



Living Wisely

Successful Aging



BRAIN HEALTH AS YOU AGE

Amy Abrams, MSW/MPH

 **Alzheimer's** | SAN DIEGO | 858.492.4400 | www.alzsd.org

The aging brain

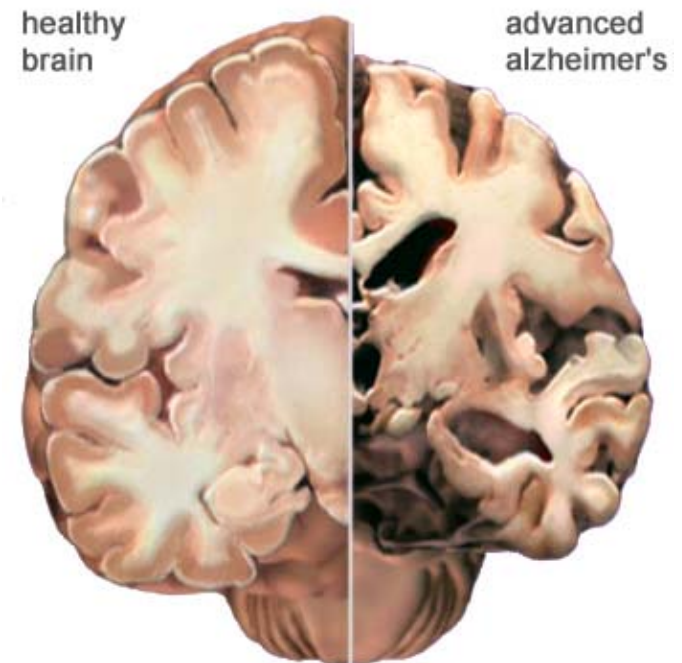
- Loss of volume
- Less effective communication between neurons
- Reduced blood flow
- Memory changes
- Cognitive changes



The diseased brain

Dementia: A group of symptoms caused by an underlying medical condition that impairs cognitive function, and interferes with normal activities.

Alzheimer's disease: A progressive, degenerative disease of the brain that results in brain cell death; the most common type of dementia





Risk factors for dementia

- Age
- Female sex
- Years of formal education
- Head trauma
- Down syndrome
- Genetics
- Family history
- Other health conditions:
 - Hypertension
 - Heart disease
 - Type 2 diabetes

Signs & Symptoms

Memory

- Memory loss that disrupts daily life
- Disorientation or confusion

Cognition

- Problems with language or word-finding
- Impaired judgement and problem-solving

Behavior

- Changes to mood or personality
- Withdrawal or loss of initiative

Physical

- Difficulty completing normal daily tasks
- Changes to sensory processing abilities

Key lifestyle and controllable factors

- Diet
- Exercise
- Cognitive stimulation
- Social activity
- Sleep



Diet

- Consume plenty of:
 - Vegetables
 - Legumes
 - Fruits
 - Whole grains
 - Fish
 - Olive oil
- Moderate amounts of alcohol
- Low amounts of saturated fats, dairy, meat, and poultry



Exercise

- Increases volume of blood vessels
- Increases the quality of connections between brain cells
- Raises level of nerve growth factor in key regions of the brain



Cognitive stimulation

Intellectual activity may establish “cognitive reserve,” the brain’s ability to operate effectively or compensate when it is damaged.

- Acquiring new information
- Learning new languages or skills
- Strategic games or puzzles
- Novel experiences
- Listening to or playing music



Social engagement

- Relationship between social activity and cognitive function
- Other associated protective lifestyle factors



Sleep

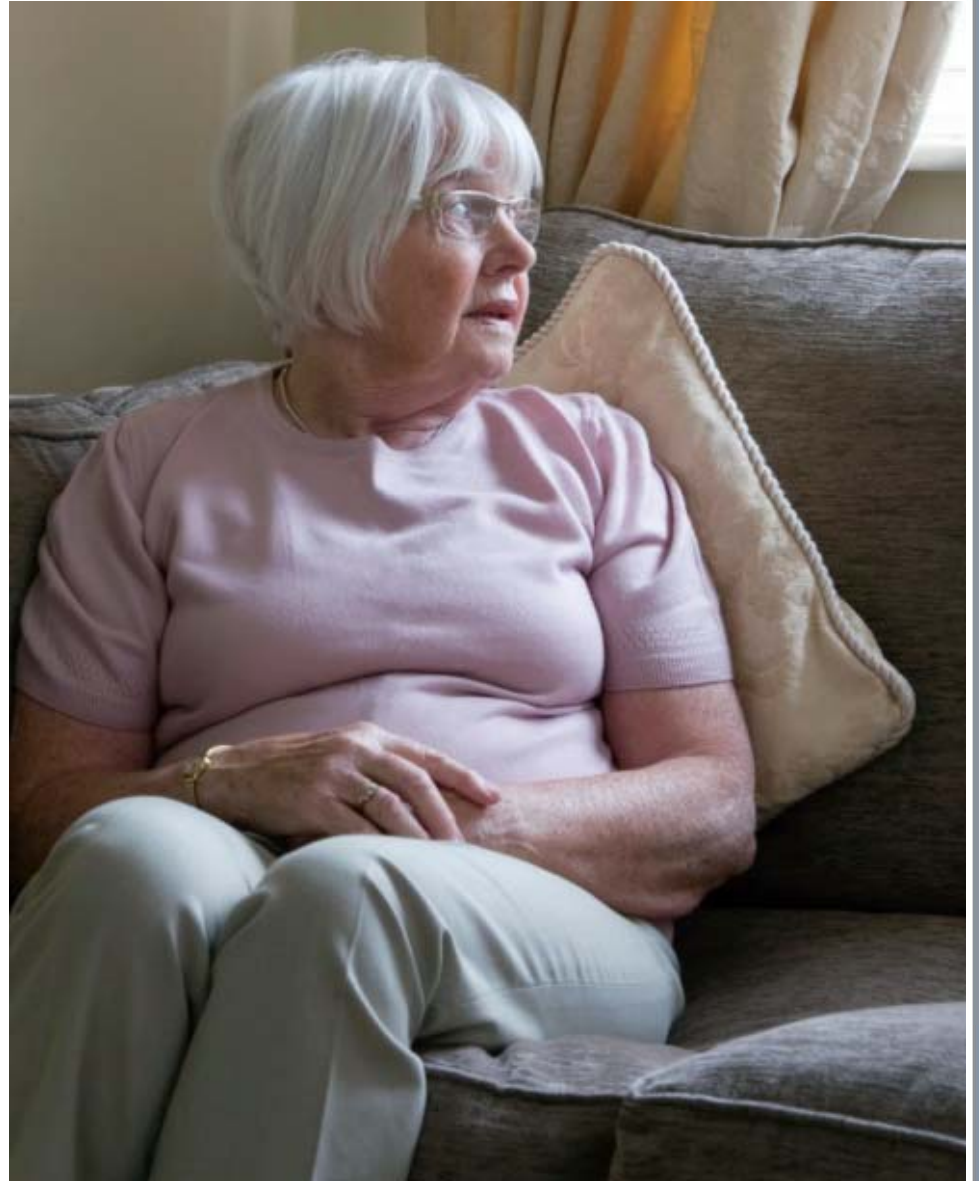
- Growing evidence that a lack of deep sleep may increase risk of dementia
- Sleep disruption may be an early symptom of Alzheimer's disease



Keep in mind

Many different conditions may cause memory or cognitive changes:

- Depression
- Medications
- Illness or infection
- Sleep deprivation
- Caregiver stress



If you're concerned ...

- See your doctor
- Memory screening
- Talk with others
- Clinical trials
- Maintain your overall health



Alzheimer's | SAN DIEGO

The Heart of Local Care & Cure



Free in-person support from local experts

alzsd.org | 858.492.4400

Sources

Centers for Disease Control:

<http://www.cdc.gov/aging/healthybrain/>

Columbia University Medical Center:

www.cumc.columbia.edu

Mayo Clinic: www.mayoclinic.org

National Institute on Aging: www.nia.nih.gov



Living Wisely

Questions ?



Living Wisely

Successful Aging

National Association of Home Builders

Ways to Stay in your Home High Tech, Low Tech No Tech



Blankinship & Foster

Fritzi Gros-Daillon, MS, CSA, CAPS
May 2017



www.householdguardians.com

Make Your House a Home for a Lifetime

by making it more...

1



Comfortable



Livable

2



Stylish

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Images courtesy of 1) Marnie Renda, 2012 Homes for Life award winner; 2) Jeannine Clark, 2010 Homes for Life award winner.

1



What's Right for You?

Temporary Adaptations

- Welcoming an aging parent or relative.
- Easing the effects of an injury.



Aging-in-Place

- Planning a livable home.
- Investing in your future.

2



Ease of Access

- Making your home more visitable.
- Creating a barrier-free home.



Adaptability

Plan ahead to adapt your home as needs change.

- Make adjustments over time.

Build a doorframe that can be widened when needed.

- Allow for **temporary** or **reversible** accommodations.

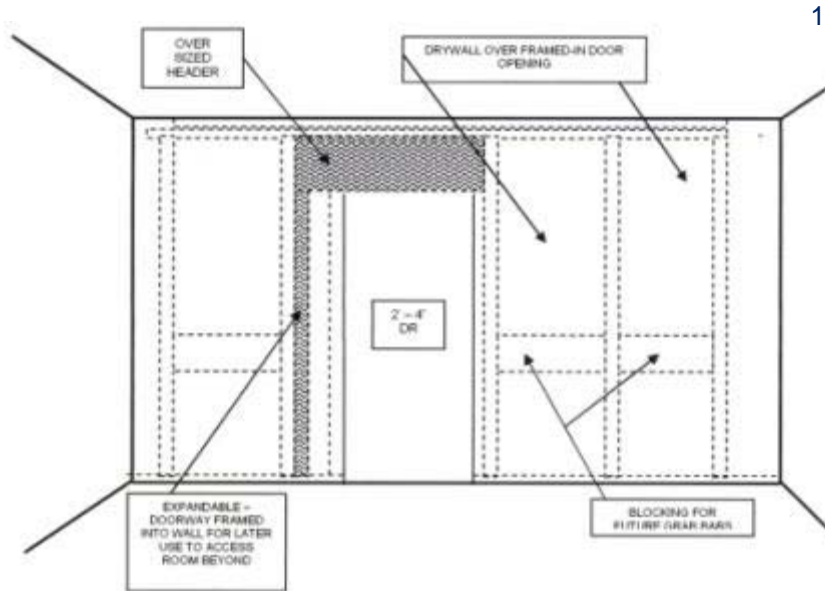
Install a grab bar or other adaptive equipment that can be removed when desired.

- Create flexible living spaces whose function can change in the future.

Add a bathroom to the first floor. Turn the office into a bedroom in a few years.



Plan for Adaptation

Adaptable design takes into consideration potential future projects.

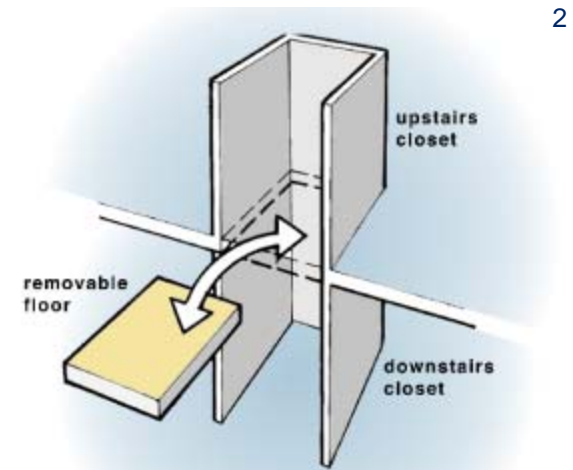


ADAPTABLE DESIGN/CONSTRUCTION
Schematic of hidden framing members – Mike Weiss © 2007

Legend:

-  ORIGINAL DOOR SIZE 3' – 0" (Expand doorway to 36" by removing left hand side of door jamb to original framing without requiring repair to drywall.)
-  Outline of framing members behind drywall.

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Stacked closets for future elevator.



Plan for Adaptation



Reinforced wall supports allow for a grab bar, fold-down seat, or other accommodation to be installed when needed.

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Aging-in-Place

Make your home livable long into the future.



- Stay in the home and community you love.
- Invest in the comfort and functionality of your home.
- Improve your home to meet your changing needs.

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Aging-in-Place

“Boomers especially say their homes fit them—for today.”*



Boomers acknowledge the benefits of many features that allow them to stay in their home in later years, including:

- Main floor bedroom
- Non-slip floors
- Easy-to-reach switches and outlets
- Lever handles*



Aging-in-Place



Yet, less than a third have thought seriously about the needs they will experience in their home and community in retirement and later years.*

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*AARP 2011, *Boomer Housing Study*.

Accessible Design

1



Eliminates barriers.

3



Provides an accessible bath on the first floor.

2



Allows more room for mobility.



Accessible Design

Many homes have unnecessary barriers and obstacles that can make life more difficult.

- Level walkways and wide doors make it easier to move furniture, push strollers, or get around with limited mobility.
- Having an accessible bathroom on the first floor makes good sense, whether you're accommodating visitors or anticipating a change in living needs.



Universal Design



Universal Design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.

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Universal Design



For You



For Loved Ones



For Now



For the Future

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Fewer Barriers



Zero-Step Entry



Smooth Transitions



Curbless Showers

Everything Within Reach



Lowered Switches



Raised Outlets

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Everything Within Reach

1



Easy-Access Appliances

2



Front-Loading Washer

3



Reachable Storage

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Innovative Solutions

1



Flexible Faucets
or Showers



Lever Handles

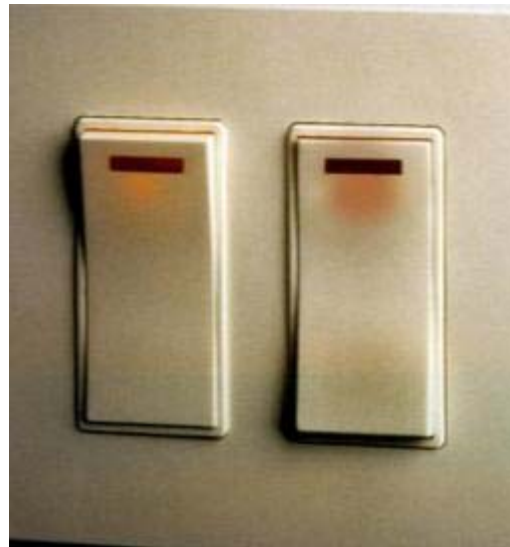
Innovative Solutions

1



Timer Switches

2



Lighted Toggle Switches

3



Sensor Switches

Open Space



Room to Maneuver



Knee Space Under Shelves and Counters

Exterior:

Porch Cover

Sufficient Light



Lever Door Handle

Sloped Walkway

Zero-Step Entry

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Kitchen:

Crank
Windows



Counter-
Height
Shelving

Open Spaces for
Easy Maneuvering

Towel Bar and
Hand Rail



Multiple Level Counters



Bedroom:

Ample Lighting

Toggle Switch with Dimmer

Wide Clearance

Easy-to-Reach Outlets

Space to Maneuver

Smooth Flooring



Bathroom:



Adjustable Mirror

Sufficient Knee Space



Lever Handles

Higher Toilet

Slip Resistant Floor

Protected Drain Pipes

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Home Safety Products High Tech

Smart Home Technology

Nest, Iris

Amazon Echo

RING



Telehealth

FITBIT and beyond

Heloc

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Home Safety Products

Low Tech

Lights

Motion sensor-Mr. Beams-LED/Amber

LED lights on a ribbon

Solar lights

Night lights-Dusk to dawn lights

Plug-in night lights with battery backup



Home Safety Products

No Tech

Safety

Fire extinguisher (kitchen)

P-A-S-S

Smoke alarm (audible and visual alarm)

Replace after 10 years

Escape plan and emergency numbers handy

Ask yourself these questions:



- What changes do I want in place today? What changes will I want in the future?
- Am I remodeling existing space or adding new construction?
- What is my budget for this project?
- Who will benefit?

Take the next step:



- Hire a knowledgeable CAPS professional to help you evaluate your home and anticipate future needs.
- Choose someone with the training and expertise to find a solution that fits your life, your budget, and your style.

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Questions?



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Make your house a home for a lifetime



Fritzi Gros-Daillon, MS, CSA, CAPS

Household Guardians

993C S. Santa Fe Ave, Suite 80, Vista 92083

800-984-1186

516-429-4839

Householdguardians@gmail.com

nahb.org

