



90% of Seniors want to stay in their home...
yet most do not take preventative steps to do so

Seniors want to continue to make independent choices, feel secure, and maintain control over their lives. Aging in Place is the “conscious” decision to remain independent in your own home as long as it is safe, comfortable, and manageable.

Why work with Senior Transitions?

Our comprehensive checklist and consultation is focused on prevention of injuries and accidents and is designed to get you thinking about how to age in place safely. Hidden hazards that people do not recognize as potential safety issues exist in your home. As your mobility, vision, and/or cognitive ability, change so must the way you complete your daily activities.



Right now, you may be able to carry the groceries up the stairs, lift items from shelves, and complete the laundry and lawn work. You may easily take a shower and get dressed. But what happens when you lose that strength, coordination and balance? What happens when you no longer can climb stairs but your house has them at every entry? Senior Transitions evaluates your daily activities within your entire home and then gives you plan to stay.

As we age, we may need to add modifications, technology,
or services to remain independent.

Why not start to identify and plan for them now?



Do you have an aging in place plan?

Services

Comprehensive Safety Audit

Our safety audit evaluates the exterior and interior of your home, laying the groundwork for developing an action plan.

Fall Prevention Education

We help clients understand where falls likely occur inside and outside the home.

Personalized Plan

Our goal is to give you an individualized plan to age in place safely so that you can enjoy your home for years to come.

Simple Home Modifications

Senior Transitions will suggest on-the-spot economical modifications to make your home safer and discuss future ideas to consider as your mobility and cognitive needs change.

Referrals to Trusted Providers

Senior Transitions has partnered with like-minded service professionals such as handyman, contractors, professional organizers, architects, lawn services, junk removal, and exercise trainers. If the need ever arises, we also have partnered with an in-home caregiver network and professional placement services.



Senior Transitions helps families start the discussion...

Seniors are concerned about:

- living alone in their home/loneliness
- worsening of an injury or illness
- sudden injury, illness or fall
- inability to care for their spouse or self
- telling their son or daughter about issues
- fearful of kids placing them somewhere

“Seniors need to be open to suggestions that improve greater safety and be willing to change some habits. Your children also worry about you and make suggestions from a place of love and concern for your well-being.”

Sons and daughters are concerned about:

- financial costs of caring for parents
- parent(s) driving, falling, and forgetfulness
- ability to provide part-or full-time care
- distance from parents
- knowing what is best for their parent(s)
- lack of information about options

“Adult children need to realize while their parents might be coping with the signs of aging, they have gotten this far; they want to maintain control over their lives and be part of the decisions. Listen and exercise patience.”



We are here to listen, consult, and educate seniors and their families to reach the same goal of remaining independent for as long as possible.

205-568-0543

katie@seniortransitions.services
Katie DeSocio, MBA, MHA, LNHA
Owner

Find us on Facebook @ageinplacesafely

My past experiences in managing Skilled Nursing, Assisted Living, and Rehabilitation Services have led me to create Senior Transitions. Since my grandmother fell and never returned home to the place she loved, I have wanted to help seniors. All too many times, families are placed in emergent situations when a loved one falls and then needs immediate care. Many families don't realize that taking a little bit of time to identify and correct potential safety issues as someone ages can help maintain their loved one's independence for years to come.

“An ounce of prevention is worth a pound of cure.”
Benjamin Franklin