

Adaptive Tools

Do you ever wonder which can opener will work best for you? Wish you could find an easier way to get in and out of the car or fasten a seatbelt? Want a doorbell or smoke detector that can be used by someone who is hearing impaired?

AgeFriendly Saco has tools that offer solutions to those problems and more. People of all ages and abilities are welcome to visit the office to see which of these tools might make life easier for them.

Please call us at 207-710-5029 to arrange for a short loan during which time you can see if this item works for you.



Consider The Following Recommendations for Your Home Safety

- ◆ Install smoke and carbon monoxide detectors on all levels of the home
- ◆ *Make sure they can be heard in all Bedrooms*
- ◆ Install nightlights in bathrooms and hallways
- ◆ Install a non-skid mat or nonslip strips in the tub or shower
- ◆ Apply nonslip adhesive strips to uncarpeted stairs
- ◆ Replace knobs on cabinets and drawers with easier to grip D-shaped handles
- ◆ Replace traditional light switches with easier to use "rocker" type switches
- ◆ Install deadbolt locks and/or slide latches or chain locks on exterior doors
- ◆ Place or mount an all-purpose ABC fire extinguisher



AgeFriendly Saco

HandyNeighbor Program



Community Help—One Lightbulb at a Time



AgeFriendly Saco Also Offers

- ◆ Sand Buckets for Seniors
- ◆ Adaptive Tools
- ◆ Multi-Generational Community Garden
- ◆ Beach wheelchair and walker loan at Bay View beach
- ◆ Annual Wellness Fair
- ◆ Social Events



AgeFriendly Saco volunteers and students from Thornton Academy winterizing windows

How It Works

Changing a lightbulb, moving furniture or taking out screen windows can be daunting. That's where our **HandyNeighbor** program can help! AgeFriendly Saco volunteers will provide small repair and home maintenance to older adults in our community.

We will

- ◆ Change lightbulbs
- ◆ Do touch-up painting
- ◆ Move furniture
- ◆ Install grab bars
- ◆ Clear clutter
- ◆ Hang pictures
- ◆ And more

Sand Bucket Program for Saco Residents

Sand is available at the town garage for Saco residents. If you are 50+ and are unable to get your own sand, we will bring it to you. With the help of Thornton Academy students, AgeFriendly volunteers, and the Public Works Dept. of Saco, we are able to provide 5 gallon buckets of sand/salt mixture. Please call the office to request a bucket for your use.



There's So Much Satisfaction in Volunteering!

We always welcome people of any age to join in our efforts to make Saco a better place for older residents to age in place. Call us at 207-710-5029, We'd love to hear from you.