

MATURE *Lifestyles*

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AGING AT HOME

Barrier-free remodeling offers independence

Many homeowners as they age are coming to the realization that their homes are not designed to meet their physical needs.

For example, adults who have developed severe arthritis in the hands can find grasping round doorknobs to be painful or difficult. However, the installation of lever-style doorknobs can provide them instant relief.

For other homeowners, stairs they run up and down regularly now threaten their mobility. A solution might come in the form of a lift or ramp installation.

For situations such as these, Aging At Home of Columbus tackles the small and big projects that will allow people to live comfortably and independently in their own homes longer. A division of The Basement Doctor Plus, Aging At Home is a full-service company specializing in barrier-free remodeling.

Studies have shown that the cost to remodel an existing home is often far less expensive and has a more lasting benefit than living in a senior facility.

From start to finish, Aging At Home professionals work to meet homeowners' needs and

Aging At Home

As a division of The Basement Doctor Plus, Aging At Home's professional crews are bonded, licensed and insured.

budgets. After a thorough evaluation process, Aging At Home creates and implements an action plan that is approved by the homeowner.

Aging At Home handles all types of projects from small installations, such as grab bars in a shower area, to extensive remodeling projects, including first-floor master suites or room additions.

Walk-in tubs, barrier-free showers, higher toilets, shower seats, grab bars, lower countertops, automated door openers, lifts and ramps are just a few of the home solutions provided by Aging At Home that address the unique needs of older homeowners.

For a free in-home consultation on barrier-free remodeling, call Aging At Home at 614-522-0784. For more information, visit www.agingathomeohio.com. Or visit the Basement Doctor's Home Improvement Center, 7369 E. Livingston Ave. in Reynoldsburg.

Nominations open for Caregiver of the Month

Caregivers fulfill an important role in life by providing countless ways of not only physical but emotional support for the people they are assisting.

For some adults, a live-in caregiver or a regularly scheduled helper can be a deciding factor if they can remain at home or must move into a nursing home.

Aging At Home, a new barrier-free remodeling company, has made it their mission to provide a service that allow older adults to live in their own homes longer. A division of The Basement Doctor, Aging At Home accepts all types of projects, from small installations, such as shower grab bars, to extensive barrier-free remodeling.

On a regular basis, Aging At Home staff members witness firsthand the extraordinary selflessness and kindness caregivers provide to those in need.

To show appreciation for a job well done, Aging At Home is creating a Caregiver of the Month recognition program and is seeking nominations.

Caregiver of the Month nomina-



tions can be made at www.agingathomeohio.com. Nominees may be a family member, volunteer or a paid professional. A brief explanation of why the caregiver is deserving of this award must be included for consideration. Monthly winners will be announced on the first Friday after the month ends. The Caregiver of the Month will have his or her pho-

Aging At Home

To honor the many extraordinary caregivers in central Ohio, Aging At Home is creating a Caregiver of the Month award. Make a nomination at www.agingathomeohio.com.

tograph and why they were selected as an outstanding caregiver posted on the Aging At Home Web site.

The monthly award winner will receive a \$50 gift card to a store of their choice. The person submitting the winning nominee receives a \$25 gift card.

The staff at Aging At Home greatly values the work caregivers do and hopes to express this through this monthly recognition.

To learn more about Aging At Home and barrier-free remodeling, call 614-522-0784 today for a free in-home consultation. For additional information, visit www.agingathomeohio.com or stop by The Basement Doctor's showroom at 7369 E. Livingston Ave. in Reynoldsburg.

Response time essential for heart attack victim

To many people, heart disease's status as the leading cause of death for both men and women in the United States comes as no surprise. For seniors, this is even less surprising, as heart health is often a topic of discussion when seniors visit their physicians.

That heart disease claims so many American lives each year (more than 650,000 in 2005 alone, according to the Centers for Disease Control and Prevention) is not exactly illuminating to most seniors, who are fully aware they must control their diets and exercise regularly to avoid cardiovascular disease. However, the warning signs of heart disease, in particular heart attack, might not be as widely known.

While many might think all heart attacks are sudden and intense, most actually start slowly, with some mild pain or discomfort, before escalating into something much bigger, and

much more deadly. The following warning signs could be indicative that a heart attack is happening:

- Upper body discomfort: Nearly everyone is aware that pain in the left arm can be indicative of a heart attack. However, pain in the neck, jaw, stomach, or even the right arm could also be symptomatic of a heart attack.
- Discomfort in the chest: Discomfort in the chest that lasts longer than a few minutes, or goes away and returns periodically, is very common among people who are having a heart attack. This discomfort in the chest can feel like squeezing, uncomfortable pressure or simply feel painful.
- Shortness of breath: Even if you're not having chest pain, shortness of breath can be a symptom of heart attack. Shortness of breath combined with chest pain should be considered an emergency and action should be taken immediately.

Seniors who experience any of the aforementioned symptoms should



call 9-1-1 immediately. Many times, drugs designed to bust blood clots can stop a heart attack or even a stroke from occurring. However, these drugs are typically only effective if they are administered quickly after the symptoms have first appeared, highlighting the importance of calling 9-1-1 immediately.

Learn the signs

Recognizing the signs of a heart attack can make the difference between life or death.

