


Make Your Own Age-Friendly Home



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Housing Society Elderly Resources Centre

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Centre Map

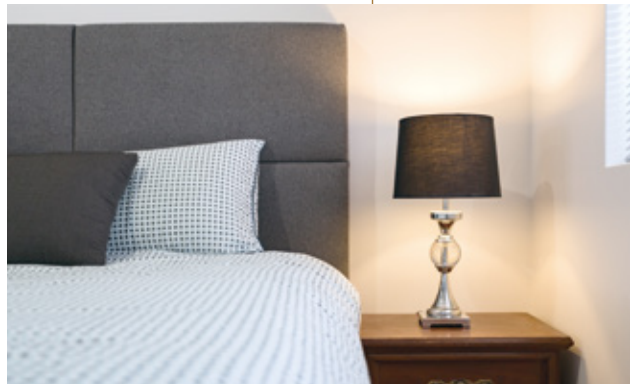
Most of the elderly prefer “ageing in place”, however, when they grow old, there are changes in their body and mind. Therefore, the original home environment may no longer suit their needs. This is how “Age-Friendly Home” comes to help.

What is Age-Friendly Home?

Age-Friendly Home refers to home environment which can facilitate the elderly to age in place, so that they can stay at their familiar home or community.

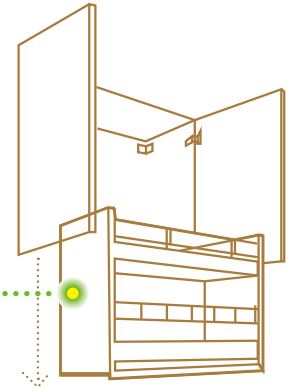
“Mind-Friendly Home” is a part of Age-Friendly Home, which specifically designs for persons with dementia.

Through **home design, assistive devices** and **gerontechnology products**, Age-Friendly Home caters different needs of the elderly due to physical deterioration; whereas for persons with dementia, it aims to reduce confusion, and to maintain or maximize their independence and bodily functions.



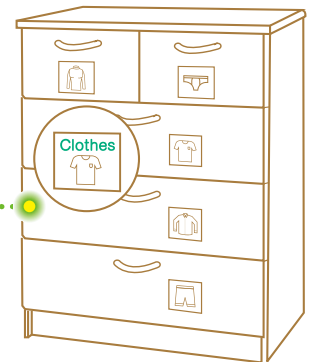
Main Features of Age-Friendly Home

Safety, convenience and **barrier-free** are the main features of an Age-Friendly Home, for example, installing bedrails to support the elderly to get up easily from the bed, or overhead cabinet with pull-down basket to allow easy reach of overhead items .



Main Features of Mind-Friendly Home

Mind-Friendly Home emphasizes on **safety, clarity** and **provision of cues**, for example, to maximize their independence by using transparent cabinet door with labels, so as to ease elderly’s difficulty in finding items.



If you would like to design your own “Age-Friendly Home”, please book a **Consultation with our Occupational Therapist** at our centre.



More Information