

Personal Epiphanies

00;00;00;00 - 00;00;24;01

Karen Brown

Linda Kafka has worked as an aging in place specialist for over 15 years. She brought the Certified Aging in Place specialist program, better known as Caps, to Canada many years ago. It's taught through the Canadian Homebuilders Association, as is the Adaptive Home Renovation course, which she also developed. Linda is the principal of the Science and Design Academy, leading a team of experts in neuro esthetics, cognitive architecture and biophilia.

00;00;24;06 - 00;00;35;17

Karen Brown

You are about to hear a fascinating conversation with lots of takeaways. Well hi Linda, welcome. It's so good to see you. We always have such a good time chatting together.

00;00;35;19 - 00;00;39;27

Linda Kafka

Hi Karen, it's great to be here with you and thank you for having me on this podcast with you.

00;00;39;29 - 00;01;09;11

Karen Brown

Oh, it's my pleasure. I know that when we first talked about this podcast, I spoke to you about wanting the, you know, your top list of things that you would suggest to people who wanted to do home modifications to age in place. And through the process of conversation, you came up with a much better idea. So there are things people have to do even before they get to picking up a hammer and a nail or calling somebody.

00;01;09;13 - 00;01;24;19

Karen Brown

And I think that is absolutely a brilliant idea. So for anybody who is listening or watching this podcast, this is going to be a terrific one for you because Linda is just such a wealth of information. So, Linda, what are your top hits?

00;01;24;21 - 00;01;45;06

Linda Kafka

Well, before I say that, I want to say, you know what, Karen? We really bounce off of each other. So while you are extremely knowledgeable at this industry, I've been doing it since 2010. And, you know, it's great to have conversation because I think the more people you engage in conversation about your aging in place, goals and plans, the more you're going to learn and, and, you.

00;01;45;06 - 00;01;46;13

Karen Brown

Absolutely.

00;01;46;15 - 00;02;18;21

Linda Kafka

It's so important. And so, you know, often when I get asked to speak on podcasts, it's exactly that. Give us the top five or top ten home modification actions that we should be doing. And you know, at the end of the day, we all kind of logically know, you know, if our doorways are widened, it makes it easier for us to get in and out of them when we have a mobility device, you know, using lever handle lever handles for doors so that, you know, our arthritis, if we've got challenges with our fine motor skills, we can, you know, easily open and close those doors or even turn on faucets and the list

00;02;18;21 - 00;02;41;27

Linda Kafka

goes on and on. Lighting, flooring, you know, you know, you know, but where I really want your audience to go is I want to go before I want to go to a place before you actually do the renovations. There's so much to consider when you say, and actually when we've interviewed and there's been certainly a lot of surveys out there that talk about, you know, do you want to age in place?

00;02;42;00 - 00;02;57;15

Linda Kafka

And at one point, I think pre-COVID, it was about 80% of people said, yes, I'd like to age in place. And as we got closer to Covid or

during Covid, it was 90. And then when we finished Covid, it was 100 people that you'd interview. Every single person would say, I want to age in place, but what does that really mean?

00;02;57;17 - 00;03;23;12

Linda Kafka

And, you know, are you really thinking about the whole process and, and you yourself as that individual or you and your partner, are you really committed to aging in place? And so you're going to say, of course I am. Why wouldn't I be? But let's logically look at your space. And so that's what I want this conversation, to go towards is, you know, if you've lived in that residence and I'll give an example, two examples.

00;03;23;12 - 00;03;50;15

Linda Kafka

My mother had lived in her residence for over 60 years, before she was forced out because we didn't do aging in place, renovations. And I lived in my home for 30 years. We accumulate a lot of belongings, furnishings, you know, we house or we decorate our spaces up. We've got our area rugs and our coffee tables and, you know, and all these furnishings that are not always conducive to aging in place.

00;03;50;18 - 00;04;08;12

Linda Kafka

And so one of the things that I always say to people is if you are truly committed to aging in place, are you committed also to really looking through that lens of aging in place and looking at your environment before you do the remodel and saying, you know, what, do I have to purge? What do I need to get rid of?

00;04;08;15 - 00;04;29;23

Linda Kafka

What are the things that no longer serve me? I happen to have a lot of storage in the basement. Things like, you know, pots and pans that I might have used when we had holiday guests coming over that weren't, you know, used on a regular basis. And I would store them. So I'm up and down the basement stairs, you know,

going and getting things that I know long, you know, that, that we needed.

00;04;30;00 - 00;04;51;23

Linda Kafka

But as I age, I'm no longer entertaining. I don't have the big, family gatherings happening in my space. My mother, when she was in her 90s, was certainly no longer doing that. So why are we holding on to all those things? They not only become clutter, but they also add to the potential of falling of of a whole bunch of other issues that are going to happen.

00;04;51;26 - 00;05;00;28

Linda Kafka

That's one conversation. That's your first conversation. Having it with yourself. I don't know, Karen, if you how you feel about that, if you see that, you know.

00;05;01;00 - 00;05;20;04

Karen Brown

I completely agree with you. And I you know, when you were talking about the things that that no longer serve us, I have my great grandmother's china, the kind of china that you have to wash by hand because it was hand-painted. It can't go in a dishwasher. It's in a box. I never use it. My kids don't want it.

00;05;20;04 - 00;05;45;01

Karen Brown

But there it is. And something has to be done with it. Because if I don't do something with it, then when I pass away, my kids have to do something with it. I think a lot of us have that kind of stuff, those kinds of collections, you know, tea services and fine china that we don't use anymore in clothes that, you know, the stuff that, well, it might fit us if we only lost 10 pounds.

00;05;45;04 - 00;06;00;07

Linda Kafka

I know that all too well, but the point I'm trying to make here is, is that we really have to have that honest conversations with ourselves and, you know, and if that's what you truly want to do in

place, you can't delay that. That is something that's inevitable. You're going to have to deal with that at one point.

00;06;00;10 - 00;06;17;12

Linda Kafka

And I particularly like to look at, you know, the furniture, the area rugs, things that are going to, you know, potentially causing a fall, a trip hazard. if we fall, are we, you know, are we going to hit that sharp edge on that coffee table that really doesn't need to be there or whatever? That's the first conversation.

00;06;17;14 - 00;06;31;17

Karen Brown

And Linda, if I can just interrupt you, when we were talking about this before, we were talking about things that our vision may not see quite as well. For instance, glass tables. Right. I thought that was a brilliant example that you brought up.

00;06;31;19 - 00;06;54;16

Linda Kafka

Oh, let me share that story. It's kind of a sad story. I have a very dear friend. he happens to be an artist, and I'm sorry. He happens to be an art collector, not high end art collecting, but, you know, local artist and and his wife and and and him. She's since passed away. They would go out to, you know, art in the park shows and things like that, and they would find beautiful pieces for their home, but it extended also to the furnishings.

00;06;54;19 - 00;07;15;00

Linda Kafka

although he's in his 80s back in the day, he had, you know, they had a very modern looking space and they had glass, coffee tables, glass, rounded, glass edged, credenza in case good pieces and, you know, the acrylic chairs. And so when, when he, when she passed away, he kept all of those elements in his space.

00;07;15;00 - 00;07;42;22

Linda Kafka

Obviously, it was their design. That's what they they loved. But as he started to, get early onset dementia, his gait started to change.

And he didn't get rid of the, area. Right. He tripped on the area rug and went right into the glass coffee table and it shattered. And, you know, he did cut himself. Not severely, but it was not a moment for me because, you know, obviously glass is going to be a lot harder as our vision changes.

00;07;42;25 - 00;08;03;00

Linda Kafka

depth perception, contrast. It almost became invisible to him. And, and, you know, there was no surprise with the area rug that he was inevitably going to fall and trip. And so what what a severe, situation that could have been had glass shards cut him on other parts of his body, you know, and so I don't even want to think about it.

00;08;03;03 - 00;08;26;00

Linda Kafka

He since realized, you know, I've got to get rid of these glass pieces within my space. And that's what I'm talking about. Like, you really have to assess your environment, not just from the renovation, but the elements that are in there that could potentially harm you if you do trip and fall. And absolutely, that's one of the number one reasons that that we end up in the hospital is because of a fall.

00;08;26;02 - 00;08;32;16

Karen Brown

Absolutely, absolutely. And area rugs, you mentioned that I'm always telling people, get rid of your area rugs.

00;08;32;18 - 00;08;54;17

Linda Kafka

Or flooring that have, you know, different types of flooring. So you go from a hardwood to, a ceramic to a carpeted area. We all have them in our homes. And so those transitions from going one floor to another, species are great changes. And, and, you know, and we slow down in our walking or we're using mobility devices, whether it's a cane, a walker, or even a wheelchair, it's harder to maneuver on them.

00;08;54;17 - 00;09;04;12

Linda Kafka

And so that's another area that you really have to look at is, is that unified flooring to make sure that, you know, we're not we're not, adding to the potential of, of that.

00;09;04;14 - 00;09;24;01

Karen Brown

You know, and foot footwear too, you know, we've always got that favorite pair of slippers that has served us well for way too many years. And if you look at the bottom of it, it's shiny. That's not a good thing either. So that's that's part of purging is getting rid of the things that that can contribute to poor outcomes for you.

00;09;24;03 - 00;09;41;19

Linda Kafka

And I think the important thing is just doing it. As soon as you decide, as soon as you make that decision to say, you know what, I am going to age. We are going to age in this home. And, you know, this is this will be our last home and we'll do our renovations accordingly. But once you make that decision, that's when you really have to be realistic about purging.

00;09;41;26 - 00;10;01;21

Linda Kafka

And not just as Karen, as you said, china on all of those pieces and the clothing and all of that, but also the furnishings or anything that really doesn't serve you anymore if you're if you're not using it, if you're not having the functions, you know, if it's a trip hazard, think about that. So that's, that's the first having a conversation with yourself and your partner.

00;10;01;23 - 00;10;03;21

Linda Kafka

on on what that could look like.

00;10;03;24 - 00;10;31;10

Karen Brown

What that commitment really is. Right. And, you know, going through even that process, you may discover that that home, just

the home itself, no longer serves you. It's maybe not not where you need to be. you know, at some point, we may all stop driving. there are so many pieces to it, but that's a very realistic part of the conversation that people shouldn't skip over.

00;10;31;13 - 00;10;41;22

Linda Kafka

And I think it's coming to terms with that. If you don't come to terms with it, it's never going to happen and it's just going to get delayed, delayed until somebody makes a decision for you. So that's the first. Now there's a second one.

00;10;41;25 - 00;10;56;26

Karen Brown

That's a really that's a really important thing that that you say. And I don't want to gloss over that. If you don't make the decision it will be made. It's just going to be somebody else who makes it. I say this all the time to clients, and I've said it on this podcast before, decisions are going to be made.

00;10;57;02 - 00;11;01;19

Karen Brown

Yeah. How much control do you want to have or give up.

00;11;01;21 - 00;11;20;06

Linda Kafka

And you know and and so the next, the next thing before you start the renovation is this that you're looking at your estate, you're looking at your home. the equity in your home, you're looking at, you know, if I stay in this home and I love my community, that's usually the number one reason why you want to stay in the area.

00;11;20;08 - 00;11;42;19

Linda Kafka

I love my home. The memories are here. It serves us well. But, yes, we have to make the renovations often. You're engaging. and this is my experience and experience of other people that I've met. But often you'll engage other family members to be part of that conversation. And those family members could be your adult children who stand to inherit your estate at some point.

00;11;42;22 - 00;12;21;01

Linda Kafka

And I'm speaking from experience when I tell you this, is that sometimes there can be a little bit of a pushback from adult children because they don't want you spending the money to renovate your home because they see that as, you know, a loss of their inheritance. And I know this sounds really cruel to hear this, and I know many of you watching this or listening to this podcast are going to go, not my family, because that's the words that came out of our mouth when, you know, when we were having the same conversation with my mother, she was in her late 80s.

00;12;21;04 - 00;12;40;28

Linda Kafka

She wanted to stay at home. The idea there was only a few areas in the home that needed to be renovated. So it was the entrance area, the bathroom. Those are really only the two areas. Otherwise most of it served her really well. I think we probably would have switched out her appliances to make them easier for her to use and safer to use, so it wasn't a major renovation.

00;12;41;01 - 00;13;03;26

Linda Kafka

But the pushback came from my older sister, who was her POA saying, no, mom's not renovating. We are not undergoing a renovation. We are not spending that money. And, you know, so the so what she insisted on was that mom move into a retirement home and be done with all of this. You know, no more having the gardener to come and cut the grass because these were expenses.

00;13;03;29 - 00;13;27;10

Linda Kafka

And and what ended up happening is of course, there was a family dispute. Now, both of them are estranged. They don't speak to each other. My mother has a new POA, but in the end, my mother ended up spending so much more going into a retirement home. The cost of that renovation would have been less than one year, or

cost of being in a retirement home, and she's been in the retirement home now for eight years.

00;13;27;13 - 00;13;54;29

Linda Kafka

So think of the of the expense. And we often don't think of it because when you go into a retirement home, you're often told the base price. You know, in our case it was \$3,500 a month. I'm based in Toronto, Canada. it's not subsidized \$3,500. That doesn't sound too bad, but now you're adding on. You're adding on toileting or escorting or other elements into that.

00;13;54;29 - 00;13;57;23

Karen Brown

And you want your hair done. You want your laundry done.

00;13;57;25 - 00;14;17;19

Linda Kafka

Oh, all of it. And where we're at now is we're closer to \$7,200 a month. And of course, that has , that was that price has gone up, you know, because of Covid and so on. But the point I'm trying to make here is just that there could be family members that might try to persuade you from doing the renovation.

00;14;17;22 - 00;14;33;07

Linda Kafka

Move into a condo, mom and dad, don't worry about this, but moving into a condo, if you have to renovate the kitchen or the bathroom, I don't want to say good luck because it can be done, but it's extremely difficult.

00;14;33;09 - 00;14;55;03

Karen Brown

It and actually, that's a podcast that I have talked about doing with Ron Wickman, who is, an architect. We talked about condos because they are so prescribed. You know, the bathrooms cannot usually be made wheelchair accessible. They pour the concrete where they pour the concrete, and that's where it is so very, very challenging.

00;14;55;06 - 00;15;12;04

Linda Kafka

Yeah. No structural. You can't do anything structural to. It's more cosmetic. you really are stuck. Those bathrooms are not conducive to to people with mobility challenges. So you don't even have to be in a wheelchair. Try a walker. You know, even through those spaces. And and then they don't not all of them have the zero threshold shower.

00;15;12;04 - 00;15;35;13

Linda Kafka

So they've got or, you know, you've got some type of, form of step up into that, shower area. So you're not, you're you're not switching out one place for a better place. You're switching out one problem for another problem, and try dealing with condo boards and renovating. Now, I don't want you to think that this is impossible because we do have, you know, every city, every province, every state.

00;15;35;15 - 00;15;55;12

Linda Kafka

we do have legislation and building codes. And so a certain percentage of those multi units have to be accessible. But try getting one whether it's a rental or a purchase. often when people are in them they don't want to leave them. And when they do have to leave, somebody they know is getting that because they're premier.

00;15;55;12 - 00;16;01;12

Linda Kafka

They're they're fantastic because they are designed for people with disabilities. There's only a small percentage.

00;16;01;15 - 00;16;24;07

Karen Brown

I have friends who are looking to downsize now, and they were looking in a brand new subdivision. So some homes are built, some are in various stages and there are empty lots. So they were looking through and you know, they need an elevator in their

home because these lots are old, you know, 28, 30, 32ft wide by, I don't know, 60 or 70ft deep.

00;16;24;07 - 00;16;47;18

Karen Brown

There's no it's mostly the footprint of the house really. So they need an elevator. They're okay with that. They talked to the salespeople about getting in the front door and they said, oh, don't worry about it. We'll build a ramp. It won't be a problem. And I said to them, you have a 28ft, maybe 30ft lot. If you're lucky.

00;16;47;20 - 00;16;56;03

Karen Brown

There is no room for a ramp. The so the salespeople were just saying stuff. They really don't understand accessibility. They're just a little bit of the same stuff.

00;16;56;04 - 00;17;12;17

Linda Kafka

You're so right. There's a lot of, you know, when we were going through, you know, sustainability in the built environment, we found a lot of companies doing a lot of greenwashing, similar, you know, or whitewashing is similar. You know, they're just telling you what you want to hear. But thanks for pointing that out because one, and that's another consideration.

00;17;12;21 - 00;17;46;25

Linda Kafka

And that was going to be my next point, is the access to your space. it's really important to really assess your home. Can we, can we make this more accessible from, the, the front yard or or any entrance to the home? Can we make this accessible? If you live in a neighborhood that has, you know, a very steep terrain, I reference, perhaps the Beaches in Toronto where you've got really steep hills and homes that are built up onto the some of the steep hills, and you've got like 16 stairs going up and no frontage, you know, it's going to be impossible.

00;17;46;25 - 00;18;09;23

Linda Kafka

You're not even going to be able to put a lift in there. Other places are going to have very short frontage. You can't put a ramp on them. But here's the thing is, you don't want like I'm really opposed to the idea of of ramps because although it might be a quick fix and sometimes that's the only solution if you have the space, remember, you know you don't want one.

00;18;09;23 - 00;18;28;25

Linda Kafka

That's it can't be too steep. And they run by the building code. But the other problem is, is that it screams at a person with a disability lives here. So does that make you feel more vulnerable? you know, are you are you the talk of the street because you've now put a ramp in and you know Mrs. Smith now can't do the stairs, and she's got to operate.

00;18;28;27 - 00;18;55;21

Linda Kafka

you know, she's using a walker or a wheelchair. You just you become kind of that target, not just of, of potentially a home invasion or something like that, but a target in terms of gossip on the street. And I don't think people want that. You know, you want your privacy and, you know, you don't want your front yard to turn now into, like, we really shun all those medical like, looking spaces in bathrooms, but then we allow it on the outside of the home.

00;18;55;21 - 00;19;15;10

Linda Kafka

And so that so having that conversation, is the third one you have to have is realistically, how are we going to get in and out of our home? Is there a solution in the event that we find ourselves using a cane, a walker and ultimately a wheelchair? And I'm talking an age progression here. No progression. Absolutely. Yeah.

00;19;15;10 - 00;19;37;21

Linda Kafka

I'm not necessarily talking about somebody with urgent need that had a car accident. can we get into that home? Because if you can't, if if the build is if the design of the of the home, the amount of stairs that the frontage doesn't allow for that, and there's no side

entrance or back entrance, then you might as well stop right there and say, okay, you know what?

00;19;37;21 - 00;19;55;19

Linda Kafka

We're not aging in this home. We have to move to another, alternative place. And it could be another home in the same area, but you may have to move. So it's a decision. That's a third decision that you have to make and a realistically realistic one. I'll give you an example. Again, I reference back to my mom, five stairs.

00;19;55;19 - 00;20;17;10

Linda Kafka

I remember standard, run and rise on the stairs, to building code. And I noticed that whenever she went up the stairs with her walker, half the walker was on the front, half the walker was hanging off the back of the stairs. So right there, there's instability. Like it's not stable for her as as, her her mobility changed.

00;20;17;13 - 00;20;37;27

Linda Kafka

She couldn't lift her, foot up that seven inch rise or whatever it was. She couldn't lift her foot up, and I would have to be behind her, literally lifting her foot up to the next step. That's not sustainable. Then she got to a point where she was really no longer mobile and not able to do it. And in order to leave the house, we would have to call.

00;20;37;27 - 00;20;55;07

Linda Kafka

There's some the paramedics have a, service that it's not an emergency service, but you can call them. And they have special types of chairs that get people in and out, or they can also have, their gurneys that will take people in and out of their spaces. And so now she was finding herself calling the ambulance.

00;20;55;07 - 00;21;14;24

Linda Kafka

It was \$180 for the service. They would come. Two people put her in a chair, take her down. And of course she was embarrassed because the neighbors were like, why is an ambulance there? You know? And they were watching. And she she didn't want that attention driven to her. But that's, you know, a problem that she had. So if you can't enter and exit your home.

00;21;14;27 - 00;21;16;00

Karen Brown
Independently.

00;21;16;03 - 00;21;37;04

Linda Kafka
You independently. Thank you Karen, you become a prisoner in that space. And then you have to rely on services to get you in and out. And that's when loneliness sets in. That's when you can't get out to your appointments that start to, you know, affect your health and so on. So really a lot to consider before you go in and say, renovation time, let's expand the doorways.

00;21;37;04 - 00;22;05;10

Linda Kafka
Let's do this. Let's do that. So those are some of the things I don't know, Karen, if you found additional ones. But those are the three that really, you know, stick at, you know, are really strong for me. And of course, there are other things like if we have a bedroom on the main floor that's great. I've often, had conversations with people and their adult children that again, remember, this is about vertical and horizontal circulation through your spaces.

00;22;05;13 - 00;22;24;14

Linda Kafka
So the vertical bedrooms are upstairs, bathroom is upstairs. mom and dad have a kitchen is downstairs. So main floor. So you've got to get up and down the stairs and often you'll hear people saying, oh, I don't really like the look of, you know, a chair, a chair lift that goes up and around, chair lift.

00;22;24;20 - 00;22;46;02

Linda Kafka

Sorry, I'm losing my words today. They often don't like it, but it is actually quite affordable. It really does keep you safe. And, you know, and it serves the purpose. Elevators. If you can afford them. And they are coming down in price or there's also lifts, there's, there's, different types of elevators that you can look at. But you got to look at also the vertical circulation within your home.

00;22;46;02 - 00;22;56;22

Linda Kafka

So it's not just the entry into the home, but how am I getting up to the amenities on the upper level or is everything on the main floor. And that's what we're shooting for is bedrooms, bathrooms, kitchen, all the main floor.

00;22;56;25 - 00;23;04;29

Karen Brown

Right. And so all of those issues that you've just highlighted the last few minutes speak to independence and safety and dignity.

00;23;05;01 - 00;23;05;25

Linda Kafka

Really, really.

00;23;05;25 - 00;23;07;03

Karen Brown

Important things.

00;23;07;05 - 00;23;39;03

Linda Kafka

And ease of use. You want to consider ease of use and you want to consider comfort, ultimately comfort. And you know, and so all of that has to be taken into consideration. So again, we go back to do you want to age in place? Yes I want to age in place. Okay. Before we hire that contractor, these are things that we really have to think about and discussions we have to have with our family members so that we're all on the same page, and that we can then move forward with, yes, let's move forward and we'll move to those next steps.

00;23;39;03 - 00;23;47;22

Linda Kafka

So, you know, I hope that that gives your audience, food for thought and opens up conversation.

00;23;47;24 - 00;24;06;27

Karen Brown

I'm sure it will. Now, I'm not going to let you off the hook quite so easily, because I know that when we were talking about this podcast, we talked also about some design elements. We were talking about, for instance, flooring and lighting. And you are such an expert with both of those things. maybe you could speak a little bit about that.

00;24;07;00 - 00;24;34;21

Linda Kafka

I think. absolutely. So we know you could Google it if you don't believe me, but the statistics in the hospital visits from seniors, the the number one reason seniors are going into the hospital in an emergency is because of a fall, if you're fortunate enough not to break a bone. yeah, there's going to be some soreness and some recovery time and, you know, and it's going to scare you, God forbid, if you break a bone and you're in your let's say you're in your 60s, it's about 11 week or 11 days, 11 day recovery time in the hospital.

00;24;34;21 - 00;25;00;18

Linda Kafka

The older you get, the longer is the recovery time. And what we have seen and this is, statistics and research is, if you've got, you know, the older you are or the severity of that break hip a hip, if you've got dementia and you're falling considerably, your life span shrinks immensely. Within six months to a year, that individual could be gone.

00;25;00;20 - 00;25;27;26

Linda Kafka

And so you really want to number one, the most important thing in your space is the safety. And so what we want to do is reduce falls. So we're looking at at the flooring and you know changing out the flooring. As I mentioned earlier, if you've got different transitions in

different substrates, you know ceramic tile versus luxury, you know, the luxury vinyl tiles or the hardwood floor or the carpeting or whatever it is in your space.

00;25;27;29 - 00;25;43;24

Linda Kafka

You want to make it consistent, invest the money even though you look at it and go, but it's brand new. It's been here for like 20 years and it's still brand new because we looked after it. No, no, no time to get rid of it because it's about your safety. It's about you staying in your home as long as possible.

00;25;43;26 - 00;26;16;19

Linda Kafka

So that's one thing we're looking at. the most important I think is the lighting. So many people fail on the lighting part. And as we age, and I never believed this. Back in 2010, 14 years ago, when I first started in this, I never believed that my eyes would change that much to the point where I really can't tell the difference between black and navy blue or different shades of black, and I really have to pull the the bright light, or get the phone flashlight out to look at things wherever.

00;26;16;19 - 00;26;45;12

Linda Kafka

You can add additional lighting, especially in those stairwells. you don't want to have any dark spots. If you can have additional lighting, the more the better. But you also want to be careful because sometimes too much lighting will create glare off of the flooring choices you've made. the countertops that you've got, the cabinetry you've got, and glare can be another problem because it's going to, you know, in some people, glare can cause headaches and problems like that, be really an irritant.

00;26;45;15 - 00;27;10;23

Linda Kafka

Other times it can almost mask areas. And I'm going to use an example at the retirement home that my mom's currently in now, she's 98, by the way. She, the retirement home has a real pale, light wood floor. Laminate floor. The walls are white, so there's not

a lot of contrast. And the natural light that comes in from the numerous windows creates such a glare on the floor that people are almost unsure when they walk.

00;27;10;23 - 00;27;29;15

Linda Kafka

And you can see them, they'll hold on to the handle rails, or they'll have somebody assist them, and they don't realize it's the glare that's bouncing. Or I should say, the the, the workers in the building don't realize it's the glare coming off the floor that's causing a problem for the seniors. So lighting is really critical. And don't overlook that.

00;27;29;17 - 00;27;37;14

Linda Kafka

we often think we've we've got sufficient lighting, but it can always be improved, especially in and stairwell.

00;27;37;17 - 00;28;03;00

Karen Brown

Right. And that's a very important point for falls, fall and injury. In the kitchen, task lighting. I like that you said it's very important to add light in wherever you can because that is, you know, getting up in the middle of the night. I still do this, but I recommend otherwise to my clients because I'm like, damn, I think I'm not that old, but I, you know, I wake up at 3 or 4 in the morning, I have to go to the bathroom.

00;28;03;07 - 00;28;21;05

Karen Brown

I don't turn on the light. I know where I'm going. Well, I have a cat at, you know, I haven't tripped over him yet, but you know that the day could come. But there are lots of motion lights that you can get and install for exactly those purposes. It can light your way all the way to the washroom.

00;28;21;08 - 00;28;39;06

Linda Kafka

I have one under our bed, and I have to tell you, it's funny because when I look at it in the daytime and I think to myself, that's not very

bright at all in the middle of the night when it's pitch black and my husband has to get up to use the washroom, or I have to get up to use the facilities, just swinging our our legs over the bed, activates that motion light under the bed.

00;28;39;08 - 00;28;57;04

Linda Kafka

And then it guides me, you know, gives me enough light to get to the bathroom. And then when I come out of the bathroom, it immediately detects that there's motion. And, you know, I turn the light off in the bathroom, it detects the motion, the light comes on. There are other places that you can install it. We are seeing designers installing it underneath cabinetry.

00;28;57;07 - 00;29;16;22

Linda Kafka

so that the just the, right, right below the cabinetry in the bathroom. it doesn't have to be a floating vanity. It could be a floor, standing vanity. We're seeing it in the kitchen underneath the, cabinetry in the kitchen. We're seeing it inside, cabinetry. There's so many great lighting devices that you can get.

00;29;16;22 - 00;29;28;24

Linda Kafka

Now, some of them obviously don't need to be wired in. They can be battery operated. Just remember to change the batteries. But there are a lot of them have long life. But put them in put lighting wherever you can is going to help you.

00;29;28;26 - 00;29;34;26

Karen Brown

Absolutely. And our listeners should know that this kind of lighting is cheap as chips.

00;29;34;28 - 00;29;36;25

Linda Kafka

Cheapest chips. Yeah, really.

00;29;36;25 - 00;29;56;21

Karen Brown

Cheap as chips. And I've seen a lot of them recently that, they don't even need batteries. You plug them into your computer or, you know, whatever, whatever you use to charge your smartphone and recharge it, plug it into the wall. They're rechargeable that way, and they look really nice because you don't have cords and wires running everywhere.

00;29;56;21 - 00;30;00;10

Karen Brown

But they serve such a wonderful purpose.

00;30;00;12 - 00;30;15;00

Linda Kafka

And, you know, if they're motion activated, then you know, that also serves a good purpose too. But, you know, I also want to, warn, you know, as we do renovations and we're hearing more and more about these products that are coming out, automated faucets. I mean, how great is that? I don't have to even turn it on.

00;30;15;00 - 00;30;40;15

Linda Kafka

I just put my hands under there and it does all the work. You know, the water comes out. we're seeing a lot more automation. I just want to, to kind of plant a seed or make you aware, that if you do have a family member that's got early onset dementia and you want to keep them in the home, you absolutely want to keep them in the home as long as possible, because going to memory care is, is traumatic, not just for that individual, but for you.

00;30;40;18 - 00;31;06;18

Linda Kafka

you want to you want to remember those devices as we start to lose our cognition and our and our minds change and our memory, we lose our memory. We tend to go back to days past. So if if we were accustomed to using faucet handles, that automated one is going to be very confusing. People are just going to look at it like that individual with dementia is going to look at it like, I don't know what to do, where, where's the lever?

00;31;06;18 - 00;31;30;29

Linda Kafka

And so what happens is, is that they start to feel like they've got to rely more on you. Their level of state frustration elevates and they feel less independent. You know, it becomes very stressful. So not all products for aging in place are necessarily good. You really have to look at the progressive condition and and work with perhaps an occupational therapist.

00;31;31;01 - 00;31;50;22

Linda Kafka

maybe you have a, that understands your, you know, you know, how you function within that space or understands your progressive condition, but you might need to seek advice. What will my life look like? You know, now versus a year from now or five years from now, depending on how fast that progressive condition moves? But you got to take that into consideration.

00;31;50;22 - 00;32;02;03

Linda Kafka

And, and really not always think that all the technology out there is going to, even though it's designed to make your life simpler, is really going to be good for you.

00;32;02;06 - 00;32;22;19

Karen Brown

Very true. And you hit on a really good point, and that is understanding your own disease progression or your aging progression, whatever the case may be. And that means that maybe one of the things you ought to be doing is having a really honest conversation with your health care team about your disease progression, or maybe your OT if

00;32;22;22 - 00;32;42;22

Karen Brown

You know, if you've got that person in your circle understanding what life is going to be like, not just a month from now, but five years from now, ten years from now, 20 years from now, depending on what your age is and whatever you're planning on doing, do it for the worst case scenario, because it will serve you all the way along.

00;32;42;22 - 00;32;44;07

Karen Brown

Would you agree with that.

00;32;44;09 - 00;33;17;03

Linda Kafka

100%! And you know what? And the other thing too, that you have to take into consideration is the individuals that are going to design your space or renovate your space. And one of the biggest barriers that we have in the industry, or I should say in the aging place category, is, is the training and the knowledge. So, you know, as, as Karen, might have alluded to in the introduction, is that I was involved to the Canadian Home Builders Association, bringing, bringing the idea that we needed our own aging in place, Canadian eyes training here.

00;33;17;05 - 00;33;36;07

Linda Kafka

So I was part of the the team and wrote several chapters of the training manuals that we trained the trades on. But one of the things that you want to consider, too, is not just the health care professional that's going to understand how your progressive condition is, and it could be something as simple as arthritis. How is that going to change over years?

00;33;36;07 - 00;33;55;16

Linda Kafka

Or maybe it's your vision. How is that going to change? whenever trades that you bring in, you really want to make sure that they've got an understanding of this. And what I mean by that is just like every trade, any renovator or contractor that you call or designer is going to say, sure, I can do that. I know how to do this.

00;33;55;19 - 00;34;18;09

Linda Kafka

Not a problem what you want and why you want somebody that's actually understand or is trained in aging a place or trained with, like the Canadian Home Builders Association is because they're going to help think for you, even though they're not a medical

professional, they have enough knowledge and experience to say, you know what? This is what your life potentially is going to look like.

00:34:18:09 - 00:34:38:18

Linda Kafka

Now, this is what it could look like in ten years down the road, because you're not remodeling a kitchen. You know, I think kitchens can last at least 20 years, if not longer. This might be your last kitchen renovation. They're going to think for you on the different kinds of pull downs, the reach, the range, you know, all of that.

00:34:38:26 - 00:35:11:03

Linda Kafka

You know, we suffer from especially women, we suffer from rotator cuff issues, you know, reaching up, pulling down, bending down, pulling out. They have knowledge about all of this too. And so they can really advise you on and make suggestions on products that you could put into your home or renovations that you should be doing. So I guess is the fourth thing to consider is, is you know who you're going to bring onto your team, because ultimately it is a team health care professional, like an otter.

00:35:11:05 - 00:35:38:05

Linda Kafka

it's going to be a designer that's experienced and it might be the renovator that's experienced in it and so on. Your adult children might contribute to it might be product specialists, might be an integrator. And for those of you that don't know what an integrator is, they deal in low voltage. So any of those people that are hooking up your connected smart home, you know, hooking up the lights so that you just have that command or hooking up, all of those systems in your home, that's what they do.

00:35:38:07 - 00:35:52:05

Linda Kafka

You want to make sure that they have knowledge and that they've got some kind of training in here. And don't be afraid to ask them

where did you get your training from? Did you just Google it and actually take time to learn it through a program.

00;35;52;12 - 00;36;21;28

Karen Brown

And references as well, that that would be a good thing because a lot of them will say, oh, sure, I know about aging in place. Yep. I've told this story before, but it's been a long time since I have. But I know of some people whose aging parents live in another province, so not close with the family, but mom wanted to stay in the home and she was progressing toward a wheelchair and mobility was very poor.

00;36;22;01 - 00;36;47;25

Karen Brown

The kids all got together, gathered up enough money for a bathroom renovation, and she was to have an accessible shower, an accessible toilet, an accessible vanity. So they were showing me the pictures. this goes back a few years, but they were showing me the pictures of some of the items that had been done. And I said, your mom must be so happy to be able to get in the shower independently.

00;36;47;25 - 00;37;12;12

Karen Brown

And she said, well, no, she can't do that. My sister still has to go over and help her in the shower. And I said, why, if they built an accessible shower, oh well, there's a little lip that her wheelchair has to go over. And I was like, oh, honey, you don't have an accessible shower. And they spent \$20,000, which was a lot of money for the family to have gathered up to do this.

00;37;12;14 - 00;37;32;12

Karen Brown

But the contractor, his definition of an accessible shower was not theirs. And if you ask ten people what their definition of an accessible shower is, you may very well get ten different responses. So very important to do your research and understand what you need and what you want, and make sure that that is effectively communicated.

00;37;32;15 - 00;37;56;09

Linda Kafka

Yes. And you know what. And the other challenge that we have out there is the language. So we've got like an occupational therapist and a will say a roll in shower where, you know, and the builders, the renovators, the designers might say zero threshold shower. Somebody that works in accessibility might say barrier free shower. So you really need to, you know, have them explain what do they mean by those terms.

00;37;56;09 - 00;38;24;12

Linda Kafka

Because ultimately they should mean all the same. But as you just pointed out, Karen, it could be this, that little, rubberized strip that, you know, to, to keep the water from coming out. that will cause it will cause a problem for you, for you to independently use that space. And it doesn't seem like much. But when you don't have upper body strength and you don't have that, the arm muscles to be able to push yourself over that little tiny rubber.

00;38;24;15 - 00;38;25;07

Karen Brown

It's a mountain.

00;38;25;07 - 00;38;49;01

Linda Kafka

It's going to make a difference. And it takes away your independence. And so language is and don't be afraid to ask people, what do you mean by that? Don't assume, because all of us can go and Google or go to the dictionary and look up what that word means, but what that word means and what is actually done can be two different things.

00;38;49;03 - 00;39;06;10

Linda Kafka

So get them to explain it. And, and really, I mean, this is going to be your last renovation that you do in that home. You don't you won't be needing to do very many more, but really understand and

make sure they understand and that you're all singing from the same song sheet or reading from the same page.

00;39;06;12 - 00;39;25;19

Linda Kafka

Because if you're not, you're going to be so disappointed. And I'll just share, like we do a home show, at the National Home Show, we do a Healthy Aging at Home pavilion last three years in Toronto, and one of the saddest things that I hear is I've got, or I should say, consumers of no urgent need.

00;39;25;19 - 00;39;49;04

Linda Kafka

So they're like myself. They don't have they're in their 60s or 70s. Typically they don't have any visible disabilities. So just progressively aging. They've got, you know, some features that they want to have in the bathroom to keep them safe, like grab bars. And they they've expressed. And when I say they I've had this conversation with numerous over the years, numerous homeowners that have done the renovation.

00;39;49;07 - 00;40;18;24

Linda Kafka

And then the grab bars are installed in the wrong space or place, and they're not installed. They're textbook installed, meaning to like the commercial code. If it was a public building where you've got to service the general public. Meanwhile, you know, Mrs. Smith has, a very weak upper body and have a hard time pulling herself in a certain direction up or, or Mr. Smith has very weak lower body and a stronger upper body.

00;40;18;24 - 00;40;46;21

Linda Kafka

And so the point I'm trying to make here is, is that just because the book says it should be that way, or the built or, you know, there is no building code really when it comes to accessibility in the home right now, but just because everybody's doing it that way doesn't mean that is good for you. So the message here is that every individual is unique, and your needs are going to be different than my needs and then Karen's needs.

00;40;46;23 - 00;41;05;01

Linda Kafka

And so make sure and even your own partner's needs, but make sure that it works for you. And that's why again, if you have that expertise from an OT or they're going to tell you, you know, what your strengths, your weaknesses are and where you know your muscle, we lose muscle mass, so we're not gaining any muscle mass.

00;41;05;04 - 00;41;26;13

Karen Brown

It's absolutely worth buying an hour or two of time from an OT to come in and properly assess where the grab bars are, go, and other things as well. If you've got to t that you've already worked with, more's the better. But that's that's a really good tip to to make sure that you take use of, of the, the benefits that your work might offer.

00;41;26;18 - 00;41;44;29

Karen Brown

And it doesn't matter how old you are. I mean, we can have these kinds of infirmities. I just moved into a house recently, as you know, Linda, but what you don't know is that one of the bathrooms has a soaker tub in it. Awesome. But I had a grab bar installed on the outside because I don't want to break a hip getting in and out of that thing.

00;41;45;07 - 00;41;52;08

Karen Brown

And I had another grab bar installed on the inside, on an angle so that I can hold myself up out of the tub.

00;41;52;11 - 00;42;08;04

Linda Kafka

And, you know, it's funny you should say that because I've got well, firstly, to go back to the grab bars, you might not be ready to install them today, but if you do that bathroom renovation, what you want to make sure is that and it is part of the building code

that at least in Ontario, that you have to block the walls for future installation.

00;42;08;04 - 00;42;34;28

Linda Kafka

And that includes the water closet, the shower area, and then just where your sink area is. So your toilet, your your tub shower and your sink, sink area because sometimes you need it over there too. So, you know, if your balance, if you're off balance or whatever, it's not always just in the shower area. So, you might want to look at having them install a whole sheet of plywood behind the walls, because you don't know exactly where that grab bar is going to be installed.

00;42;35;00 - 00;42;52;10

Linda Kafka

And so it might cost you a few dollars more for that sheet of plywood up front, but it'll save down the road when you go to install the grab bars, because then there's no guesswork as to, you know, are we anchoring it into, a stud or, you know, solidly anchoring this into the walls.

00;42;52;13 - 00;43;01;21

Karen Brown

100%? And if people are doing work for you, I always tell my clients, make sure you take pictures of every wall before they close them up.

00;43;01;23 - 00;43;19;12

Linda Kafka

Yep, I do that too. Now to the soaker tub. It's interesting. I don't have a place to put a grab bar, but I have, from my mother. I got a tension rod. Very much like a curtain tension rod that goes across. This one goes vertically up, and I happen to. I happen to be in her room right now.

00;43;19;12 - 00;43;36;18

Linda Kafka

And I'd love to turn the camera around to show it to you, but it's 11ft high, and it's a really solid tension bar. And she's she's a person of

size, so she's probably in and around two seven, 250, around 250. And I think the weight capacity is much higher on that. But what it allows her to do is pull herself up out of bed.

00;43;36;18 - 00;43;55;25

Linda Kafka

So it's got a vertical and then a horizontal arm. And so I don't want I don't have places in my bathroom to put a grab bar around my soaker tub. I don't want to lose my soaking tub, but every time I use it, I am extreme cautious getting out because I'm so afraid of the slip and fall because it can happen so easily.

00;43;55;27 - 00;44;13;29

Linda Kafka

So I want to install one of these tension rods so that I've got something to hold on to when I step over that tub. Now, if a soaker tub is something that you really want, we're not saying get rid of it, right? What you want to do is you want to get soaker tubs that have more of a of of an edge on it or a lip on it, so you can rest on it.

00;44;14;00 - 00;44;36;22

Linda Kafka

You can push yourself up on it. Some of them are strong enough that you can actually sit on it. I don't always advise that you got to get the, you got to have that conversation with the with the, dealer or the retailer that selling those because you don't want it to tilt or anything or tip. But for the most part, you don't want those really thin, thin edged soaker tubs, like, really thin, you know, body on it.

00;44;36;24 - 00;44;54;13

Linda Kafka

because it's just going to be more difficult to get in and out. So, you know, if you want to soak a tub, keep a soaker tub as long as you can, but make sure you've got things like what Karen's done with a grab bar or like what I'm doing with it with a tension pole so that I can get in so we can get in and out of them easier.

00;44;54;15 - 00;45;16;18

Karen Brown

I can offer another solution to a product that we sell at Brown Healthcare. comes from Parsons made in Ontario. and picture a saddle, a saddle that goes over the wall of your tub, and then it's got a grab bar attached to the saddle. And I have had one of those in the past at, at our house that I sold long ago.

00;45;16;18 - 00;45;19;23

Karen Brown

But I've had one of those. They work really, really well.

00;45;19;23 - 00;45;20;22

Linda Kafka

I've seen them too.

00;45;20;28 - 00;45;22;16

Karen Brown

There are options.

00;45;22;19 - 00;45;41;12

Linda Kafka

Yeah, there are lots of options out there. And you know, at the end of the day, especially somebody that that has no urgent needs, you got three categories, no urgent need, like us, you've got people with progressive conditions. So that could be, you know, we've got mobility challenges are vision. Arthritis might be dementia, Parkinson's, any of those kinds of.

00;45;41;12 - 00;46;02;19

Linda Kafka

There's so many. And then you've got people with urgent need. Those would be unfortunately somebody that's had a traumatic injury at any age could be a car accident, a sporting accident. And now they found themselves a paraplegic or quad. I live more in the know urgent aid category. And so and and even for people with progressive conditions, we don't want our places to look institutional.

00;46;02;22 - 00;46;23;09

Linda Kafka

We want them to reflect our personality, our character. We don't want to screen somebody who, like I said earlier, somebody with the disability lives here. And what I can tell you, going to all these trade shows, whether it's a kitchen, a bath trade show or the furniture industry or others, the building shows that products are becoming prettier. There's more competitive products out there.

00;46;23;17 - 00;46;49;19

Linda Kafka

We're having choices like we've never had before. so there's no excuse not to put these safety type of products in. Invisia has a product that is a grab bar. Incorporate it into a, toilet paper roll. holder or a soap dish holder or it looks like a towel bar. you know, it's got the it's got the thickness of the girth, that, you know, your hand can properly grab over it.

00;46;49;21 - 00;47;05;12

Linda Kafka

And you know where I'm going with this is that you don't have to settle for the institutional looking spaces. So don't feel that that's what your place is going to look like. And then the other thing I want to point out is sometimes you're not doing it for yourself as much as you're doing it for people that are coming to visit.

00;47;05;15 - 00;47;21;18

Linda Kafka

So if my 98 year old mother could still, you know, if she could get into my home, which unfortunately she can't, I would be doing it for her. Right? And then, of course, I get the benefit also. But it's not for me. God, no, I'm not aging. I don't need a grab bar.

00;47;21;20 - 00;47;43;07

Karen Brown

I'm going to call myself out, and I will give myself the advice I give to my clients. And that is that though I live in the know urgent need category, a fall can change all of that in a heartbeat. So I am trying to do everything that I can in my home. The grab bars by the bathtub. I've got a grab bar in my shower to a horizontal grab bar.

00;47;43;09 - 00;47;48;24

Karen Brown

I'm trying to do all of the things so that I don't become one of those statistics.

00;47;48;27 - 00;47;58;12

Linda Kafka

And I almost did. Not once, not twice, but three times when I fell down the stairs. I didn't know my husband loved me as much as he does because he's so

00;47;58;12 - 00;47;59;21

Karen Brown

{laughter}

00;47;59;24 - 00;48;19;09

Linda Kafka

panicked. Each time I fell down the stairs, I fell down it because, we have only one handrail on the right hand side going down. And, I am often, multitasker meaning, which is not good, for me, because I often like to carry a lot of things with me. So the, you know, I'm carrying, sometimes my computer bag.

00;48;19;10 - 00;48;38;12

Linda Kafka

The other day, I was carrying my computer bag. My overnight bag. I had the coffee cup kind of stuck the phone under my arm, and I was kind of maneuvering down. Now, that wasn't one of the days I fell, but the times before was similar. The lighting needs to increase. I need handle rails on both sides, and I have to be cognisant of not carrying as much.

00;48;38;12 - 00;48;57;10

Linda Kafka

And I'm not, you know, I'm not, you know, in my 20s anymore. I need to start thinking about, you know, it's not as easy to juggle and carry all that stuff, especially if it's weighted. And I did fall down the last time it was, I missed a complete, completely missed a step. Like I literally thought I was stepping on to the onto the landing.

00:48;57;10 - 00:49;15;29

Linda Kafka

And I missed one whole step and bang right into the wall. And that just, you know, he was quite, quite upset with me because he doesn't want to see me. And, you know, we hear it all the time, like, you hear celebrities and they're, you know, I the one, one that comes to mind. she was in her New York apartment.

00:49;16;06 - 00:49;26;16

Linda Kafka

I won't mention her name, but she was in her New York apartment, fell down the stairs, and, broke her neck and died. And so, you know, is that is that what we're. We don't want that.

00:49;26;19 - 00:49;35;17

Karen Brown

We know. Did our former prime minister, Brian Mulroney, not die following a fall? And that was just very recent.

00:49;36;00 - 00:50;01;23

Linda Kafka

Florida. Thank you for bringing that up. He was in Florida. He was, I think, attending a function or event at a private home. And he fell and he died. So yes, Karen, thank you for bringing that up, because that is a very stark reminder of what we you know, it can happen to anyone and go figure that he would be going to a family gathering of friends and family gathering, you know, and and fall and die from it.

00:50;01;23 - 00:50;26;14

Linda Kafka

So, yes. So it's not uncommon to hear this, it's just really unfortunate. And it's a, you know, it's avoidable. And so I really hope that everybody listening, at least their takeaway at least, is thinking about their safety and the safety of others that come into the home and not make it about, you know, the appearance. I don't want to grab bar because I'm not getting old.

00:50;26;14 - 00:50;32;07

Linda Kafka

No, you want to make you want to make it about, safety within the space first and foremost.

00;50;32;07 - 00;50;56;13

Karen Brown

And the thing is that if you do think about it ahead of time and take action, you have the time to research and choose the products and materials that won't make your home look institutional. But if you've got to do stuff on the fly because you can't come home until you can get into a house and get into a bathroom and use it independently, you're going to end up with things that do make your home look institutional.

00;50;56;13 - 00;50;58;21

Karen Brown

And that's what I want.

00;50;58;24 - 00;51;16;19

Linda Kafka

Somebody else making the decision for you. And, you know, and I know this conversation is kind of go in in different directions. And I just love it when we talk. But you know, what? One of the other one of the other things that I'm seeing a lot of mistakes in is the, the choices, the the visual choices.

00;51;16;21 - 00;51;37;09

Linda Kafka

And what I mean by that is just like tiles that have a lot of pattern in it. especially tiles in the bathroom. As we age, our depth perception changes. We need contrast. You need that that line almost, you know, some some people do it more decoratively, but that line in the shower to kind of distinguish, you know, where, the wall is.

00;51;37;12 - 00;52;02;07

Linda Kafka

But what I am seeing is, out there in the design world is, is that and it doesn't necessarily be design world, it could be the renovators choosing the tiles, but they're choosing tiles with a lot of, patterning in it. You see it on carpets on on Broadland. And so that

kind of can create a problem if you've got vertigo or if you've got depth perception or just too much pattern stresses us out.

00:52:02:11 - 00:52:23:00

Linda Kafka

It's part of our human, you know, biology and understanding the brain and, and, you know, and, and our connection to nature. And so we, we need that organized complexity and we need patterns, but we need to make sure that the patterns aren't, are too much that they end up causing, a problem for us, too, because they will lead to faults, they will lead to a whole bunch of other problems that you're going to have.

00:52:23:02 - 00:52:42:01

Karen Brown

Absolutely. I think our listeners have so many great ideas to take away from this podcast, and I know that we're going to have you back for other podcasts. But just to bring this one to a conclusion, do you have any final words, any words of wisdom that you want to give to our listeners?

00:52:42:03 - 00:52:59:05

Linda Kafka

Yes. You know what? At the end of the day, it's about your dignity. It's about your independence. It's about it's about. It's your life. You have total control when you've got when you are in no urgent need or you've got even if you've got a progressive condition. And so, you know, you really want to think all the elements through.

00:52:59:10 - 00:53:31:25

Linda Kafka

Don't let somebody make those decisions for you. You know, this is about you. Everyone's unique. Everybody needs something different. And you know, I think that that if you take if you take this seriously and you think about your life and you make those decisions, you're going to really enjoy and the benefits of what you've accomplished by creating that aging in place home, I like to call it living in place as opposed to aging in place, but at the end of the day, you're the one that's going to go, I did the right thing.

00;53;32;00 - 00;53;41;09

Linda Kafka

Don't wait for somebody to make the decision for you, because often those decisions might be self-serving for them and are not going to serve you.

00;53;41;11 - 00;54;12;05

Karen Brown

Better advice could not be given. Thank you so much for joining us, Linda. I really appreciated this conversation. And for our listeners, I will add links to the, course, the CHB course that Linda has, participated in. For the record, the course book that comes with that is probably the best course book I have ever seen. I'll include links to everything that we talked about, and I will welcome our listeners to join us on the next episode of Real Life Renos:

00;54;12;05 - 00;54;22;09

Karen Brown

The Podcast.