

TITLE: Navigating Aging in Place

Name: Margot McWhirter, OT Reg.(Ont.)
Inclusive Aging - Ontario, Canada

Introduction. The vast majority of older adults age in place, whether or not they actively plan ahead to do so. Individuals and families benefit from trusted advice to navigate the healthcare system, home modifications, and community services from a person-centred perspective. This can involve working collaboratively to formulate and implement a comprehensive plan, as well as provide key information and advocacy. Navigating later life while remaining in one's own home requires a practical approach to everyday living. **B. Methods/approach.** The presenter will describe her consulting practice, which combines occupational therapy, gerontology, patient navigation and universal/inclusive design. Ideas and insights from real world experiences will be also be shared. **C. Implications**. Research consistently shows that aging and older adults want to stay healthy, safe and happy at home. Attendees will leave this session with a better understanding of how to achieve this goal, for themselves or those they care for/about.

Biography

Margot McWhirter is a Registered Occupational Therapist, with a Masters' Degree in Gerontology. She is Founder of Inclusive Aging, where she applies her 25+ years' experience as a clinician, educator and aging-in-place & accessibility consultant.

Presenting Author Details

Name: Margot McWhirter
Contact number: 416-488-5280
Twitter: @InclusiveAging
LinkedIn: www.linkedin.com/in/margotmcwhirter
Session name/number: Geriatric Services
Category: Oral presentation