copy to you. Call or email Viva Village to request this service: 503-746-5082 or [vivavillageor@gmail.com](mailto:vivavillageor@gmail.com)
- You can pick up a copy at the Viva Village office on Tuesday between 10am and 2pm. If you prefer, call Barbara Bernstein (971-703-8108) from the parking lot and she will bring it to you.

### PDF copy:

- Order or download a pdf copy at the AARP website <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>