

HOME / STAY-IN-PLACE SPECIALIST

BRIGHT BEGINNINGS PROFESSIONAL SERVICES

Whether your home needs to be modified to accommodate an accident/injury or requires home adjustments associated with aging so you can remain in your home, we are able to plan out the modifications needed.

We're able to assess your home for safety and function and make recommendations for current demands and future needs.

Are you planning to remodel areas of your home? Some important elements for aging in place you may want to consider now rather than later:

- Doors with lever handles
- Replace toggle light switches for rocker style
- Wider doorways to accommodate a wheelchair
- Walk-in showers with built-in seating
- Entrance without steps
- Grab bars
- Heighten toilets
- Single lever or motion activated faucets

A NASMM@HOME Specialist can help you adapt your home for who you are **now**.

Moving may not be the best decision for you or your aging family member right now — due to personal choice, financial considerations, etc. But you still desire a change. Later in life, or at any age, our homes often become cluttered with our "stuff." Our homes don't work as well for us as they did a few years ago, or maybe decades ago. Most of us are overwhelmed by the daunting prospect of downsizing, de-cluttering, organizing, and discarding. We may need a lot of help, or just a little encouragement and assistance. Either way, a NASMM@HOME Specialist can provide you with services to allow you to stay in your current home.

NASMM@HOME Specialists can assist you and your family with numerous downsizing and simplifying tasks in a current home!

NASMM@HOME Specialists provide guidance, encouragement, and hands-on help. We understand the physical and emotional stresses associated with later lifestyle changes, as well as the ethical, safety and communication issues that accompany working with older adults. Our focused services accomplish a great deal in very little time, so you save both time and money. The end result - you are safer and happier with how your existing home looks and feels!

A NASMM@HOME Specialist can help you with some or all of these tasks:

- Define your vision: "Where do we begin?" We can help you prioritize what areas need work.
- Conduct a home safety assessment and a functional assessment to determine your unique needs.
- Create a floor plan and repurpose your existing space so it works better for you **NOW**.
- Evaluate what you want in your home.
- Help you decide what will be donated, sold or discarded and executing your wishes.
- Determine your future needs and simplify your lifestyle ~ gain the freedom to live the life you want. The things you use daily must be in easy-to-access places.
- Explore home care maintenance concerns.
- Suggest possible home modifications and contractors.
- Recommend assistive technology solutions.
- Reduce home safety concerns and eliminate common in-home hazards.

Downsize. Simplify. Stay at Home.

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