

Tips to get started to remove obstacles to your health and well-being:

- Take photos of a room. A photo can offer a more neutral perspective; you may notice things you might not otherwise.
- Show the photos to some friends and family members. Let them describe what they see: New eyes see new things!
- Identify things you'd like to change.
- Start to experiment.
- Note how these shifts change the way you
 - a.) feel about your home
 - b.) use your home.
- Check in with yourself, occasionally; see what you can do to make it easier to do daily tasks, remove barriers to enjoying your home, hold on to something for better balance.
- If you'd like to explore this process deeper with others, check out the [Aging 360 workshop](#).

I believe in choice: This is all about you - you are the expert in your home so do not be shy about testing and experimenting!

AT HOME
WITH
GROWING
OLDER

Something to
Write Home About

