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You're ready for your Golden Years. Is your home?

Most seniors want to stay in their homes as they get older.

According to a survey by the AARP, nearly 90% of seniors want to “age in place”—stay in the home where they currently live. And why not? Besides the memories, it is a mark of your achievement and independence.

However, houses age with us. What was once acceptable can become annoying or even risky as we get older. No matter how vital we are, we can't always do or live the way we used to. If you are planning to stay in your home for another five or ten or more years, there are a number of things that can be done to make living independently easier, more comfortable and safe.

Even with assistance, staying in your own home as you age is typically less expensive than an assisted living facility.

Except for subsidized housing, assisted living and senior housing facilities in the Portland area run from about \$1500 to over \$3000 per month depending on size of



room and level of assistance— that's \$15,000 to \$40,000 a year!

Assisted Living Facilities (ALF's) are definitely the right decision for many people. But if you are not one of them, you can retain more control over your financial resources by living at home. Basic home updates start at less than \$1000. And if you decide a more comprehensive remodel is desired or needed, typically it will add to the value of your home within a few years.

We can provide a complete aging in place solution.

In Your Home was founded to provide a range of support services that help seniors remain independent. Our focus is on detailed home assessments and plans for aging in place, retrofit and remodeling services, home technology for control and communications, and home maintenance.

Whether you just need a plan for what to do and a few simple repairs and upgrades, or you've decided on a major remodel, **In Your Home** can help you. Please review our services on this site, and call today at **503-443-2424**.



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An aging in place plan—the best time to plan is before you need it.

It begins with an objective assessment.

There are lots of simple worksheets available to help you look for common home hazards. But these tools generally are incomplete and when done by yourself or a family member can provide misleading results—you tend to look at things the way you always have, or there may be a desire to influence the outcome. **In Your Home** has developed an extremely rigorous tool which, when completed by one of our professional staff provides a complete room by room analysis of issues in your home—both those that are immediate concerns and any situations that could become issues in the future.



With a clear assessment, you can make a plan for what to do.

The assessment provides you with a list of issues and problems. Some of them are very easy to fix. Others will require more detailed evaluation. And, since few of us have an unlimited budget, it is important to prioritize those that should be done soon and then plan for those that can be done later.

Our *AgePlan* provides:

- Ideas for simple, basic solutions to common problems.
- Estimates of the cost of remodels, based on standard contractor rates and estimation tools.
- A recommendation to guide your thinking.

Don't wait until it is too late.

The best time to make this plan is while you are still healthy and vital. So that the plan reflects your desires. So you can be sure your spouse will be comfortable. So your children recognize you will be safe. And by acting as early as possible, you can ensure that you have time to:

- Recoup your investment in home remodeling.
- Get comfortable with any changes or new systems.
- Eliminate risks before an accident happens.

Too many seniors deny the inevitable and wait until their health is failing to take steps—yet research suggests that home modifications are actually of the greatest advantage to active, vital seniors.



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Update your home inexpensively to resolve common issues.

A major remodel is not necessary to make your home safer and more comfortable.

Not everyone can afford (or wants to put up with) a major home remodel. However there are a variety of affordable ways to upgrade and improve the comfort and safety of your home. As more and more baby boomers enter their senior years, the number of products and solutions are increasing rapidly. **In Your Home** has brought some of the best of these to minimize common risk factors for you.

We provide premium, affordable solutions to general livability issues.

From fire alarms that can be silenced with your TV remote (no more banging it with a broomstick) to high contrast safety surfaces for exterior stairs, these packages make your life safer and more enjoyable.

- **Fire safety.** Fire prevention technology has improved greatly over the past 10 years—and be advised that new residential codes require the updating of fire alarms before you sell or rent property. Since fires are one of the more common and frightening hazards for senior homeowners, we have created a package that uses readily available but state of the art technology



to bring your home up to date.

- **Lighting.** One of the most common problems facing seniors is declining vision. Poor lighting can not only make everyday tasks more difficult, it can increase the risk of accident or injury. We can modify the lighting in your home to ensure even lighting, automate critical areas for illumination and ensure reliability.
- **Kitchen accessibility.** Still love to cook, but having trouble bending and reaching like you used to? There are many ways to retrofit your existing cabinets that will allow you to banish the step stool. Add in intelligently designed kitchen appliances and some worthwhile gadgets and you can enjoy cooking like you used to while ensuring you stay safe.
- **Bathroom upgrade.** Hygiene becomes more important but more difficult as we age. Your bathroom can be easily updated to recognize this fact. Moveable shower heads, personal hygiene systems for your toilet, warming lights and yes, even grab bars are wise modifications that will help you continue to feel good about yourself.
- **Mobility.** General circulation through the house is important. Slippery surfaces and bunching rugs can be modified to avoid fall hazards. And, if your home has stairs, it is critical to think ahead and install a second handrail and proper surfaces.

Customized solutions.

Talk to us about situations in your home that concern you—we will propose a range of solutions tailored to your needs and expectations.

Call today for a complete listing of our basic upgrade packages and services.
In Your Home, 503-443-2424.



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Living independently does not mean you have to be on your own.

From home maintenance to improved communications systems, we can help you simplify, stay safe, and feel secure.

Living independently need not mean living in isolation. When friends or family cannot be there, we provide home maintenance services for a reasonable fee that will ensure you are retaining the value of your home and keep you safely off of ladders and out of the rain.

Just as important is keeping in touch and feeling secure. There are many products available these days to help you reach out and be supported by friends and family. We keep up to date on these new advances and turn them into practical solutions for communicating and for home security.

Peace of mind about maintaining your home.

A home is a responsibility, and keeping it up can get more difficult as we age. Getting up on ladders is dangerous even for young people. And sometimes, there are just better things to do than clean gutters and make minor repairs. **In Your Home** offers reasonably priced home maintenance programs that can



include:

- **Fall maintenance**—gutter cleaning, furnace filters, putting away hoses and draining sprinkler lines, etc.
- **Spring maintenance**—wash windows, clean gutters, check air conditioning.
- **Annual home safety check**—in addition to looking for common safety issues, we will change fire alarm batteries, check washer lines, flush the hot water heater, check faucet washers and drains, etc.

Plans can also include periodic heavy duty cleaning, pressure washing of decks and walkways and other services—let us tailor a plan for your needs and budget. Our services are professionally delivered and annual plans designed to be very cost competitive compared with purchasing the services separately.

Sometimes the telephone is not enough

Especially when it comes to family members who are scattered around the country, it's nice to see their face.

- **Video phone.** There are simple, easy to use phones on the market that actually allow you to see the person at the other end—as long as they have the same phone. We'll provide each of you with the phone and next time you call, you can see the grandkids smile.
- **Computer camera.** If you are a computer user, we can set up a web camera and you can your other computer pals can be exchanging knowing glances.

Someone to check on you.

Not all seniors have family who can or do call—our children have busy lives of their own. It's a reasonable precaution to have someone check in on you frequently. That might be a neighbor or friend, but if not, our "Reliable neighbor" program is the answer. A friendly voice will call on a regular basis (daily if you need it) to check on your situation and chat a bit.

A watchful eye

Big brother is a negative concept to most people. But some folks find that they are willing to trade off a little privacy in order to ensure that they remain independent.

- **Flashing exterior lights.** Switches in your home can be wired that will flash exterior lights—allowing you to attract the attention of neighbors or emergency vehicles if you should have an accident.
- **Open Ears.** Using a state of the art microphone, select family members can listen in and detect your voice if you can't come to the phone.
- **Motion monitoring. (COMING SOON)** Like the motion detectors in a security system, except they track where the activity occurs and when—so if you don't answer the phone, concerned family can see where you were last.
- **Security cameras.** With today's technology, you can have cameras positioned in your home and those family members you give permission to can "look in on you" at any time. Cameras can be adjusted to only provide floor level views or coarse details in order to maintain privacy.



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When you need to remodel, we'll ensure it is done well.

Modifications for assisted living are not your typical remodeling job.

If you do decide to remodel your home to make it more accessible or comfortable as you age, you want to have the job handled by someone who is a specialist. The new term these days is “Aging in Place” which is a fancy way of saying you want to stay in your own home as you get older. But since the number of senior Americans is growing steadily as the baby boomers age, a rethinking of home design and especially home remodeling is required.

The owners of **In Your Home** have completed Certified Aging in Place Specialist training, and we routinely attend conferences and workshops to further our knowledge.

Ultimate in professionalism.

Construction and remodeling are difficult businesses that require skill and patience. Our team of specialists are hand picked to ensure they can provide the level of service and quality required. However, as much as you need things to happen quickly, some things just take time and unforeseen situations in your home can cause delays. While we recognize these things as truths, we don't think a contractor should make them worse



by behaving badly. In Your Home will ensure that you:

- Have a schedule for each week of planned activities.
- Are notified promptly if that schedule changes.
- Changes that can affect your project are discussed with you promptly and openly.
- Workmen treat your home and belongings with respect.

Spend your remodel dollars wisely

When you chose a home remodel to support aging in your home, it is important to keep in mind that you home is a significant source of your wealth. Given your home's value, condition and the length of time you can expect to live there, some remodeling choices just may not make sense for you. We will work with you to create the best plan that takes into account your needs and desires as well as the preservation and enhancement of your home's value.

Remember—many modifications that you need are the same recommended for what is called “Universal Design”—a phrase meaning the home is designed to be accessible for everyone regardless of age or ability. Homes with thoughtful universal design features will be valuable for an increasing portion of the population—and a good investment. Below is a table showing the typical cost for remodeling different rooms in a home. These are realistic ranges that show that things can be done for a wide range of costs. We have seen other published estimates that are lower, but we think these are more typical of the costs you would pay a reliable, quality contractor. These are only examples—depending on what you want to have done, costs can go up or down dramatically.

Typical cost of remodeling

	Basic/economical	Typical
Kitchen	\$7500 to \$15,000	\$20,000 to \$40,000
Bath	\$5000 to \$10,000	\$20,000 to \$30,000
Remodel to add ground floor bedroom	\$25,000 to \$40,000	\$50,000 to \$75,000



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And if plans change, we make the process of selling and moving simple.

Leaving your home is stressful.

If you do have to leave your home because of declining health or to be closer to family, or even just to be a more efficient “empty nester,” it’s a difficult decision and can be a hard time. Spending two, three or more decades in the same home can create a sense of insurmountable challenge.

Our team and processes provide the guidance, organization and manpower to make the process as easy as it can be. We allow you and your family to focus on important decisions and getting situated in your new location.

Prep for home sale.

When they move, most folks want to get every dime they can out of the home they have. Sometimes that requires that you put a little money into the home before you leave. **In Your Home’s** moving package includes a variety of services to improve the presentation of your house, and may include:

- Cleaning out/storage of excess belongings to improve showing the home.
- Light painting of selected walls or rooms.



- Cleaning or regrouting bath or kitchen tile.
- Keeping up on garden maintenance if you move out before a buyer is found.

Purging the attic. . .

. . . or the basement, the garage or even all those closets in the spare bedrooms. Our clean-out team will come in, pull the stored items out for review and dispose of those things that just need to go. The rest we will box, label and have ready for moving. You may also consider having us help do this even if you are not planning to move—we'll store the kept items in an organized fashion, even building or installing new storage shelving if needed.

Digital storage catalog

One issue that many families go through is “who gets what.” Just the process of sorting through things can be difficult, especially if some children or other relatives are not in the same city. Worse, the process becomes acrimonious as nerves fray and tempers flair—it might sound like a sitcom, but we have seen it happen in the best of families.

We can help take a little bit of the sting out. As part of a clean-out, we can create a digital catalog of your belongings, complete with photos. Relatives can look over the catalog and select the items they want. We can even provide a mediation or decision making process for especially contentious claims. You may find that it is money well spent to preserve good memories and help leave everyone feeling distributions were as fair as possible.



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Frequently Asked Questions

What is covered in the assessment?

The assessment provides a room by room analysis of your home, looking for areas that can be safety or comfort problems for seniors. It is not an appraisal of financial value nor is the sort of home inspection that is needed for real estate transactions. We look for common issues like secure flooring, proper ventilation, problematic lighting and inappropriate design elements. The outcome of the assessment is a comprehensive list of issues from big to small which you can then use to develop a plan for your future in the house.

How much do you charge?

Rates vary depending on the size and condition of your home and the services needed. In all cases our hourly rates are comparable to what you will find for other craftsmen and service providers of comparable quality and professionalism.

But one of our goals is to provide services as effectively as possible, and our unique focus on the in-home needs of seniors means we can often address issues more cost effectively than someone who is less knowledgeable. We are happy to provide a no cost (and no pressure) estimate of services for you.



Are you licensed?

Yes, we are a member of the National Association of Home Builders, we have earned our CAPS certification (Certified Aging In Place Specialist) and are licensed and bonded in the State of Oregon (CCB# 157737). We are also members of the American Society on Aging.

What cities do you serve?

Currently we serve the greater Portland metropolitan area. Please contact us if you live in other communities in the Willamette Valley as some services may be available.



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Founders

The founders of **In Your Home** were guided by several motivations. Foremost, they empathize with the desire to stay in a place you love and know that assisted living facilities are not for everyone. We've dealt with the issues of aging parents personally and understand how important it is for friends and family to know that you are safe.

Our services are all fee-based, but we work hard to ensure you get the best value for every cent you spend with us. And remember that in most cases, using **In Your Home** will cost much less than moving to an Assisted Living Facility.

Our founders have a track record of creating the most ethical, enjoyable places to work for and do business with. We recognize that our clients trust us to help them stay independent. We believe this trust is a responsibility and we have designed our company to give you the care and assurance that you need without unnecessary risk.

Contact Us. In your home can be reached at 503-443-2424 or by email at info@IYH.biz.



Contact us

First name:

Last name:

Street Address:

City:

State:

Zip code:

Home phone:

Work phone:

Fax number:

E-mail address:

In Your Home will use this information to respond to your message. We will not sell or give this information to others.