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FitHome Solutions

Mission – To Improve the technology, ergonomics, safety, and maintenance of our client's homes to enhance their overall quality of life.

Focus –We deliver light home modification service to seniors and boomers so their homes continue to meet their changing needs. Specifically, we provide consultation and aging in place assessments to homeowners, sales, and installation of high quality grab bars, threshold ramps, lighting, and smart home technology as well ongoing home maintenance through a home "Fitness Plan".

Inner Left

Home Assessments and Consulting

Our FitHome Evaluations is a room by room assessment of your homes ergonomics, safety, and usability looking at everything from how much lighting is in your closet to how you exit your shower every day! We want to make your home work better for you now and in the future.

We are NAHB Certified Aging in Place Specialists.

Install it before you need it!



**National
Association
of Home
Builders**



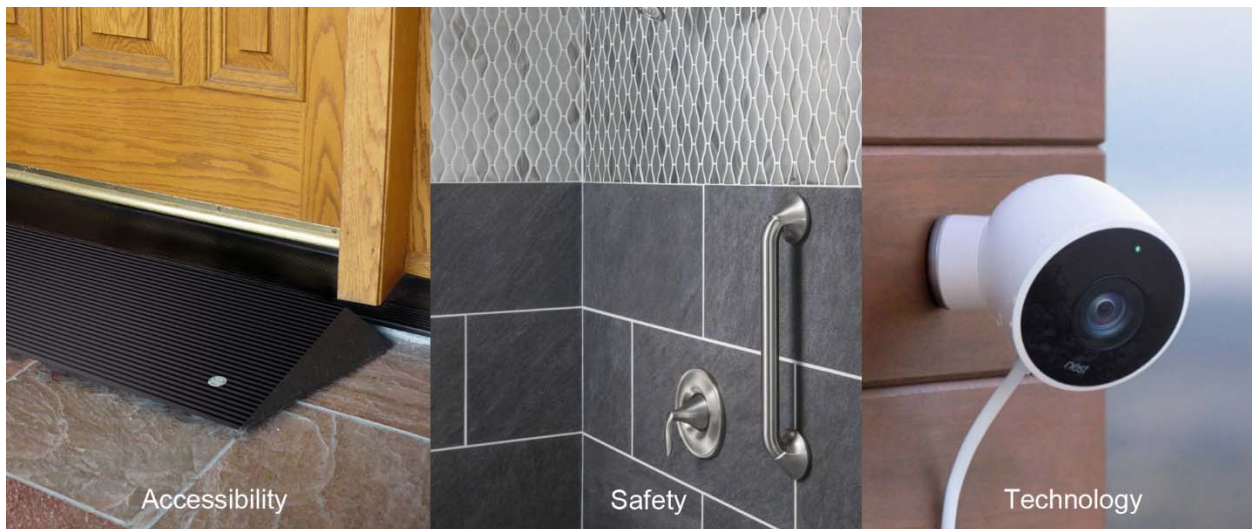
Certified Aging-In-Place Specialist
Houses For Living. Homes For Life.



Inner Center

We install and maintain a wide variety of products to make your home a FitHome!

- Grab Bars, rails,
- Threshold Ramps
- Door Handles/Locks
- Motion sensor LED lighting
- Smoke/Carbon/Natural Gas Detectors
- Fire Extinguishers
- Rug TapeF!Th0mee
- Bathtub and Bathroom traction mats/stickers
- Tile Tracker for keys and cell phone
- Front door cameras, indoor cameras
- Amazon Echo or Google Home



Inner Right

Home Fitness Plan

- Our FitHome Fitness Plans are perfect for every homeowner! Who can remember all the small tasks we are supposed to do as homeowners? Changing the filter in your HVAC or cleaning out the dryer venting? We take care of it so you don't have to remember.

We provide periodic home maintenance to homeowner to keep their homes “Fit” including:

- Maintain any and all FitHome installed products (see above)
- Replace/clean HVAC Filters
- Clean Dryer Vents
- Test Smoke Detectors, CO, NG detectors
- Replace light bulbs (60 W and 100 W white and soft white in stock, all others need to be provided by homeowner)
- Replace Refrigerator Filters
- Check Garage Door chain



Other information

- Treating fall injuries is very costly. In 2013, direct medical costs for falls—what patients and insurance companies pay—totaled \$34 billion.... and it may reach \$67.7 billion by 2020.
- Each year, 2.8 million people 65 and older are treated in emergency departments because of falls.
- Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a broken hip or head injury.
- Each year at least 250,000 older people are hospitalized for hip fractures. More than 95% of hip fractures are caused by falling, usually by falling sideways.
- The average hospital cost for a fall injury is \$35,000.
- The costs of treating fall injuries goes up with age.

CDC states four things you can do to prevent falls:

- Begin an exercise program to improve your leg strength & balance
- Ask your doctor or pharmacist to review your medicines
- Get annual eye check-ups & update your eyeglasses
- **Make your home safer by:**
 - **Removing clutter & tripping hazards**
 - **Putting railings on all stairs & adding grab bars in the bathroom**
 - **Having good lighting, especially on stairs**