

Handy Man Heroes

Reducing Homeowner Stress and Improving Safety

By Troy Rockcastle

It's no surprise that aging adults prefer to stay at home for as long as possible. This can be the right choice if only minor assistance is needed with daily activities and there is a close network nearby of family and friends. However, home ownership comes with a level of responsibility and stress which can put individuals at undue risk if they attempt certain tasks such as climbing a ladder or shoveling snow after a blizzard.

As our population ages, there is an increasing need for support services to address the needs of homeowners and ensure the safety of our elderly. Handy Man services provided by At Home Services, are one of these valuable resources that can address those pesky home tasks - a dead light fixture, a squeaky dryer drum, some boards on the deck which need replacing or a fence post which needs fixing.

Founded in 2008, At Home Services offers home repair and home maintenance to the community in the Greater Rochester area. Our primary goal is to act as a go-to resource in providing services that help seniors "age in place", by helping them remain independent and in their homes for as long as possible.

As part of Jewish Senior Life, we are highly focused on supporting our community's elders. However, our services are available to anyone in the community, regardless of their age or faith, and we are seeing substantial growth in the use of our services by single mothers and young professionals who lack the time or ability to perform work on their homes. Customers frequently come to us by way of referral from

home health care agencies, senior advocacy organizations, physical and occupational therapists and other health care professionals in the area.

Our work provides us the opportunity to make a positive difference in the lives of others, in helping to maintain a safe and comfortable home environment. To many of our customers, we have over time become more like members of their extended family; someone who is always there to provide help when they need it.

At Home Services offers:

- General home repair & maintenance
- Home safety upgrades & remodeling for handicapped access
- Installation of grab bars, handrails, and wheelchair ramps & lifts
- Property maintenance – Lawn & yard care and Spring & Fall cleanups
- Free Home Safety Assessments



ABOUT THE AUTHOR

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Would You Like A Hand?

Let Us Help!

At Home Services, a program of Jewish Senior Life provides services that will enable you to live safely, comfortably and independently in your own home.

Home repairs
Housekeeping Services
Lawn & yard maintenance
Home safety modifications

For more information or to schedule an appointment, call us to day at 585/784-6820.
www.jslathomeservices.org



Benefits of using At Home Services:

- A trusted service of Jewish Senior Life.
- All staff and contractors are bonded and insured, and must pass a background check.
- All of our work is guaranteed.
- Competitive pricing, with discounts available through Jewish Senior Life's *Family Among Families* loyalty program.