



Home for Life:
Helping Loved Ones Age in
Place *Safely and Comfortably.*

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Aging In Place.



What does this mean?

Why is it important?

Who gets to make this decision?

What steps can we take to ensure we can reach this goal?



Home Safety Assessment.

- ✓ Fall Risks
- ✓ Shower Safety
- ✓ Stairs
Entry to home vs. multi level home
- ✓ Location of Bedroom and Laundry
- ✓ Maintenance of the home
(Cleanliness, Clutter, Heat/Air)
- ✓ DME for Safety Supports

Activities of Daily Living Support



Activities of Daily Living.



Bathing



Dressing



Toileting, etc.

Instrumental Activities of Daily Living.



Paying Bills



Shopping



Cleaning



Healthcare Planning and Coordination



Medication Management Support



Managing Medical Appointments
Communicating changes to all providers!



Coordination of home health services



Understanding Medicare plan and
coverage

Physical and Social Engagement



Physical:

-  Exercise
-  Medical alerts / New technologies

Social:

-  Encourage community engagement
-  Identify areas of interest and seeks opportunities for exposure
-  Monitoring for social isolation

Affording Extra Support:



**Ensure to maximize
benefits.**

Medicare/Home Health
VA
LTC insurance
Government programs
(Area on Aging)



Adult Day Care.



**Home equity
reverse mortgages.**



**Evaluate estate plans
and advanced directives.**

Professional Supports Available



Geriatric Care Managers (ALCA)

Professional Caregiver Services
Agency vs. Private caregiver risk

Home Health / Palliative / Hospice Care

Home delivered meals

Community Care Programs

Transportation Services

Questions?

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