

For Immediate Release

Engaging New Book Boosts “Staying Power,” Sharing the Secrets of Aging At Home and Helping Worried Boomers Keep Mom and Dad Safe

***Staying Power: Age-Proof Your Home for Comfort, Safety and Style* is a friend to older adults and caregivers alike, helping them curb home hazards and hike comfort**

Thornhill, Ontario – Baby Boomers who grew up on rock ‘n’ roll are starting to sing a new song: *Gimme Shelter with Grab Bars*. That’s because they want to age at home. So do their parents, who are in their 70s, 80s, even 90s. But homes built for the young raise their risk of falls, which may (statistics show) land them in nursing homes, never to return, and their grown children are sick with worry. With 10,000 Americans turning 65 every day for nearly the next 20 years, we can deny this situation or we can act-- and make our homes more safe, comfortable and supportive throughout the life span.

Where to begin? With a timely new book called *Staying Power: Age-Proof Your Home for Comfort, Safety and Style*. Called “...sensible, useful, comprehensive and engagingly written” by Paula Span of The New York Times’ *New Old Age* blog, this well-organized handbook helps readers prevent painful, costly and potentially life-changing problems.

A practical, problem-solving guide, *Staying Power: Age-Proof Your Home for Comfort, Safety and Style* is the **first to combine the latest insights into aging with expert-approved age-proofing advice**. Designed to empower aging adults to make their homes more livable, by themselves or with help from friends, family members and professionals, it is [available](#) online in print and e-book formats.

Written by Rachel Adelson, M.A., an award-winning author with extensive knowledge of aging and health concerns, *Staying Power: Age-Proof Your Home for Comfort, Safety and Style* is organized around the ways most bodies and minds get older, making it easier to customize any kind of home and get help (if needed). The book lays out the landscape of aging, deals with denial, shows how to prevent falls and fires (the top home dangers for older adults), and explains how to respond to everything from

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arthritis and balance problems to vision and hearing loss and the normal memory blips that come with age. It also offers home-based fitness tips to help people the strength they need to live on their own.

Following the tips in *Staying Power: Age-Proof Your Home for Comfort, Safety and Style* can make it easier to plan ahead; customize furnishings, layout and décor without breaking the back or the budget; and cook, wash, work, work out, socialize and enjoy other regular activities as long as possible.

Available from Sage Tree Publishing, *Staying Power: Age-Proof Your Home for Comfort, Safety and Style* includes handy checklists and shopping lists to help readers organize and kick-start their age-proofing projects. A comprehensive appendix lists scores of essential U.S. and Canadian books, websites, organizations and government agencies that help with a wide variety of aging-related issues.

Staying Power: Age-Proof Your Home for Comfort, Safety and Style is also a valuable resource for elder-care and housing professionals, including geriatric care managers, occupational therapists, home-health agencies and equipment providers, elder-care attorneys, interior designers and realtors, and contractors and handymen.

“Beyond the staggering statistics on aging are millions of proud, self-sufficient individuals who’ve expressed a firm desire to age at home,” says author Rachel Adelson. “This book respects them. It helps them think like experts, making it easier to accept the inevitability of change and to do what they have to do to meet their changing needs.”

Staying Power: Age-Proof Your Home for Comfort, Safety and Style is also designed to aid the author’s fellow Baby Boomers. “People in midlife want to know how to help their elders,” she says. “The book takes them by the hand to help them communicate, assess and plan at a sensitive time. It can help anyone – parents, partners or progeny – move past frustration toward collaboration.”

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Sage Tree Publishing brings readers trustworthy, easy-to-read information on aging and health. *Staying Power: Age-Proof Your Home for Comfort, Safety and Style* is its first title. The paperback edition is 240 pages, fully indexed.

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