



Mainers are getting older and with that, comes a range of challenges in terms of where and how we live.

Today, nearly 21% of Maine's population is over age 65, and the state has the oldest median age in the country at 44.9 years. By 2030, 28 percent of Mainers will be 65 or older, higher than any other state.

According to AARP, "Nearly 90 percent of older adults want to stay in their own homes as they age, often referred to as "aging in place." One of the biggest concerns of people as they age is falling at home. There are some simple modifications that can be done to improve quality of life and livability at home and prevent falls.

Whether you are aging yourself, concerned about an aging family member or have a loved one who has become disabled, you may want to consider making some home modifications to improve accessibility

Common home modifications include:

- Railings – interior and exterior
- Grab bars – bathrooms and stairs
- Chair lifts
- Ramps
- Bathroom remodels
- Stairway reconstruction
- Lighting

Town & Country has participated with Tim St. Hilare Custom Property Solutions to help members who may want to make changes to improve home accessibility. Here is how it works:

- Free on-site assessment to evaluate home accessibility needs
- Priority recommendations for modifications to improve accessibility
- Modification cost estimates based on family's priorities
- Schedule work on priority modifications

Most home accessibility modifications can be done in just one to three days, depending on the work.