

# 7 Gadgets to Help You Age at Home

By

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# ABOUT THE AUTHOR

JJ Flentke has been sought after for more than 25 years by people who want and need effective physical therapy as they face the challenges of aging, and for many years she worked with seniors in their home with the added focus to help them stay in their home. JJ has devoted the last 15 years to understanding neurological and balance/vestibular challenges in the aging population. She and her team will help you maintain your independence whether that means traveling the world or staying in your own home and avoiding the assisted living facility.

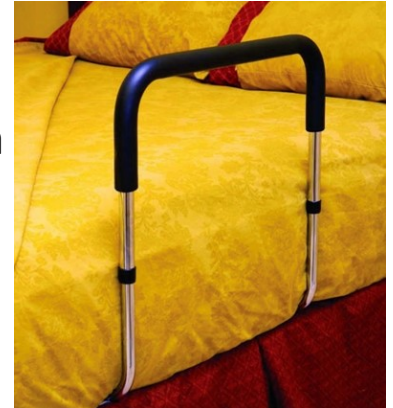


When JJ opened Boomerang Therapy Works it's every detail was designed with people in mind. From the open design, the equipment, the atmosphere and color, to the staff, everyone and everything speaks to the goal of keeping her patients at their best. She wanted a lot of windows for better lighting, plants to optimize the air quality, and a gym like atmosphere that exudes health. At Boomerang you are dealing with a chronic condition, A-G-E, in a healthy environment. You are NOT BROKEN. As a result, JJ has quickly become the authority, sought after by patients who come because their doctors, their families and their peers are all saying, go to Boomerang. Boomerang can help you thrive!

# Gadgets to Help you Age at Home

## 1. Bed Rail

Sometimes getting out of bed can be difficult for a number of reasons. A bed rail provides a sturdy surface on your soft mattress to help you push yourself up from a lying to a sitting position at the edge of the bed.



## 2. One-Handed Button Hook



Fastening buttons a difficult activity to complete for people experiencing decreased dexterity and strength in their hands. The button hook eliminates the fine motor demands of this task by allowing you to grip the tool's handle, slide the metal end through the button slit, pull the button through the slit and VWAH-LAH!

## 3. Tub Shower Bench

Instead of stepping over your bathtub to get into and out of the shower, a tub transfer bench allows you sit down and safely lift both legs over the tub for a safer transfer. It also provides a conformable seat while bathing.



## 4. Long Handled Toilet Aide

Many conditions that limit range of motion and arm and hand strength can make toilet hygiene very difficult. It can be embarrassing to ask a loved one or caregiver to complete this activity for us. The toilet aide with its long-handle and slit to secure toilet paper can help you maintain your independence.



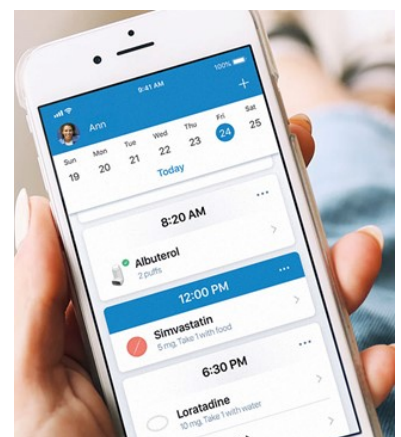
## 5. Sock Aide



Socks are a necessity in the Northwest and sometimes they can be difficult to put on. This tool eliminates the need to reach down and touch your toes while putting on socks. You simply put the aide inside the sock, roll the sock up the aide until it reaches the toe of the sock, place the aide on the ground and put your foot through the aide. It's that easy!

## 6. Medisafe Smartphone Application

Manage your medications with this easy-to-use smartphone application that notifies you when your prescriptions are low, allows you to communicate with your doctor, and receive alerts when your prescribed medications should not be taken together.



## 7.Reminder Rosie

Reminder Rosie is a personalized, voice controlled reminder system to remember when to take medications, go to appointments, and complete everyday tasks. The voice can even be recorded by a loved one to make the messages more personal .



# **How Can Boomerang Help?**

## **1. Physical Therapy**

Here at Boomerang, we are balance and exercise experts. Our physical therapist can look at your medications, medical history and help you address balance challenges along with those nagging aches and pains to help you be more functional, and able to exercise at any level! If you prefer to have 1:1 support after your session with the physical therapist, we also have personal trainers for continued support.

## **2. Occupational Therapy**

Our occupational therapist, Alex, is an expert in teaching you how to safely perform daily tasks. She provides input on equipment choice or technology to continue to support your staying in your own home.

## **3. Massage**

We have a great massage specialist who can help ease the aches and pains that come from tight muscle as we get older! Gail is amazing spirit with talented hands and wise advice.

## **4. Caring Closet—[www.acaringcloset.org](http://www.acaringcloset.org)**

Caring Closet is located next door. This non-profit recycles gently used medical equipment for free to those who need it. You do not have to fill out lengthy forms, just a liability waiver. It's easy, simple and free.

# **Boomerang Therapy Works**

## **Location**

210 W 4th St

Vancouver, WA 98660

We are located in downtown Vancouver just 2 blocks south of Esther Short Park.

## **Contact Us**

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If you have further questions, concerns or just want to speak to someone, call or email us. We are here for you.

**EXERCISE IS MEDICINE**