

Home Care: A Guide to Resources

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This guide is dedicated to Bobbie J. Jones, PhD (the spouse of the author) who has Alzheimer's.

Introduction

The American population is aging. The U. S. Census Bureau projects by 2030, there will be 71 million people older than 65, a 73 percent increase from 2015. According to a recent AARP study, 82 percent of the people who require ongoing, consistent health care during retirement want to continue to live in their own homes as long as possible, a trend called aging-in-place.

This guide has been developed for use by patients and caregivers as well as health care professionals in support of the growing role of home health. The following lists are not claimed to be exhaustive but hopefully extensive enough to be useful. The reader is welcome to suggest resources not listed in this document as candidates for inclusion in a future edition by contacting the author at wjones1302@gmail.com. The information is organized into five categories: General Resources and Information, Caregiver Resources, Home Care Technology Resources, University Resources and Conferences. It should also be noted that these groups are not mutually exclusive with respect to content. For example, it would not be unusual to find caregiver information in a website that has been classified under the category General Resources and Information.

General Resources and Information

The resources listed below provide information on a broad range of aging-in-place topics. They include individual reports as well as complex websites.

- [Administration on Aging](#) (AoA)

aoa.gov

The Administration on Aging (AOA) is the principal agency of the U.S Department of Health and Human Services designated to carry out the provisions of the [Older Americans Act of 1965 \(OAA\)](#), as amended (42 U.S.C.A. § 3001 et seq.). The OAA promotes the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities. The Act also empowers the federal government to distribute funds to the states for supportive services for individuals over the age of 60.

- [Age-In-Place](#)

aipathome.com

This site is dedicated to helping people better age-in-place and live independently by showing the benefits of using universally designed housing and products, telecare technologies and other assistive products that can make life easier at home.

- [Alliance for Aging Research](#)

agingresearch.org

For more than a quarter century, the Alliance has been a leading nonprofit force advancing the science of aging and health, educating health care consumers and medical professionals, and advocating for public policies to promote aging research and higher quality of life for older Americans. Click on the Health Information tab for the latest information and resources about age-related conditions, diseases and issues that impact the health of older Americans. The Alzheimer's disease information is particularly interesting. Resources include **a free educational film about Alzheimer's** available online at aboutalz.org and also available on DVD for purchase.

- [Aging in Place](#)

aginginplace.com

“Aging in place” means you remain living in the community with some level of independence rather than in residential care. Whether you are a caregiver looking for ideas about senior care or a baby boomer planning a retirement in the home and community you have come to love; or you are an entrepreneur interested in the growing industry of aging in place, you will find sound, intelligent and actionable ideas at this website. Topics include: your health and physical needs, informal care, money and finances, the built environment and community services.

- [Aging in Place 2.0](#)

metlife.com/assets/cao/mmi/publications/studies/2010/mmi-aging-place-study.pdf

This resource is a MetLife Report entitled “Aging in Place 2.0: Rethinking Solutions to the Home Care Challenge”, September 2010. This report presents “A New Look at Aging in Place”: Many advocates and experts envision a future “Aging in Place” in **which residential design, medical and home monitoring equipment and comprehensive care services are integrated**

into a dynamic and efficient monitoring and management system. This alternative system is designated “Aging in Place 2.0” and those who benefit from it can stay in the environment of their choice throughout their lives, empowered to take advantage of a system of integrated services. AiP2.0 requires two categories of infrastructure investment. (1) Connections to the World Outside the Home and (2) Home Design, Devices and Assistive Technologies Reducing Risk and Facilitating Wise and Effective Use of Resources.

- AlabamaDementia.gov

alabamadementia.gov

This website is a resource provided by the Alabama Department of Senior Services for Alabama seniors with memory loss and their caregivers. Information is conveniently grouped into three categories of links: Elders, Caregivers and Friends & Family.

- Alzheimer's Disease Prevention

nia.nih.gov/alzheimers/publication/preventing-alzheimers-disease/introduction

Recent research results are raising hopes that it might be possible to delay or even prevent Alzheimer’s disease. This website provides information about what scientists have learned and where research is headed. Whether or not you have signs of Alzheimer’s, you may want to consider volunteering to **participate in clinical trials and research studies**. This website provides tools for exploring this opportunity.

- American Association for Homecare (AAHomecare)

aahomecare.org

AAHomecare is the voice of homecare in Washington, representing healthcare providers, equipment manufacturers and other organizations in the homecare community. The membership reflects a broad cross-section of the homecare community, including providers of all sizes operating at approximately 3,000 locations in all 50 states. Lobbying efforts are designed to make sure that Medicare and other federal programs do not unfairly burden or create unfavorable business environment.

- American Society on Aging in America

asaging.org

An association of diverse individuals bound by the common goal of enhancing the knowledge and skills of those who seek to improve the quality of life of older adults and their families. This membership is multidisciplinary and inclusive of professionals who are concerned with the physical, emotional, social, economic and spiritual aspects of aging.

- [Design for Independent Living](#)

nahb.org/en/learn/designations/certified-aging-in-place-specialist/related-resources/what-is-design-for-independent-living

Aging-in-place means living in your home safely, independently and comfortably, regardless of age or ability level. It addresses the need to remodel existing homes and design new homes, so that people can age in place and not have to move to assisted-living facilities as they age. Since the vast majority of homes are not designed to meet these requirements, a movement in residential construction credential called **Certified Aging-in-Place Specialist (CAPS)** has been developed to meet this new consumer demand. CAPS design principles take your current and future circumstances into considerations and focus on elegant, aesthetically enriching, and barrier-free environments. The CAPS certification training is offered through the National Association of Home Builders and collaboration with AARP. This website provides a national directory of individuals with this certification.

- [Healthy Aging](#)

cdc.gov/aging

This CDC website provides materials that are designed to assist health professionals in learning about and engaging in activities of CDC's Healthy Aging Program and The Healthy Brain Initiative to promote independence and wellbeing.

- [Leading Age](#)

leadingage.org

Leading Age is a community of 6,000 not-for-profit organizations in the United States representing the entire field of aging services, 39 state partners, hundreds of businesses, research partners, consumer organizations, foundations and a broad global network of aging services that

reach over 30 countries. This website is a rich resource for information and education. The annual meeting sponsored by the organization is an opportunity to learn from exhibits and discussions of futuristic trends. Leading Age sponsors three research centers that can be accessed from this site: Center for Applied Research, Center for Aging Services Technologies and Center for Housing Plus Services.

- [National Aging in Place Council \(NAIPC\)](#)

ageinplace.org

NAIPC is a not-for-profit senior support network founded on the belief that an overwhelming majority of older Americans want to remain in their homes for as long as possible, but lack awareness of home and community-based services that make independent living possible. Members are Aging-in-Place professionals who provide a wide range of in-home care related services and have a full-page listing for their business on the national website.

- [National Institute on Aging \(NIA\)](#)

nia.nih.gov

NIA is one of the 27 Institutes and Centers of NIH, leading a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life. **NIA is the primary Federal agency supporting and conducting Alzheimer's disease research**, as designated by Congressional legislation. The Alzheimer's Disease Education and Referral Center (ADEAR) at this website contains extensive information that can be useful to patients, caregivers and healthcare providers. ADEAR staff are available (1-800-438-4380) to assist with answers to specific questions about Alzheimer's disease and can provide free publications about symptoms, diagnosis, related disorders, risk factors, treatment, caregiving tips, home safety tips and research as well as referrals to local support services and Alzheimer's Disease Centers.

- [Purple Cities Alliance](#)

purplecities.org

Purple Cities Alliance was formed to help educate people about how to respond to someone with dementia. This organization began in England and is all volunteer based with the goal of changing the way people view and respond to others who have dementia. The approach is to give a lot of people a little knowledge about dementia and how to help. **Training can be done online** or volunteers can come to meetings. At the time of this writing the city of Knoxville, Tennessee is working to become one of the first U. S. purple cities.

- [Senior Living](#)

seniorliving.org

This website is to help educate seniors and caregivers about senior living, senior care and senior lifestyles. A guide provides detailed explanations of retirement options: independent living, continuum care retirement communities, congregational care, active senior apartments, assisted living facilities, skilled nursing centers, Alzheimer's and memory care, in home care, respite care, hospice care, veterans housing, cooperative housing and adult day care. A national search tool is available for finding and evaluating senior living facilities by zip code or city. A senior living library of articles is also available. **An excellent website that includes a four-step approach to finding the best senior care.**

- [Seniors Resource Guide](#)

seniorsresourceguide.com

This website has 28 local regional Internet directories and a national directory. Each directory has its own database relevant to older adults. There are 76 topics in the individual databases that are grouped in six categories: Senior Housing, Health at Home, Professional Services, Health Services, Care Management & Referral Services and Community Resources. Each local directory also has its own local resources such as local Senior News & Events, local city links and an about the region web page. There are also in-depth Business Profiles of companies that provide senior services. **This is an excellent resource for Birmingham area information, as well as other areas.**

- [State of Aging & Health in America 2013](#)

cdc.gov/aging/pdf/state-aging-health-in-america-2013.pdf

This CDC report provides a snapshot of our nation's progress in promoting prevention, improving the health and well-being of older adults, and reducing behaviors that contribute to premature death and disability. In addition, the report highlights mobility in all of its forms and how optimal mobility is fundamental to healthy aging.

- [Village to Village Network](#)

vtvnetwork.org

“Virtual Retirement Villages” is a concept that began with Beacon Hill Village of Boston. It is a low cost strategy of local community sharing and aging at home. The concept is being implemented in many other locations. This website is a central point of information for those interested in starting a village. Village definitions vary significantly with some covering single neighborhoods and others with participants in many neighborhoods.

Caregiver Resources

There are almost 66 million family caregivers in the U.S. which means that nearly one in every three people are involved. With shorter hospital stays and longer life expectancies, this number will be growing. Many caregivers experience emotional, physical and financial challenges and require support to deal with their own health and wellbeing. These “silent patients” can easily be neglected. The resource list below provides information that will be helpful in caring for the caregiver.

- [Alzheimer's Association](#)

alz.org

The **Alzheimer’s** Association is the world’s leading voluntary health organization in Alzheimer’s care, support and research with local chapters across the nation, providing services within each community. As the largest non-profit funder of Alzheimer’s research, the Association is committed to accelerating progress of new treatments, preventions and ultimately a cure.

- [Alzheimer's Foundation of America \(AFA\)](#)

alzfdn.org

The mission of the AFA is "to provide optimal care and services to individuals confronting dementia, and to their caregivers and families-through member organizations dedicated to improving quality of life."

AFA unites more than 2,300 member organizations from coast-to-coast that are dedicated to meeting the educational, social, emotional and practical needs of individuals with Alzheimer's disease and related illnesses, and their caregivers and families. Under AFA's umbrella, these organizations collaborate on education, resources, best practices and advocacy —all resulting in better care for people affected by the disease.

This website includes caregiving resources as well as medical information.

- [Alzheimer's of Central Alabama](#) (ACA)

alzca.org

Over 20 years ago, local family and support group members joined to create Alzheimer's of Central Alabama (ACA) to promote education, research and provide services for local families. The heart of what we do is help families keep their loved one at home. Home care isn't always an option, but when a caregiver is committed to keeping their loved one at home, ACA offers services and education that help make it possible. ACA provides services and education that help make it possible. ACA provides on-going services for families throughout twenty one counties across the central part of the state including: (1) **Scholarships** for more than 600 patients to attend adult care centers. (2) **Continence products delivered** to the door for over 900 patients. (3) Funding for 22 research grants to Alabama colleges and universities. (4) Diminishing the risk of wandering by **offering Care Trak** to over 300 patients. (5) Providing ongoing education with our **newsletter**, website, **support groups**, **telephone helpline**, community awareness and education programs. NOTE: **ACA sponsors Walking to Remember.**

ACA is located at 300 Office Park Drive, Suite 225, Birmingham, AL 35223, 866.806.7255 and 205.871.7970, Miller Piggott Executive Director.

- [Alzheimer's Products](#)

store.best-alzheimers-products.com

Best **Alzheimer's Products** is an online store with a wide selection of aids and activities for Alzheimer's patients at all stages of the disease. There is information about each product and how it is designed to help.

- [Alzheimer's Reading Room](#) (ARR)

alzheimersreadingroom.com

The goal of the ARR is to educate and empower Alzheimer's caregivers, their families and the entire Alzheimer's community. "Real life" solutions are offered to problems that Alzheimer's caregivers face each day. The ARR Knowledge Base is searchable and contains more than 5,000 articles that were written to answer the most difficult problems and issues faced in Alzheimer's and dementia care. Advice and solutions are offered for real world problems like: repetitive

questioning, challenging behavior, how to understand Alzheimer's disease, how to cope with the disease and how to communicate effectively with a person living with dementia.

- [Caregivers Resource](#)

acl.gov/get_help/help_caregivers

The U. S. Department of Health and Human Services, Administration for Community Living provides this website as an information resource to assist caregivers.

- [Caregiving Resource Center \(AARP\)](#)

aarp.org/home-family/caregiving

Several caregiving tools available on this website make it very worthwhile to visit. One of the more interesting is a free caregiver smartphone app that supports private sharing of crucial caregiver information such as tasks, appointments and medications with family. A "Next Step in Care" document provides free caregiver guides and checklists on a variety of topics including transitioning between care settings. A Care Provider Locator search tool for home health, assisted living, nursing home, hospice and adult care options near you is available. State-by-State **Advance Directives is available with forms and instructions by state** on how to prepare an advance directive. Family and caregiving webinars are available.

- [Caring For Aging Parents](#)

caring-for-aging-parents.com

This website is a comprehensive resource for information, advice and support for caregivers. You will find product guides, a forum, elderly health information, care options and safety for the elderly.

- [Dementia Dynamics](#)

dementiadynamics.com

Dementia Dynamics is dedicated to improving the lives of those with dementia and their caregivers through education and technology. The primary reason to train the caretaking workforce is to improve patient care. However, a secondary mission is to reduce injuries among caregivers. According to U.S. Bureau of Labor Statistics, healthcare workers have the second highest injury rate in the private sector. Combative dementia patients play a significant role in this injury rate. Dementia Dynamics trains your employees to prevent most combative situations, reducing their risk of being injured on the job.

- [Dementia Education & Training Program](#) (DETA)

alzbrain.org

This learning resource contains information for caregivers and professionals of persons with dementia and individuals who worry about memory problems. The website is sponsored by the Dementia Education & Training Program through support from the Alabama Department of Mental Health and Mental Retardation and the Alabama state legislature. This site offers information and advice that is based on the best available science. DETA trains family caregivers and professionals in existing community programs and agencies about dementia and promotes education that allows Alabamians with dementia to live with dignity, independence and respect.

- [Government's Resource for Alzheimer's](#)

alzheimers.gov

A website for the people helping people with **Alzheimer's**. Extensive information including topics: What is Alzheimer's?, Treatment Options, How to Pay and Plan, Caring for Someone, Help with Alzheimer's and Fighting Alzheimer's.

- [Home Care Association of America](#) (HCAOA)

hcaoa.org

Founded in 2002, the Home Care Association of America is the nation's first association for providers of private duty home care, which includes non-medical home care services. The HCAOA is the recognized resource for information and definition of private duty home care practice, supported by a strong national membership of providers. HCAOA leads the industry that cares for people at home through education and advocacy.

Today, the HCAOA represents more than 2,500 member organizations and over 300,000

employees throughout the United States providing private pay in-home care services for the elderly and disabled. This website provides a search tool for locating home care providers.

- [National Caregivers Library](#)

caregiverslibrary.org

The National Caregivers Library is one of the most extensive libraries for caregivers that exist today including hundreds of articles, forms, checklists and links to topic-specific external resources that are organized into logical categories. **A free newsletter subscription is available that includes information for family caregivers, faith leaders and employers.**

- [National Alliance for Caregiving](#)

caregiving.org

The National Alliance for Caregiving is a national, non-profit coalition focused on advancing family caregiving through research, innovation and advocacy. Through supporting public policy research, coalition building, and education, the Alliance has supported America's nearly 66 million family caregivers since 1996.

- [National Care Planning Council](#)

longtermcarelink.net

The goal of the National Care Planning Council is to educate the public on the importance of planning for long term care. With that goal in mind, a large and comprehensive source of long term care planning material has been created that includes the "**Guide to Long Term Care Planning**". The Council promotes the services and expertise and provides a forum for members to share ideas and marketing strategies.

- [On the Problem of Pain](#), HarperOne

This book by C. S. Lewis examines the question: "If God is good and all-powerful, why does he allow his creatures to suffer pain?"

"Clive Staples Lewis (1898-1963) was one of the intellectual giants of the twentieth century and arguably one of the most influential writers of his day. He was a Fellow and Tutor in English Literature at Oxford University until 1954, when he was unanimously elected to the Chair of Medieval and Renaissance Literature at Cambridge University, a position he held until his

retirement. He wrote more than thirty books, allowing him to reach a vast audience, and his works continue to attract thousands of new readers every year. His most distinguished and popular accomplishments include Mere Christianity, Out of the Silent Planet, The Great Divorce, The Screwtape Letters, and the universally acknowledged classics The Chronicles of Narnia. To date, the Narnia books have sold over 100 million copies and been transformed into three major motion pictures.” (From Amazon’s C. S. Lewis Page) The latest Lewis recognition is a memorial in Poet’s Corner at Westminster Abbey in 2013 on the 50th anniversary of his death.

- [Pocket Guide for the Alzheimer's Caregiver](#), Dementia Dynamics, LLC

A book by Daniel C. Potts, M.D. and Ellen Woodward Potts.

"The book is the place to turn for initial information and perspective on Alzheimer’s disease, and to return for practical advice as problems arise. Most importantly, however, it dispels the sense of hopelessness families may feel by providing steps to maximize the enjoyment of life for the person with Alzheimer’s disease." --- Robert C. Griggs, MD, FAAN; 2009 - 2011 President, American Academy of Neurology.

- [Rosalynn Carter Institute for Caregiving](#) (RCI)

rosalynncarter.org

RCI is an advocacy, education, research and service unit of Georgia Southwestern State University that establishes local, state and national partnerships committed to building quality, long-term, home and community-based services. **Training and certification** is provided including the **online Caregiving Issues and Management Certificate Program**.

- [This Caring Home](#)

thiscaringhome.org

This Caring Home provides **tips and tools to enhance home safety for persons with Alzheimer’s** and other types of dementia. This site includes **Expert Reviews of the pros and cons of specialized products along with tips for success**. They emphasize that each person is unique, no one product will work in all situations and what works today may not work tomorrow.

Home Care Technology Resources

“We are at the dawning of “Connected Aging” in which the growing array of Internet-based technologies and mobile devices increasingly will support older adults in aging in place. Emerging technologies will enable both older adults and their caregivers to address a comprehensive range of medical, health, social, and functional needs. In addition, technology-based solutions that connect older adults to friends, family, and the community are becoming more viable; older adults and their caregivers are growing increasingly tech savvy; technology usability is improving; and price points are descending.

Technologies can empower seniors to better manage their health, stay connected to their communities, and get access to the services they need to remain independent in their homes and other community-based settings. New technologies also can make family caregivers’ lives easier by giving them tools to more easily support their loved ones being able to age in place. Finally, connected health technologies can create new opportunities for equipping health care professionals to better and more efficiently attend to the social, medical, and functional needs of older adults in the community.” (From the report “The New Era of Connected Aging”, Center for Technology and Aging)

The following list provides a gateway into the landscape of rapidly emerging home care technologies.

- [AbleData](#)

abledata.com

AbleData provides objective information on almost 40,000 products of assistive technology and rehabilitation equipment available from domestic and international sources to consumers, organizations, professionals and caregivers within the United States.

- [Aging in Place Technology Watch](#)

ageinplacetech.com

A market research firm that provides thought leadership, analysis and guidance about technologies and services that enable boomers and seniors to remain longer in their home of choice. The website is a rich information source about trends, resources and services. An interesting service is an annual research retainer which provides information on trends in specified areas.

- [Assistive Technology Industry Association \(ATIA\)](#)

atia.org

A non-profit membership organization of manufacturers, sellers and providers of technology-based assistive devices and/or services. The mission of ATIA is to serve as the collective voice of the assistive technology industry association so that the best products and services are delivered to people with disabilities. ATIA holds an annual conference that provides a forum for assistive technology education.

- [Center for Technology and Aging](#)

techandaging.org

This center of excellence of the Public Health Institute has the mission to improve the independence of older adults dealing with chronic health care issues by promoting the adoption and diffusion of beneficial technologies. The **online ADOPT Toolkit is available to help organizations implement technologies** for chronic disease management. The Toolkit website includes free, practical “how to” resources that guide providers, ranging from hospitals and health systems to aging services organizations, through the often complex technology adoption maze, from planning and development to implementation and evaluation.

- [Full Circle America](#) (FCA)

fullcircleamerica.com

Using a “**Virtual Assisted Living Platform**”, Full Circle America supports elders living in the comfort of their homes, living their lives to the fullest using technology, social networking, life management and expansive volunteering. During the enrollment interview, family, friends, neighbors, volunteers and paid service providers are identified to make up circles of support to provide a rich, integrated solution that is unique to the individual. Participation as a volunteer for someone else in need can give purpose, improve health and ensure that the entire enterprise is more affordable.

- [Home Care](#)

homecaremag.com

Home Care is the leading business magazine for HME professionals. “Senior Care Products” is a quarterly supplement of Home Care with a focus on presenting the most innovative products for aging in place to HME providers. The magazine is also closely affiliated with Medtrade, the industry’s premier tradeshow. **Subscriptions to qualified U.S. readers are FREE.**

- [Home Care Technology Navigator](#)

nfca.typepad.com/pluggedin_caregiving

Technology can often help with caregiving. This website provides examples of home care technologies grouped into the following categories: Staying Healthy, Staying in Touch, Staying in Your Home, Staying One Step Ahead, Staying Safe and Secure and Staying Strong Yourself. An independent living assessment tool is also available at this website.

- [IEEE Technology Navigator for Elderly Care Resources](#)

m.technav.ieee.org/tag/3479/elderly-care

Over 1,000 resources related to elderly care listed on this website. Categories include conferences, articles, jobs, educational, standards, periodicals and IEEE organizations.

- [Mobile Medical Apps](#)

fda.gov/medicaldevices/productsandmedicalprocedures/connectedhealth/mobilemedical
applications

The widespread adoption and use of mobile technologies is opening new and innovative ways to improve health care delivery. Mobile apps can help people manage their own health and wellness, promote healthy living and gain access to useful information when and where they need it. These tools are being adopted almost as quickly as they can be developed. According to industry estimates, 500 million smartphone users worldwide are using a health care app in 2015.

The FDA encourages the development of mobile medical apps that improve health care and provide consumers and health care professionals with valuable health information and the FDA also has a public health responsibility to oversee the safety and effectiveness of medical devices which includes mobile medical apps. Consumers can use both mobile medical apps and mobile apps to manage their own health and wellness, such as monitoring their caloric intake for healthy weight maintenance. Other apps aim to help health care professionals improve and facilitate patient care. The Radiation Emergency Medical Management (REMM) app gives health care providers guidance on diagnosing and treating radiation injuries. Some mobile apps can diagnose cancer or heart rhythm abnormalities or function as the “central command” for a glucose meter used by an insulin-dependent diabetic patient. A list of examples of mobile medical apps that have been cleared or approved by the FDA is accessible at this website.

- [New Era of Connected Aging](#)

techandaging.org/connectedagingframework.pdf

This report is intended to help decision makers in the health care, aging-services, and policy communities understand the emerging range of technologies that can empower older adults to remain independent in the community, while increasing the capacity of formal and informal caregivers. To assist in better understanding of the landscape, the report describes a framework that organizes connected aging technologies into four main categories based on its primary location of use: body, home environment, community, and caregiving. It also discusses key emerging technologies and **provides a discussion of how the new era of connected aging may unfold and its primary drivers.**

Smart Home Command Centers

Home automation is certainly not a new idea. However, recent advances in microminiaturization, sensors, wireless networks and the Internet of Things (IoT), the embedding of chips with network connectivity into objects such as home appliances, have stimulated the emergence of consumer products for the smart home environment. The list below provides some examples of the early entries into this market. Some non-residential caregivers will find this technology interesting but be aware of the high volatility of this emerging smart home technology.

- [Smart Home - Apple](#)

developer.apple.com/homekit

Although not available to the consumer at this writing, Apple has developed a framework called HomeKit that is designed to simplify home automation by the creation of a common language that smart devices from any manufacturer can understand and support. The system is also designed to be voice controlled using Apple's voice assistant Siri.

- [Smart Home - Indigo](#)

indigodomo.com

The Indigo Smart Home Software platform is a do-it-yourself approach to smart homes with a broad feature set. Custom graphical control pages are available to design your user interface. Advanced functionality can be included by using the available scripting in the Python language.

- [Smart Home - Insteon](#)

insteon.com

Marketed as an affordable, complete connected home solution for controlling and monitoring smart devices in a home from a smartphone or tablet by making use of the Insteon Hub and the home internet router.

- [Smart Home - Nest](#)

store.nest.com

Nest is expanding the functionality of its learning thermostat and smoke detector into a hub for the smart home. Note that Nest was bought by Google that also bought [DropCam](#), a home video surveillance company, to enhance their investment in the smart home market as well as [Revolv](#) that markets a wireless hub for managing smart home applications.

- [Smart Home - Samsung](#)

samsungdigitallife.com

A mounted wall pad provides home control functions that include: light control, heating control, energy consumption and other functions in conjunction with smart phones such as security, visitor check and conversation and door opening mechanism. Use the [SmartThings](#) app to add as many smart devices as you like to create a fully connected smart home.

- [Smart Home - Wink](#)

wink.com

A company named Quirky (quirky.com) crowdsources inventions by allowing individuals to submit an idea for a product and then taps the 314,000 member Quirky community's expertise

for product creation. There is no charge for submitting a product idea. Many of the ideas submitted were related to smart homes, so Quirky created a company called Wink to focus exclusively on the smart home market. Home Depot has partnered with Wink to market its smart home products and the smart hub that supports connectivity across multiple vendor smart home products.

University-Based Resources

Browsing university websites on aging and home care technology research is like looking into the future. These are the new idea factories that result in many of the products that improve the quality of our lives. Some projects also provide opportunities for seniors to be involved in the evaluation of ideas and prototypes of future products.

- [Aware Home Initiative - Georgia Tech](#)

awarehome.gatech.edu

This interdisciplinary research endeavor is aimed at addressing the fundamental technical, design and social challenges for people in a home setting. Central to this research is the Aware Home, a 3-story, 5040 square feet facility designed to facilitate research, while providing an authentic home environment within which to evaluate ideas and prototype products. **There are opportunities for seniors to volunteer to participate in these prototype evaluations.**

- [Center for Advanced Studies in Adaptive Systems \(CASAS\) - Washington State University](#)

casas.wsu.edu

CASAS is located in the School of Electrical Engineering and Computer Science. Research focusing on the convergence of technologies in machine learning and pervasive computing has resulted in the **development of smart environments that can be used for remote health monitoring and intervention.** The need for such technology is underscored by an aging population, the cost of health care, and the importance individuals place on remaining independent in their own homes for as long as possible.

- [Comprehensive Center for Healthy Aging - University of Alabama at Birmingham](#)

uab.edu/medicine/aging

This Center is located on the campus of the University of Alabama at Birmingham (UAB) and consists of an interdisciplinary community that promotes the health and well-being of older adults and their families through research, education and communication, specialty care, community programs and informing public policy. Its mission is fulfilled by participants from the disciplines of business, dentistry, education, engineering, health professions, medicine, nursing, optometry, public health and the college of arts and sciences.

- [ETHOS - Indiana University](#)

ethos.soic.indiana.edu

Ethical Technology in the Homes of Seniors (ETHOS) group is an NSF-funded interdisciplinary team creating a **digital toolkit that enables elders to maintain their privacy** while taking full advantage of home-based computing for their health and personal safety. This group believes that elders systematically underestimate their electronic privacy risk. A “living lab” involves elders from the local community who will interact with prototypes developed providing important feedback about the usability of the technology and privacy implications.

- [Health Promotion Research Center - University of Washington](#)

depts.washington.edu/hprc

Established as a collaboration with CDC, this Center brings together diverse communities and multi-disciplinary expertise from across the country to identify and address health promotion needs for healthy aging, with particular focus on populations that bear a disproportionate burden of illness and disease.

- [Interdisciplinary Center on Aging - University of Missouri](#)

medicine.missouri.edu/aging

This Center brings together the critical mass of campus health providers, researchers and educators who are focused on the needs of the rapidly growing older adult population. The

Center was part of the planning process that established TigerPlace, an aging-in-place retirement living facility co-sponsored by the Sinclair School of Nursing and the Americare Corporation.

- [AgeLab - MIT](#)

agelab.mit.edu

Based in the MIT School of Engineering, AgeLab is a multidisciplinary research program that works with business, government and NGOs to improve the quality of life of older people and their caretakers. Innovation is catalyzed across business markets by the application of consumer-centered systems thinking to understand the challenges and opportunities of longevity and emerging generational lifestyles.

- [Quality of Life Technology Center - Carnegie Mellon University](#)

cmu.edu/qolt/index.html

This Center is jointly operated by Carnegie Mellon University and the University of Pittsburgh and focuses on the intelligent systems that improve the quality of life for everyone while enabling older adults and people with disabilities. **Technologies include personal and assistive robots, cognitive and behavioral virtual coaches, safe mobility and driver assistance technologies, and human health and wellness monitoring**, awareness assistance solutions for home or community.

- [TAGlab - University of Toronto](#)

taglab.utoronto.ca/about

With the belief that older adults are underserved in the domain of personal computing, the TAGteam believes that carefully designed technology can help to close this gap. The goal is to design aides, systems and experiences that support aging with the objective of fostering a sense of community, identity and autonomy for users. The TAGteam consists of computer scientists, social scientists, designers and health care professionals.

- [TechSage - Georgia Tech](#)

techsage.gatech.edu

Research is focused on advanced rehabilitation engineering R&D to prevent, minimize or reverse the disabling effects of age-related losses and contextual factors on the independence, health and participation of people who are aging with chronic conditions or long-term impairment.

Conferences

National and regional meetings are great places to learn about best practices in home care, trends and new ideas from experts.

National conferences

- Alzheimer's Association International Conference (AAIC)
Sponsored by the [Alzheimer's Association](#)

alz.org/about_us_about_us.asp

- Annual Aging in America Conference
Sponsored by [American Society on Aging in America](#)

asaging.org

- Assistive Technology Industry Association Annual Conference and Exhibition
Sponsored by the [Assistive Technology Industry Association](#)

atia.org

- Home Care Association of America (HCAOA) Annual Leadership Conference
Sponsored by [Home Care Association of America](#)

hcaoa.org

- International Conference on Alzheimer's Drug Discovery

Sponsored by the [Alliance for Aging Research](#)

agingresearch.org

- Leading Age Annual Meeting and Expo
Sponsored by [Leading Age](#)

leadingage.org

- [Medtrade](#)

Medtrade is the largest home medical equipment expo and conference in the U.S. connecting the HME industry for over 35 years. **A large expo floor is filled with the leading home medical equipment manufacturers and their DME products.**

Thousands of durable medical equipment providers come to Medtrade to find everything from the basics to the latest innovations in mobility, respiratory, sleep, rehab and aids to daily living.

Sponsored by American Association for Homecare (AAHomecare)

medtrade.com

- PEAK Leadership Summit (Designed for no-for-profit executives in aging services)
Sponsored by [Leading Age](#)

leadingage.org

- World Parkinson Congress
Sponsored by the [Alliance for Aging Research](#)

agingresearch.org

Alabama conferences

- AARP Aging Policy Conference (October 17, 2015)

Sponsored by [UAB Comprehensive Center for Healthy Aging](#)

uab.edu/medicine/aging

- Canterbury-Beeson Forum on Aging (August 8, 2015)
Sponsored by [Canterbury United Methodist Church](#)

canterburyumc.org

- [Alabama's Dementia Care Conference: Strategies, Approaches and Practical Solutions](#)
(September 15-16, 2015)
Sponsored by Alabama Department of Senior Services

alabamadementia.gov