

TIPS FOR HEALTHY LIVING

- Eat healthy, avoid dehydration
- Get prescription drugs, OTCs, creams, salves reconciled
- Do some balance and strength exercises daily
- Know your health red flags
- Keep emergency numbers by all phones
- Keep a phone by the bed, in bathroom, kitchen, living room
- Emergency pendants save lives
- Higher lighting levels where medicines are taken and sharp objects are used
- Keep kitchen emergency kit (cuts, spills, gloves, extinguisher)
- Socialize as much as possible
- Chronic illness, depression and anti-social feelings are not a normal part of aging
- **For safety:**
- Tape down mats and throw rugs
- Stay off of ladders and stools
- Make popular items reachable from floor
- Light your night time pathways
- Avoid walking with bifocals on
- Use grab bars, sit to exit tub
- Change smoke detector batteries yearly; schedule with Fire Dept.
- Keep home entrances well lit, shrubs cut low, doors locked
- Never accept free offers or one-day deals—they are scams!
- Call for HELP when needed

THE BE HOME 4EVER DIFFERENCE

BE HOME 4EVER can help you manage your activities and stay in the home in the following ways:...

HOME We can help you match your home to your current physical needs and abilities to self-direct your activities.

CHOICES We can help you avoid the stress and utilization of institutions by helping you plan the community resources for your quality of life.

INFORMED We can provide trusted information and techniques that will minimize your exposure to unscrupulous providers and scams.

AFFORDABLE LIVING By keeping you in your home and using community services where available to minimize the high cost of living.



When you are experiencing life changing health issues and physical limitations that impact your ability to perform the activities of daily living, BE HOME 4EVER is there to offer solutions to keep you safe, independent, and in the comfort of your home. Seniors struggling alone in a home not matched to their capabilities can increase the risk of accidents and need for institutionalization. We will work closely with you, your family, and your health care providers, contractors and product suppliers to design a custom solution for you that will reduce your stress and increase your peace of mind. Call or email us to arrange a free consultation today! Please share this brochure!

SAVE ME IN YOUR SMART PHONE



BE HOME 4EVER, INC.
Love Your Home
Love Your Life

Home Modification Plans for:

- Safety, Barrier-free & Maintenance
- Short & Long-term Disability
- Contractor Co-ordination

Life Restoration Planning & Home Adaptive Technology Plans

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Thomas M. Lorenz, MA (Gerontology)
Owner/Principle

Call for a FREE Consultation Today!

BE HOME 4EVER, INC.

"Love Your Home, Live Your Life"



Tom Lorenz, Gerontologist, is the founder and owner of Be Home 4Ever. Be Home 4Ever provides the assessments, plans, and product recommendations to maintain your

independence and preserve dignity. We work closely with individuals and families to design and develop an environment that will best meet the needs of both the individuals and their care givers. Give us a call today!!
336-578-5809 / 336-675-5218

SHERIFF/EMS: 911

APS (PROTECTION):

APS SERVICES: INFO:

PHYS/FIN ABUSE:

SUBSTANCE ABUSE: 1-800-662-4357

24 HR. CRISIS: 1-888-543-1444

MEDICARE: 1-800-633-4227

MED REVIEW:

DOCTOR:

CAREGIVER:

OUR CONCEIRGE MENU OF SERVICES

BE HOME 4EVER can plan and help you manage your loved one's Home and Community Based Services (HCBS):

- ◆ Emergency care planning/coordination
- ◆ Community, VA. and private agency navigation, planning, service advocacy
- ◆ Patient-centered Care Planning and Coordination for Home / EMS / Hospital Discharge / Rehab / Home Health
- ◆ Planning for transportation, shopping, pharmacy, nutrition, doctor, day care, 24/7 care, bill pay/financial care, legal care, property management, social and spiritual care coordination
- ◆ Planning, coordination and verification of durable medical equipment and care agencies
- ◆ Home modification assessments, planning and contractor coordination
- ◆ Technology/Cell phone apps / PERS assessments and coordination of devices and systems for independence
- ◆ Life review video, End of Life Planning



I invite you to view my credentials at the web locations shown.

University of Massachusetts, Boston: Master's Certificate, Delivery of Aging Services, <http://www.umb.edu/academics/mgs/gerontology/graduate/>

Member: Society of Certified Senior Advisors, <http://www.csa.us/CSAVerifier.aspx> (enter zip code 27258)

National Association of Homebuilders & AARP: CAPII Training, <http://www.nahb.org/directory.aspx?sectionID=1391&directoryID=1415> (enter 27258)

Penn State University: Electronics Design Engineering Technology Assoc. Degree

Greensboro College: BS Mathematics at <http://www.greensboro.edu/index.cfm> (1992)



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