

housing resources, modifications and move management



For most people a home represents security and independence. There's no place like home, in spite of the fact that our needs may change throughout the course of our lives. That's why home modification might be the right option. These may include the adding of ramps and adaptations to homes in order to make it easier and safer to carry out activities such as bathing, cooking, and climbing stairs. Relocations may also be required. The information and listings below can help you do that, and more.

Ten Tips to Downsize and 'De-Stress' Your Move!

1. Ask for Help - Don't be too proud or independent-minded to ask for help. Moving is not easy and you shouldn't do it all yourself. But don't wait until the last minute to ask for help. Some of these downsizing steps require months to accomplish.

2. Pack a Survival Bag - Put together a survival bag for move day. It might include personal needs (medications, eyeglasses, toiletries, change of clothes, important papers, etc.); kitchen needs (snacks, drinks, folding chair, and disposable cups/plates); basic tools (hammer, screwdriver, flashlight, tape, etc.); cleaning supplies (sponge, roll of paper towels, soap, etc.); and payment for mover – be sure you know which form of payment they accept.

3. Space Plan Ahead - Most Senior Move Managers can provide you with a customized floor plan of your new residence. A floor plan will help you determine the pieces of furniture that will fit in your new home, and the best location of each. Knowing which pieces will fit in your new space will help you in your rightsizing process.

4. Don't Lose Touch - Create a list of people, places, and utilities/services that need to be notified of your upcoming change in address.

5. Recycle the Toxins - Take time to put together a box or two of household, yard, and automotive cleaning products, as well as paint, that are considered hazardous. Visit www.Earth911.org for more information on hazardous collection in your area.

6. Use it Up...Don't Move it Out - Take an inventory of your canned goods, frozen foods, and paper products. Plan to use as many of these products as you can before moving. If you simply have too many of these items, think about passing them on to a local food pantry.

7. New Looks for Books - If you own large quantities of books, you need to spend time downsizing your collections. Books occupy lots of space and are heavy to move. Consider donations to libraries or senior centers, or sales to used bookstores. Call on a book dealer for older books with potential value.

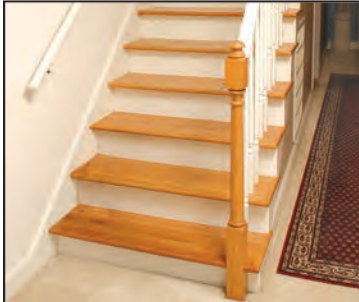
8. Save Your Memories - You may have boxes of old photos from every holiday, vacation and birthday party attended. What do you do with them? Consider the following ways to preserve family photos and stories: a customized process of audio and video recordings called Life-Storying. Copy your special photos on to CDs, or try your hand at scrap-booking. Also services now exist that will take all your photos, slides, and videos and do it for you.

9. Get Generous - Since you can't take everything you own to your new home, now is the time to make arrangements to "gift" some of your treasures to special people in your life including, and especially family, helpful neighbors, friends, favorite organizations, or a church/synagogue.

10. Start Early - End Happy - It's never too early to begin the downsizing process. Begin by focusing on typical problem areas such as the attic, basement, garage, closets, and file cabinets.

Reprinted from the National Association of Senior Move Managers

Home Safety Evaluation



Windows and Doors

1. Are windows/ doors easy to open and close?
2. Are the locks sturdy and easy to operate?
3. Are the doors wide enough for a walker or wheelchair?
4. Are the door thresholds too high?
5. Is there space to maneuver while opening and closing the doors?
6. Does the front door have a view panel? Is it at the proper height for you?

Floors

1. Is the surface safe and nonslip?
2. Are there scatter rugs or doormats that may be dangerous?
3. Are there changes in levels? If so, are they clearly marked?

Steps, Stairs, and Walkways

1. Are they in good repair?
2. Do they have smooth, safe surfaces?
3. Are there handrails on both sides of the stairway?
4. Is there grasping space for both knuckles and fingers on the railings?
5. Are the stair treads deep enough for your whole foot?
6. Are there any hazardous open risers on the stairs?
7. Would a ramp be feasible in any of these areas should the need arise?

Appliances, Kitchen, and Bath

1. Is the arrangement convenient and safe?
2. Can the oven and refrigerator be opened easily?
3. Are the stove controls easy to use? Are they clearly marked?
4. Is the counter height/ depth convenient for you? Can you sit while working?
5. Are the cabinet knobs easy to use?
6. Are the faucets easy to use?
7. Do you have convenience items such as a garbage disposal? Trash compactor? Hand-held shower head?
8. Can you get in and out of the shower with ease?
9. Do you have a bath or shower seat?
10. Are there grab bars where needed?
11. Is the hot water heater regulated to prevent scalding?

Storage

1. Is the storage located conveniently?
2. Is the storage adequate and usable?
3. Can you easily reach closet items?
4. Have you maximized your storage space with innovative products?

Electrical Outlets, Switches, and Alarms

1. Are the outlets/ switches easy to turn off and on?
2. Are the outlets properly grounded to prevent electrical shock?
3. Are the extension cords in good condition? Are they needed?
4. Do you have smoke detectors in all of the necessary areas?
5. Do you have an alarm system?
6. Is the telephone readily available for emergencies?
7. Is the telephone equipped for hearing enhancement if necessary?
8. Can you hear the doorbell in every part of the house?

Missouri Listings

Accessibility Home Improvements

Phone: 636-400-1634 Fax: 636-400-1632

P.O. Box 843, 18 Bunker Drive, O'Fallon, MO 63366

Email: info@accessibilityhomeimprovements.com

Website: www.accessibilityhomeimprovements.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, St. Clair IL

Description: We provide home modifications to make your home safe & accessible for people of all ages & abilities.

Accessibility Solutions

Phone: 314-644-6354 Fax: 314-647-7173

6323 Clayton Avenue, St. Louis, MO 63139

Email: dedoad@aol.com

Website: www.accessibilitysolutionsstl.com

Counties Served: St. Charles MO, St. Louis MO, St. Louis City MO

Description: Accessibility Solutions is a family owned business that makes housing adjustments needed to stay in your home longer. We are CAPS certified through the NAHB and use Universal Designs to retrofit kitchens, bathrooms, create first floor laundry, install ramps, widen doorways, railings, elevators, and much more! Free evaluations!

Adaptive Living Koncepts, Inc.

Phone: 314-607-5590 Fax: 636-464-5745

2019 Grants Valley Lane, Imperial, MO 63052

Website: www.adaptivelivingkoncepts.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, St. Clair IL

Description: Handicap Bathroom Modification; Sales, Service and Installation of Ramps and Porch/Vehicle Lifts. Registered VA contractor. Licensed and Insured. Residential and Commercial.

Aging-In-Place Home Solutions

Phone: 314-395-9558

P.O. Box 410319, St. Louis, MO 63141-0319

Website: www.AgingInPlaceHomeSolutions.com

Counties Served: St. Charles MO, St. Louis MO

Description: At Aging-In-Place Home Solutions we apply our healthcare design experience to private residences. Our services allow seniors to plan ahead, and those with disabilities and dementia-related illnesses to live independently in a safe and supportive home environment for as long as possible.

Amramp

Phone: 314-409-4292 Fax: 636-527-5835

1236 De Noailles Drive, St. Louis, MO 63011

Email: chuck.maender@amramp.com

Website: www.amramp.com

Description: The Amramp System is a patented, low cost ramp that is ideal for wheelchairs, power scooters, or those who struggle with stairs. Amramp is the only company that allows its customers the option of renting or buying, making these ramps perfect for either short-term or long-term use. We will send a professional to any home for a free evaluation. Installation is both quick and easy.

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www.amramp.com

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Caring Transitions St Louis

Phone: 314-962-4200 Fax: 314-962-2573

2850 Lawndell Drive, St. Louis, MO 63144

Email: info@ctstlouis.com Website: www.ctstlouis.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

Description: *Caring Transitions St Louis is a Senior Move Management, Relocation, Downsizing and Estate Sale Service serving Metro St Louis regionally and Southwestern Illinois.*

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Phone: 314-965-4089 Fax: 314-965-4992

564 Briar Ridge Lane, St. Louis, MO 63131

Email: bklamer@aol.com

Website: klamerpropertymanagement.com

Counties Served: St. Charles MO, St. Louis MO, St. Louis City MO

Description: *"The comfort of living in your own home with the convenience of a condo". Homekeepers LLC is a single source of responsibility to provide all the services necessary to maintain your home and property.*

Homepro Corporation

Phone: 314-351-5283 Fax: 314-351-8708

P.O. Box 4321, St. Louis, MO 63123

Email: kjoth@stlhomepro.com

Website: www.stlhomepro.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

Description: *Sales, Rentals, Installation and Modifications of Accessibility and Safety Items for Seniors, Persons with Disabilities & Rehab and Recovery Patients.*

Housing Options Provided for the Elderly (HOPE)

Phone: 314-776-0155 Fax: 314-776-0852

4265 Shaw Boulevard, St. Louis, MO 63110

Website: www.hopestl.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

Description: *Helping Older Adults live with dignity and*

independence in the housing most appropriate to their circumstances. Nationwide we help with Reverse Mortgage counseling (Reverse Mortgages are a way to borrow on home equity; repayment is not required until you move). In St. Louis we provide case management - helping to cope with any problem - 60+.

INhance IT! Home Staging/Moving Forward

Phone: 314-486-5354 Fax: 636-246-0111

4 Royal Birkdale Court, O'Fallon, MO 63366

Email: liz@inhanceitstaging.com

Website: www.inhanceitstaging.com

Counties Served: St. Charles MO, St. Louis MO, St. Louis City MO

Description: *INhance IT! Moving Forward Senior Move Management Team - The Go To Resource for the Mature Move. Services relating to Baby Boomers & Beyond that are moving or downsizing. Our Certified Moving Managers specialize in putting clients in the best situation to sell their home. This allows the client's home to compete effectively in the home selling marketplace.*

In-Lawsuite.com

Phone: 314-966-4550 Fax: 314-966-3606

12765 West Watson Rd., Sunset Hills, MO 63127

Website: in-lawsuite.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Blog for all things related to elder home care and the planning and building of an in-law suite or mother in-law suite. You'll find information from floor plans and universal design, to dementia care, Alzheimer care, home care and nursing care alternatives.*

Keller Williams Realty STL

Phone: 314-677-6390 Fax: 314-677-6391

10936 Manchester Road, St. Louis, MO 63122

Email: nancy@yourteamstl.com Website: Yourteamstl.com

Description: *Seniors Real Estate Specialist. Successfully helping people with housing transitions and relocations.*

Lasting Impressions Home Remodel Center, Ltd.

Phone: 314-837-7722 Fax: 314-837-0655

2168 N. Waterford, Florissant, MO 63033

Website: www.lastingimpressionsremodeling.com

Counties Served: Franklin MO, St. Charles MO, St. Louis MO, Madison IL, Monroe IL, St. Clair IL



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314-434-4846

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Description: Home of The TubcuT!! and, the ADA compliant adjustable toilet seat!!! We have a showroom available for people to see The TubcuT, safety products, accessible kitchens and other home remodeling ideas. We specialize in remodeling kitchens and baths for seniors and people with disabilities.

Livfree, LLC

Phone: 314-726-3000 **Fax:** 314-725-1108

7379 Pagedale Industrial Court, St. Louis, MO 63133

Website: www.livfreenow.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, St. Clair IL

Description: Livfree serves as a reliable resource for anyone with disabilities or age-related needs who wants to stay in their home.

Re-Bath

Phone: 314-849-4882 **Fax:** 314-849-4040

8100 Watson Rd., St. Louis, MO 63119

Email: office@stlrebath.com **Website:** www.rebathstl.com

Description: Re-Bath is the perfect solution for a lasting bathroom remodel. We have designed a process that makes remodeling your bathroom economical, straightforward and stress free. Boasting exceptional customer service and lifetime warranties, Re-Bath is proud to offer free in-home estimates and free design consultation. Our dedicated staff is here to help every step of the way.

Rebuilding Together - St. Louis

Phone: 314-918-9918 **Fax:** 314-918-9920

357 Marshall Ave., #2, St. Louis, MO 63119

Email: info@rebuildingtogether-stl.org **Website:** www.rebuildingtogether-stl.org

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Katrine Hellauer Diane Gorris
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HOUSING RESOURCES, MODIFICATIONS & MOVE MGMT.

Description: *Rebuilding Together - St. Louis brings volunteers and communities together to improve the lives of low-income homeowners. Rebuilding Together provides free minor home repairs that increase the safety, comfort, and independence of the homeowner and family.*

Senior Transition Specialists

Phone: 314-872-6776 **Fax:** 314-997-4610

1588 S. Lindbergh Blvd, Ste 210, St. Louis, MO 63131

Email: STSHomeTeam@gmail.com

Website: www.StLSeniorHomeSales.com

Counties Served: St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Helping Seniors Transition to a Retirement Lifestyle. We are a team of Realtor Seniors-Specialists with 50+ years of combined experience. Our listing services include assistance with: Preparing your home for sale; Estate Sale arrangements; Repairs; Staging; Marketing; Contract negotiations; & Final moving arrangements. We provide a patient & compassionate approach with all of our clients.*

St. Louis Area Agency on Aging

Phone: 314-612-5918 or 877-612-5918

Fax: 314-612-5915

1520 Market Street Room 4065, St. Louis, MO 63103

Email: slaaa@stlouiscity.com

Website: www.slaaa.org

Counties Served: St. Louis City MO

Description: *SLAAA uses volunteers to provide minor home repairs for seniors living in the City of St. Louis. Minor home repair projects include: yard work, painting, gutter cleaning, plumbing, etc. There is no cost for service but the senior may be asked to buy special supplies.*

Tile & Bath Service, Inc.

Phone: 636-394-0315 **Fax:** 636-394-0727

14770 Clayton Road, Ballwin, MO 63011

Email: Chuck@tileandbathservice.com

Website: tileandbathservice.com

Counties Served: St. Louis MO

Description: *We specialize in shower rebuilding, tub to stall shower conversions and bathroom remodeling. We offer extra high toilets and vanities, grab bars, handheld showers, extra deep tubs and solutions to special needs situations. Please visit our showroom.*

Universal Home Modifications

Phone: 314-434-4846 **Fax:** 314-434-3846

29 Forum Shopping Center, Chesterfield, MO 63017

Website: www.uhmonline.com

Counties Served: Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Madison IL, St. Clair IL

Description: *Your certified aging in place and accessible home specialist, please see www.uhmonline.com or visit our showroom for more information.*

Washington University In-Home Occupational Therapy Program

Phone: 314-362-5079 **Fax:** 314-286-1601

4444 Forest Park Ave., Campus Box 8505, St. Louis, MO 63108

Website: ot.wustl.edu

Counties Served: St. Charles MO, St. Louis MO, St. Louis City MO

Description: *Skilled occupational therapists come to your home and work with you to make the changes needed to maximize your independence and safety. OT evaluation and intervention services may include: fall management; home modification and equipment recommendations; low vision OT; improving or sustaining daily activities; and caregiver education. Client does not have to be homebound. Most insurances accepted.*



Illinois Listings

Options HME Stair Lifts

Phone: 636-489-0055

25 Shannon Ct., Highland, IL 62249

Email: customer.service@optionshme.com

Website: www.optionshme.com

Counties Served: Franklin MO, Jefferson MO, St. Charles MO, St. Louis MO, St. Louis City MO, Bond IL, Clinton IL, Madison IL, Monroe IL, Randolph IL, St. Clair IL, Washington IL

Description: *Options HME, Inc. sells, installs, and services stair lifts and other Age in Place Equipment in the St. Louis, Missouri and Southwest Illinois area. We have the expertise and experience you would expect to find at a larger company, along with the customer focused service of a smaller locally owned company.*

USDA Home Repair Loans and Grants

Phone: 618-656-7300 **Fax:** 618-656-9144

1205 Marine Rd., Edwardsville, IL 62025

Email: Gary.mersinger@il.usda.gov

Counties Served: Bond IL, Clinton IL, Madison IL, Monroe IL, St. Clair IL

Description: *The office is open Monday through Friday from 8:00 am to 4:30 pm. There are two programs offered: home loans for purchasing and loans for home repairs. To be eligible for the home repair loan or grant the individual must be 62 or older and the repair must be either because of safety or health issues. There are two facts that affect the amount of money an individual qualifies for and those are income and number of individuals in the household.*