

Area Agency on Aging – Tips for Staying Safe at Home

Resources and Practical Tips for Seniors and their Caregivers and Families

These are ways family and friends might be of help to seniors so they may remain safe and independent in their own home. It includes information that should be kept handy:

- 1) Advance Directives:** Your medical wishes and designated health agent if you are unable to communicate your wishes. Forms available at AAA or www.sos.idaho.gov and can be registered with the state to get a wallet card. Family members should have copies.
 - Living Will and Power of Attorney for Health Care.
 - POST (Physician's Order for Scope of Treatment).

- 2) Benefits Information:**

Have copies of cards and policies handy.

Where are these documents?

- Social Security information.
- Health insurance data – Medicare A, B and D (prescription drug plan) and Medicare Supplement or Medicare Advantage Plans.
- Medicaid (state assistance) information.
- Veteran status, DD214 and Veteran Service Officer contacts. Kootenai Co. – 446-1092.
- Bank Accounts-list banks, account numbers.



- 3) Medication Monitoring Information:**

Prescriptions: Dosage and schedule; purposes of each medicine and a list of any recent changes. Allergies or bad reactions:

Other medicines: aspirin, tums, vitamins, etc. (Dosages and schedules.) Health journal available from AAA of NI.

- 4) Personal Support Network** – include names addresses, contact information including day and night phones, email addresses and whether they can provide regularly scheduled help or intermittent or emergency help.

- Caregiver
- Family members
- Friends
- Church/ Pastor and others
- Neighbors



Caregiver back-up plans – When caregiver can't be there:

- 5) Emergency Contacts** – Post these numbers by each phone in the house. Include names, telephone numbers and relationships where appropriate.

- 911/Emergency Care
- Doctors/Specialists
- Pharmacy
- Family/Neighbors
- Church and pastor

- 6) Listing of Assets:** Values? Where are these documents kept?

- Home/ Auto:
- Life Insurance:
- Retirement Plans/IRA's:
- Other:

The following are Community Supports that might be helpful:

- 1) Area Agency on Aging** – 667-3179 for resources, services. **Congregate and Home Delivered Meals are available** in all five northern counties: Benewah, Bonner, Boundary, Kootenai and Shoshone counties. For a list of meal locations or to register for home delivery, contact Area Agency on Aging. Food banks and list of free hot meals in Kootenai County. Food stamps for help with cost of foods – apply with Health and Welfare *Application for Assistance* – (866) 326-2485. TESH for once a week food delivery in Kootenai County 765-5105. AAA also has lists such as Independent Community Living facilities where meals are served.

- 2) Home Health Agencies:**

Medical home care and non-medical home care- list available from AAA for these as well as list of Assisted Living Facilities and Skilled Nursing/ Rehab facilities.



- 3) Minor Home Repairs and Chores** for low-income seniors in Kootenai County: Elderhelp – 661-8870.

- 4) Transportation Resources:**

Medical Transport from KMC Social Services – 666-2100 Contact Area Agency on Aging for a list of taxis and concierge services .

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- 5) Senior Companion:** 415-5177 for weekly friendly visiting.
- 6) Social and Wellness programs:** Local senior centers provide activities; Fit and Fall Proof exercise programs; Hobbies – supplies and contacts.
- 7) Personal Emergency Response Systems** – medical alert systems such as Lifeline at KMC – 666-2934 and Direct Link at Home Helpers – 769-9560. Ask your home health agency.
- 8) Assistive Technology** – Help with Activities of Daily Living–eating, transferring, walking, dressing, etc.
U of Idaho Assistive Technology Project– 208 885-6102.
Hand Therapy Center – 664-2901.
Disability Action Center –664-9896.
Lifts- Home Access Solutions–699-2950.
Phone amplifiers; Phone book magnifiers.
Commission for the Blind – 769-1411.
Help for Hearing aids and glasses – Lions Clubs in Post Falls & Rathdrum – (208) 640-6790; (509)926-1370.

- 9) Legal Assistance**
Senior Legal Hotline – (888) 345-0106.
Idaho Legal Aid CdA – 667-9559 x101.
Pam Massey – 664-6996.
James Bendell – 665-4600.
Mike Wytychak – 765-3595.
Idaho Volunteer Lawyers Program – (800) 221-3295.
- 10) Other Advisors:**
Lawyer name and telephone number:
Accountant name and telephone number:
Other:
- 11) Other Resources:**
Dental for low-income: Dirne Dental Clinic–292-0697;
Benewah Dental Clinic – 686-1110.
Dentures: Triple R Dentures – 667-9314;
Coeur d’Alene Denture Clinic – 667-8997.

For additional information, contact : Area Agency on Aging of North Idaho, 667-3179 x222
2120 Lakewood Dr. Suite B, Coeur d’Alene, ID 83814
Website: www.aaani.org; E-mail: infoassist@aaani.org

Home Safety Tips



Housing safety checklist: A good one is at www.ces.ncsu.edu/depts/fcs/pdfs/FCS-461.pdf featuring general safety tips , tips to keep kitchen, bathroom, living room, bedroom, halls and stairs as well as outdoor spaces safe. Some are simple protections to put in place. Some of the most common include:

- Secure grab bars located by the bathtub and the toilet.
- A non-slip mat in the tub.
- Smoke alarms working and extra batteries available.
- Entries and stairs well lighted; a night light keeps the way to the bathroom lit.
- A sturdy chair with arms, in the bedroom for sitting to dress.
- Kitchen shelves easy to reach, so it does not pose a fall risk. Same with bathroom supplies.

For additional financial help: State assistance might be available for those with limited income to provide help with insurance premiums or medically necessary in-home services – Health and Welfare (866) 326-2485 or Area Agency on Aging – 667-3179, x 222. If income and resources are limited, a “Reverse Mortgage” might help add to the spendable income for in-home services. For counseling to see if a reverse mortgage might be beneficial for you, contact Money Management International – (866) 566-1727 or Idaho Housing and Finance Association –(866) 566-1727.