

About the Author: Rachel Adelson, M.A.

Rachel Adelson is an award-winning science writer specializing in health and aging. *Staying Power: Age-Proof Your Home for Comfort, Safety and Style* came about when she combined her knowledge of aging and health with her interest in human factors and universal design.

Intrigued by demographic changes, Rachel returned to graduate school in her late 40s to study aging. She was struck by the stories that her friends and acquaintances began to share. Their stories often revolved around older adults' insistence on independence, often clashing with their growing need for safe, functional housing and the equally growing need of their stressed-out children to know they were doing everything in their power to help their aging loved ones. Her response: This book.

Prior to authoring *Staying Power*, Rachel was the founding owner of Live Wire Communications, which for 20 years helped top-tier clients in health, science and technology present their work to larger audiences. Along the way, she covered everything from brain health, neurological disorders and behavioral science to human-computer interaction. She wrote a popular Washington, D.C.-area newspaper column on computer confidence for women and has written and/or edited articles, how-to books, speeches, press releases, fact sheets, multimedia scripts, book chapters, grant proposals, white papers and newsletters, as well as given lectures and workshops.

Before she founded Live Wire Communications, Rachel was a valued member of IBM's Corporate Communications staff. She edited the IBM Management Report, wrote speeches for IBM's top executive for networking products, and managed communications programs for the company's manufacturing-and-development operations.

Her work has merited two National Health Information Awards and a Clarion Award from Women in Communications.

Rachel first earned a B.A. in Psychology, Phi Beta Kappa, and an M.A. in Journalism. She later returned to school to earn one graduate certificate in Aging (with a focus on cognitive aging and Alzheimer's disease) and another graduate certificate in Core Concepts in Public Health. To keep exercising without hurting herself, she put her knees and her knowledge to the test and became certified at age 53 to teach fitness to older adults.

A native of New York City who has called Maryland and North Carolina home, she also knows a thing or two about housing and moving. She lives with her family in the Toronto suburbs.

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