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ACCESSIBLE SYSTEMS INCORPORATED

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"10 Ways To Stay In Your Home"

Newsletter from our "Adaptive 103 yr. Old Home"

April - 2010

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ShowHome Location:

5596 S. Sycamore St.
Littleton, CO 80120

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Corner of Sycamore & Powers

Historic Downtown Littleton
Adapted ShowHome

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Our 103 yr. old ShowHome

"April showers bring May flowers" so the saying goes. Thankfully, here in Colorado we have the privilege of having winter one day and spring the next and then a repeat....Talk about change!

We love increasing our mobility and helping people live in their homes this time of year as we wake up from a long winter. This months article is on "[10 Ways to Keep Your Home](#)".



After freedom of speech, the most revered goal in America is the right to live where you choose. In a recent survey from AARP, 89% of Americans plan to live in their own home despite all the institutions and long-term care facilities that have been built over the last 20 years. The challenge is that everyone will have to do something different because each of us will face different needs to keep our home.

The benefits of living in your own home are numerous, despite the odds. A safe, quiet home provides huge differences in quality of life, quality of sleep, quality of nutrition, quality of health, and saves thousands of dollars a month.

Here are the top 10 Ways to Keep Your Home

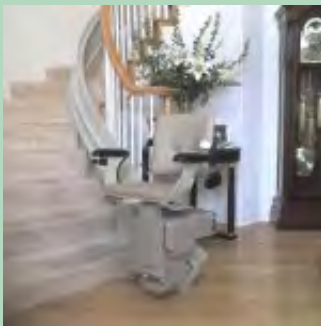
1. Fall Prevention - This should be common sense, but what we teach our children and grandchildren should be a lesson to us. Falls are the largest source of injuries and health related problems outpacing cancer, lung disease, and heart disease. To prevent falls, give your home an assessment. Look at rugs, trim, bathrooms, hallways and steps to find



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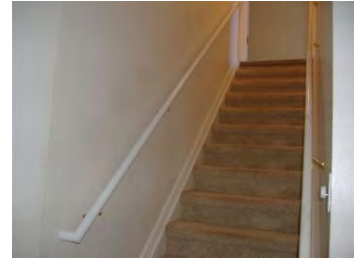


Scooters

slip hazards. Add lighting and use higher wattage light bulbs so that you can see all the obstacles in your home. By preventing falls, you are twice as likely to keep your home.

2. Add Hand Railing to stairs and grab bars to bathrooms.

Part of fall prevention is eliminating the 2 most difficult areas, your stairs, and your bathroom. 83% of falls occur on stairs (even if it is only 1 step) and in the bathroom.



Stair Hand Rail

Each of us should have a hand rail on both sides of each staircase, as you never know when you will be carrying something and need the extra support. A small handhold goes a long way to keeping your home.

3. The Buddy System - If someone else lives in the house, they are your second line of defense. If you live alone, make a system to check in with a family member or preferably a neighbor, a least once a day. This allows you to build a great relationship and prevent life changing events that will cause you to lose your home. Several monitoring systems are available, but a buddy is the best way to protect yourself and..... you might need a cup of sugar here or there.

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Your friends at Accessible Systems, Inc. would like to take this opportunity to thank you for your business, your referrals and your ongoing support for helping us make a difference in the lives of the elderly and those with physical disabilities and limitations.

Sincerely,

Nathan Colburn and Lana Moyer
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