Independent Perspective #1931

WNY Aging in Place Council

Transcript

00:00:00 Speaker 1

Welcome to Independent Perspective, a public affairs presentation of Western New York Independent Living.

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I'm your host, Tracy LeBlanc, Chief Community Engagement Officer at Western New York Independent Living.

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The Western New York Aging in Place Council is a resource hub for assisting seniors with their physical, personal, and financial needs as they look for ways to age in place safely, securely, and comfortably in their homes.

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Joining us today to talk about what it means to age in place and what steps you need to take to age in place safely is Willie Price from the Aging in Place Council.

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Welcome to the program, Willie.

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Thank you for having me.

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Willie, can you give us a brief introduction about what the Western New York Aging in Place Council is?

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Well, the Western New York Aging in Place Council actually started out as an organization to go out and do home safety inspections

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and help older adults and seniors connect with the resources needed to help make their home safe and secure while they were living in them.

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But what it turned into is a resource.

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We found that when we were setting these things up to connect people and do these inspections, we found that a lot of them didn't have a lot of things in place.

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So when you say aging in place, a lot of people didn't have a lot of things in place.

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And we'll talk about some of those things later.

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That's what we ended up doing.

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Now we have more of a resource.

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So we do workshops and trainings and different things on aging in place and why it's important.

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But we also try to connect people, older adults and caregivers and their family members with resources that will help them and their parents to stay in the community safe, secure and independently.

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What does it mean to age in place?

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What does it mean to age in place?

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Well, when I took the course, and I'll give you the course description, it meant to stay safe, secure, and independently in the home for as long as possible.

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But like I was just saying to you earlier, I discovered while doing this that aging in place actually means a lot more because it's not just staying in the home.

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When people hear that aging in place, they think it's just staying in the home.

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But there's so many more things that people need to do to be able to stay safely in the community, have the finances together, legal services.

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You hear about people not having wills and things like that.

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So with aging, what does it actually mean?

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Is that to remain safe, secure, and independent in the homes, but also in the community?

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Great.

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What areas should a family consider when they are preparing for a loved one to age in place?

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And that's where the eight keys to aging in place comes into.

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That's what we discovered when we started doing those home evaluations and presenting on those subjects.

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We found that there were eight specific areas that people needed assistance in.

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So we created a program called Make Your House Your Home: The Eight Keys to Aging in Place.

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So the first one is home safety, then transportation, then legal, fitness and nutrition,

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financial preparedness, community and social engagement, emergency and future planning and universal design essentials.

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So those eight areas when people put together a plan and address those areas that allows them to age in place and stay safe in the community because it provides all the things that they're going to need.

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They're going to need transportation eventually, they're going to need legal services.

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A lot of people hear about don't have wills and trust and you know, those kind of things to

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to put in place.

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Fitness and nutrition, if you're not eating properly and if you're not healthy or doing exercise, you're gonna have some problems as you get older, staying in the home.

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Financial preparedness, are your finances in order so you can stay in your home.

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Community engagement, getting out and doing activities in the community.

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This past week, we have been in a collaboration with the YMCA and we've done, we've been presenting aging in place awareness at four different

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YMCAs is throughout Western New York.

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And it was all about that social engagement and getting people out and coming out and being a part of those things.

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Emergency preparedness.

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Do you have emergency plan?

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Do you have things in place?

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You know, your flashlights and you know, all those kinds of things that you need to make the home safe.

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And then universal design technology.

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There's so many things out there, motion lights and sensors and different things that you can put on your phone that make life more convenient while you're in the home.

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If someone is interested in more information about the work of

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Aging in Place Council, who should they contact?

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Well, they can contact me, Willie A.

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Price at wnyaginginplace@gmail.com or 716-246-1477.

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That's our contact number.

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Well, that's all the time we have for this week.

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Thanks for joining us, Willie.

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You've been listening to-- Thanks for having me.

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To Independent Perspective, a public affairs presentation of Western New York Independent Living.

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Our guest today was Willie Price from the Western New York Aging in Place Council.

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And I have been your host, Tracy LaBlanc.