

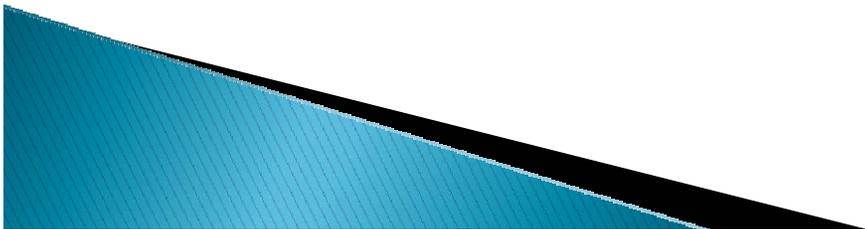


MIAMI
LIGHTHOUSE

Providing Hope, Confidence & Independence

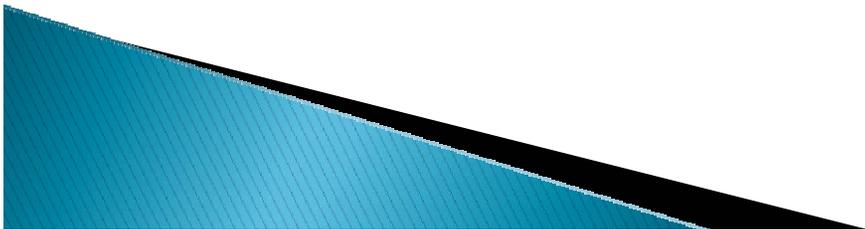
Aging in Place Through Vision Rehabilitation

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Certified Vision Rehabilitation Therapist



Objectives

- ▶ Understanding why aging in place is important.
- ▶ Describe adaptive techniques that will increase the efficiency and safety with which the elder can complete daily living tasks.
- ▶ Describe modifications at home that can be applied to continue the safe participation of activities of daily living.



Aging In Place

- Why is Aging in Place Important?

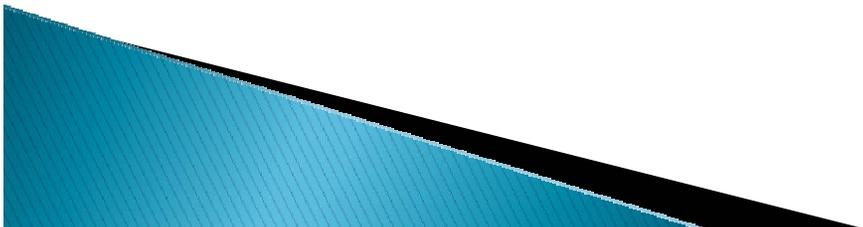
“I want to stay in my own home!”

“I’ve lived here 40 years. No other place will seem like home.”

According to studies conducted by the AARP, about 89 percent of seniors want to remain at home for as long as possible.

Findings from the 2010 NHIS Survey:

- 2/3 of all legally blind Americans are over the age of 65.
- 12.2% of all Americans 65 to 74 reported having vision loss.
- 16.1% of all Americans over the age of 75 reported having vision loss.



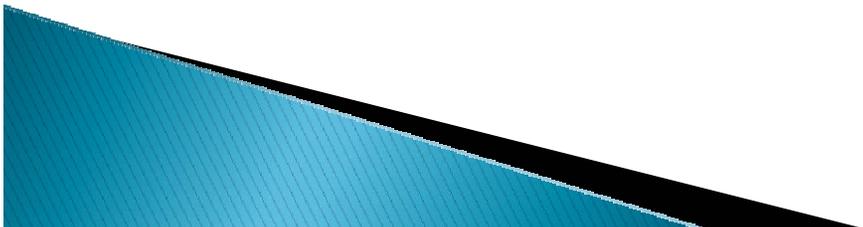
Home Safety and Modifications

- ▶ Organization
- ▶ Modifications
- ▶ Labeling



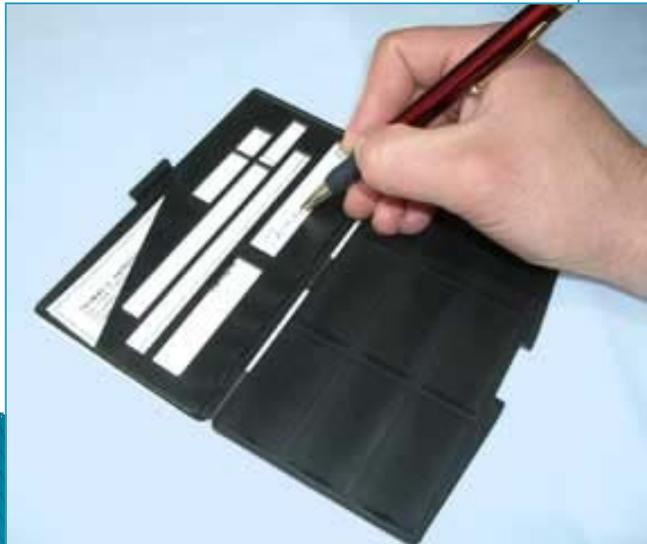
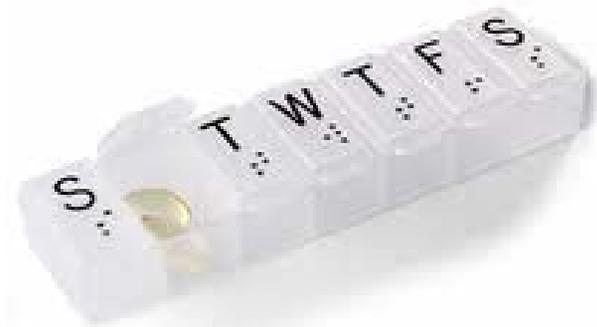
Meal Preparation

- ▶ Adaptive Techniques



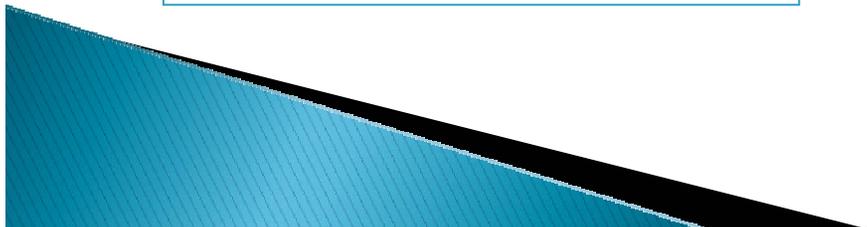
Personal Management

- Financial Management
- Medication Management
- Storing and Retrieving Information



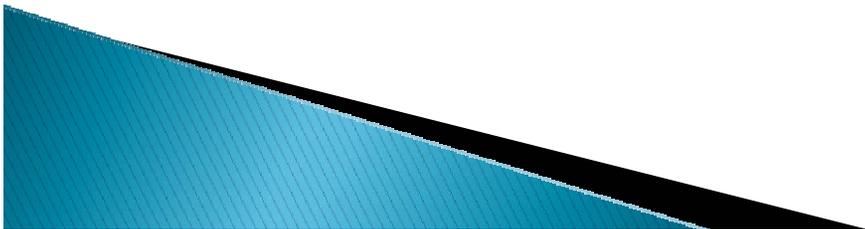
Personal Management

- ▶ Clothing Care



Resources

- ▶ Seattle–King County Advisory Council on Aging & Disability Services: Newsletter
<http://www.poststat.net/pwp008/pub.49/issue.352/article.544/>
- ▶ National Institute on Aging: There is No Place Like Home – For Growing Old.



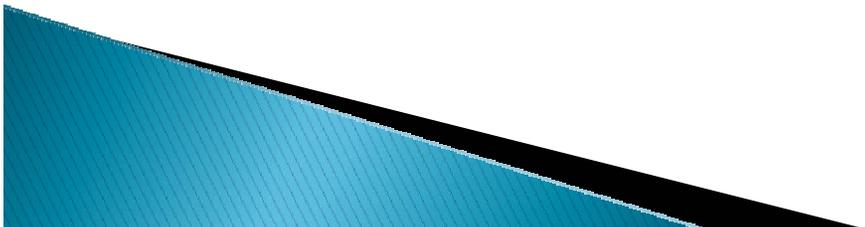
Resources

- ▶ National Institute on Aging: *There is No Place Like Home– For Growing Old.*

<http://www.nia.nih.gov/HealthInformation/Publications/stayinghome.htm>

PDF Document

http://www.nia.nih.gov/NR/rdonlyres/04A3B7AB-9F40-43D4-9A7C-700145731122/15265/No_Place_Like_Home_Tips.pdf



The End

