



Community Forum

“Age in Place”

What is aging in place? Aging in place is a term used to describe a person living in the residence of their choice, for as long as they are able, as they age. This includes being able to adapt their home with features that promote safety and independence and have support services as their needs change. Building features might include ramps, railings, handles, lighting, adaptable appliances, and other simple home modifications. The question is, how do we help ourselves (or our parents) safely stay at home as long as possible?

Lynda Shrager’s book, ***Age in Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad’s Home*** gives a practical step-by-step, room-by-room guide to simple modifications that can help seniors make their homes safer and easier to navigate. This book offers readers clear and practical solutions. She talks about a checklist to complete a room-by-room walkthrough with a quick and easy guide to making each space safe and manageable. The book also provides photographs of home modifications and tips for health and home are provided at the end of each chapter that offer practical solutions for staying at home.

Book Signing

In addition, Ms. Shrager’s book, ***Age in Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad’s Home*** will be available for the discounted fee of \$5.00 (cash only please) on a first-come, first-serve basis.

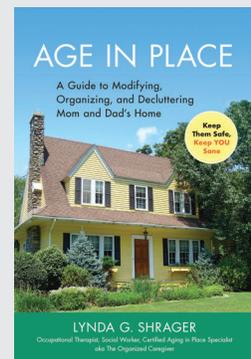
While there is no cost to attend, registration is required by **September 18, 2018. You may register in one of three ways:**

- Email Albany Guardian Society at ags@albanyguardiansociety.org. Please note “September 27 Forum” in the subject line.
- Call Albany Guardian Society at 518-434-2140.
- Online at www.albanyguardiansociety.org.

Date: Thursday, September 27, 2018

Time: 1:00 p.m. – 3:00 p.m.

Location: **Guilderland Public Library**
2228 Western Avenue
Guilderland, New York



Speaker: **Lynda Shrager**, OTR, MSW, Certified Aging in Place Specialist

Lynda Shrager is a registered, national board certified occupational therapist, a master’s level social worker and a Certified Aging in Place Specialist (CAPS) with more than 37 years of experience in the field of geriatrics and more than 13 years working with seniors in their homes. It is this mix of qualification and experience that makes her an expert in adapting the environment to increase patient safety and independence.

Sponsored By:



Founded in 1852, **Albany Guardian Society (AGS)** is a not-for-profit charitable foundation with a mission to engage in a wide range of endeavors including education, research, information and community engagement that will improve the quality of life for seniors, their family members, and caregivers of seniors.