Craft Your Living Space For Safety And Parkinson's Wellness Transcript

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Introduction and Guest Welcome

Hi. I'm Dr. Ken Sharlin, welcome to the Parkinson's Solutions Summit. I have this my very special guest, Jillian Johnson, with decorating den interiors.

Jill and I have known each other for quite some time now. And, you know, pairing our mutual passions of beautiful interior design and really not just beauty, but things that really work for us as human beings, especially as we age.

So we've had discussions about aging in place actually for several years toward some homes together even, and a love of animals, particularly dogs we loved dogs.

Jillian has been involved as a part time pet sitter for for several years, too. We won't talk too much about the pets getting, but maybe, you know, who knows where things will go today.

Talking about having pets in the home, that could be something that would be of great interest to the viewers today. So without further ado, Jillian Johnson, welcome to the Parkinson's Solutions Summit.

Thank you. I appreciate the opportunity. Good morning. Good morning. I don't know what time it is around the world as people watch this, but it is still morning here in Ozark, Missouri.

And it is beautiful outside. Yes, it is. Well, Jillian, again, we have known each other for a number of years. You've been involved in interior decorating.

Tell me a little bit about your journey and how you got involved in this very important area that really ultimately enhances people's lives. I began my journey going to college.

I actually started at Missouri State University as a graphic design artist, but quickly switched to interior housing and interior design. I noticed that I liked the idea of layout and function of a space.

However, in my training we did do a lot of selecting materials that are a better fit for some, which is important in a lot of aspects of interiors. So from that point went into multiple different industry and interior design window coverings.

Now I'm with decorating and interiors that we offer pretty much all materials from floor to ceiling, light fixtures, wall decor, window coverings, upholstered furniture, case goods, area rugs.

So it's a journey that's consistently changing.

Jillian's Interior Design Background

I am trained to ask really good questions so I can really pinpoint what the pain of the space is in order to create a solution. So with aging in place and Parkinson's and being able to create a home that feels good but is also functional is very important.

And I think a lot of it for me is just asking the right questions and keep asking until I really hit it on the nail. As far as offering a solution. You know, when I talk with my patients about functional medicine and move the microphone a little closer, functional medicine, and we talk about, well, really, what is the equation that sort of leads to disease?

And often folks are very quick to assume that it's sort of all in their genes, that there's nothing they can do about it. But in reality, if we look at this as sort of a pie shaped chart, lifestyle and environment play huge roles, much more than genes.

And in fact, our genes are not so hard wired because lifestyle and environment, they influence the expression of our genes. And then when we talk about environment, I tend to talk about our internal environment or milieu or cellular milieu.

But then I also talk about our external environment, the things that surround us. And of course, in Parkinson's, there's a lot of discussions about toxins, heavy metals, stuff that obviously not part of our our discussion today.

However, you know, when when I think about what affects people as they get older, you know, one of the probably the number one most classic thing that you hear about someone is that they have a fall in their home, they break their hip, they end up in the hospital, and then it becomes a domino effect.

And often it's the end, it's their demise. So the home is such a critical part of our environment, of our health and what we put in it, how we arrange it, how we give color to it.

Design pattern. There's a classic thing that you hear about with Parkinson's, like if you had a floor that was a uniform shade, let's say you just have a a white tile floor versus a checkerboard sort of pattern, say black and white pattern.

And you put someone with Parkinson's in each of those rooms, the one with the uniform color flooring will sort of shuffle across the floor. But if you give them a target, a pattern on the floor, that just the presence of that pattern can normalize gait.

So what we put in our home makes a huge difference. And that really brings us to discussion of what is aging in place, how does it work, and what does that mean to you from an interior design perspective?

Well, I want to piggyback off your discussion on flooring in pattern and color, because I feel like those are extremely important when making decisions for aging in place.

Color is one of those things that has in offers control, cost. And in order for our eyes to as we get older, our eyesight tends to decline and color can help.

And so we need to be mindful of like you mentioned, color, but left pattern also when it comes to flooring, I agree with you on complete trends. There are no transitions, a seamless flush concept throughout the entire home in our world and area rugs are really nice to anchor and it looks pretty and it's something that's very low cost and cost effective in order to create kind of a personality.

However, it is a tripping hazard. We do strive not to encourage airy rugs. However, some do really like the idea or they want to bring an heirloom piece that they've had forever.

We just need to be mindful of the thickness and also how we place furniture around it. So walkways are clear when in regards to paint and wall colors, I think again, color is a big factor in choosing.

So baseboards trims can be a contrast against the wall color. So that way when they're walking down the hall, they're able to actually see the opening and clear path entering and exiting each space, meaning into a different room as a guestroom office.

Lighting is very important as well. Of course we can create some wow factor with some decorative light fixtures, but just really good lighting. Lumens are a big factor.

So going in kind of more of the higher lumen 3000 or above is a good option because it is closest to the color of what the sun produces. And that's just correct for our eyesight to be able to see in moving, transitioning to each room.

Window coverings are something that is encouraged in a home not only for energy efficiency, but for privacy as well. And in my industry, there's a lot of options that work well.

For others, a discussion of controls is a very important thing. I need to ask and discuss with the client is Do you want cords? If you do want cords, we need to be mindful of a continuous cord or something with cordless operations, however, our industry is moving forward and more and better technology on motorization and motorization is something that is you have a versatility of budgets on this.

Designing Homes for Aging in Place

So one thing, if I could share my screen just for a second, I have an option that I'd like to show and it is a power wand which oh no, I must not have it up here.

Well, we'll reference the color at this point. My apologies. I must have done something different on a PowerPoint, but just referencing colors. These are just a really good visual example of what colors can do for us.

So the top right with that teal light blue and navy blue, that's a good contrast to be able to propose to a client, say the trim is the dark navy blue, which is the font color.

The light color is the walls. So you can clearly see how how things can be a good color contrast for everyone. Hmm. That's very, very striking. Really good, simple.

You know, I give a lot of stage talks, a lot of, you know, presentations, other providers primarily. And sometimes they get reminded my own PowerPoint color or contrast can be hard for folks to see. Yes.

So and a lot of discussion that I have with clients that are transitioning, either downsizing or considering modifying their home for aging in place, is the discussion of existing pieces of furniture.

We really strive to select good options that are going to be a good fit depending on the scale and size of a room. We need to be mindful of a little bit smaller furniture.

However, if it's a piece that's been brought down from generation to generation, for example, grandfather clocks, antique furniture. I strive to place that in the home because it means something.

I think it creates a memory and which is a good thing. It makes people feel good. So from that, we can kind of decide what are some new options. That would be a great fit.

And again, I'll share my screen again, just because I love pictures, I think it's the best way for us to be able to communicate back and forth. Well, let's see.

So, for example, this is a bariatric type chair, so you can see the width, you can see the strong, the strength of the arm style. This is just something that I think is a good option for controlling and enhancing posture support.

The seat depth is actually just a little bit more minimal and a dimension just because we don't really want our our elderly to sit as far back as possible because then they have to scoot and then try to push themselves up from the arm chair so, so, so close to the front of the seat.

This is actually one of my favorite suppliers that's made here in Missouri. And this is a power chair to where it reclines, but also towards the bottom of the screen.

The third picture, it helps lift the the chair. It lifts the chair up to where the person can get out in a very easy way, soft way to where they're not having to really use a lot of strength.

And I found that a lot of our elderly, they just they kind of want to plop down. They don't. And, you know, they almost have to have a little bit of ease plopping down.

But that's our goal is just let's slowly sit down of classical and slowly get up if possible. This is another option that is newer in technology, but this is a chair that has the capabilities of killing 99% of bacteria due to some wavelengths

of ultraviolet light, which I thought was pretty interesting.

That's a concern. And a lot of our areas, whether it's in nursing facilities or assisted living, is just, you know, a lot of people living together in a space.

And this just gives you a little more ease of mind of the safe cleaning abilities of our furniture. Very neat. So I just want to say, you know, she Jillian is quite aware she's been involved in actually our home during my wife and I recently built a I would say 99% aging in place home.

There's still a few tweaks with sort of like to make or things you learn along the way. But you know, and I may have mentioned this in previous interviews, but one of the things that she immediately when I say she, Valerie, immediately started talking about is that we wanted grab bars in certain select areas of the home.

But, you know, our home is a sort of a mid-century modern sort of interpretation and it's very design kind of oriented. And so we didn't want grab bars that look like we bought them from the local hospital.

And so there's a dimension of all of this is how do you create aging in place? But then also how do you do it in a tasteful way that, you know, appeals to individuals, esthetics and, you know, makes it feel like a home and not a hospital.

And you're giving great examples of that. Well, I do feel that our the interior design industry, construction industry is really listening to the needs and wants of their clients, and they're striving to create better esthetically pleasing options.

It's it's something that I'm going to share my screen one more time. Well, probably more, but enough to where it's they're being mindful of the designs because of.

So, for example, this view is a splash entry into a shower circumstance. And a lot of the materials chosen here were for a wheelchair, easy access or standalone.

But over here towards your left, there's the slide bar. It's very modern. It is also a grab bar, but it adjusts the handheld shower as an option. And again, in this space, these are some options that were strategically placed for esthetics.

But here in the shower, you can see the grab bar is a little more streamlined, not quite like you mentioned. A hospital. A hospital look. And then in regards to the tub, this is a tub.

But you can also the the side is motorized that raises in order to actually soak and feel good drops when it's ready. So it's a little bit less of a step to get in and out.

So I'm yes, grateful for our industry listening and creating more options that are better fit for being comfortable and wanting to spend and invest in modifying homes so we can stay in our homes longer.

Well, there would be then two dimensions of this. You know, very broadly speaking, there would be the. Hey, Jillian, I'm building a home. It's a brand new home.

How do you know then how you get involved at that stage versus the I have a home. We want to modify our home and getting you involved. Can we kind of walk through what each of those might look like?

Maybe starting with I'm building a brand new home, where and when do you get involved? How do you get involved? What does that process look like? That's a great question.

I would love to be involved from the beginning just so we can narrow down the once over the needs and needs over the ones.

Flooring, Lighting, and Safe Home Features

Then finding an architect that's able to create the floor plan blueprints to then show a contractor communication and transparency is extremely important from any stage of construction, and you have to have that trust level with the architect and the contractor.

So bouncing off ideas from the very beginning, being mindful of your furniture placement. So for example, if you want your furniture to float in front of the fireplace and you don't want cords going to the wall because it's a tripping hazard for anybody.

So being mindful of your layout, even on a floor plan or a blueprint is extremely important. Room sizes, locations where the bathroom is in regards to where the bed would be.

So it's just asking some questions and narrowing down and having the idea of what your vision is for the future. Living in the home, it is a little more easier to accommodate aging in place for new construction versus living in a home that's already built and modifying it.

It depends on the when the home was constructed, but some hallways are not prepared for a clear, ADA compliant entry or radius for a wheelchair. So that's something that can start eating into your budget because you have to modify the walls to make them wider.

Entries into rooms need to be wider. What is that with Jillian in general, the minimum with who you would recommend. For a hallway? It's at least a five foot radius to be able to turn around.

And I think it really depends on the homeowner, too, but 42 inch what, width door is a good option? It's not just so much the thought of rolling in, it's if you need to kind of make some adjustments on a curve or a turn to get into the room passing a piece of furniture, you just need to be mindful of of those dimensions and numbers.

And then again, placing lighting, recessed lighting is a good option to on on preparing new construction as well as remodeling, too. I do feel even with current homes, there's not adequate lighting.

Functionally, we need more, I think. And then of course the wow factors of decorative lighting that comes later as far as just more of the esthetics and the fun factors of the space that kind of creates personality.

And I'm trying to think bathrooms, kitchens and bathrooms are probably most important in regards to making the layout important again, making it 88 compliant or for a walker, the certain height of cabinets, typically it's about 30 no 40 inches in height for a countertop that can always adjust according to the height of the homeowner.

And keeping in mind to some of the finishes and choices that you do to home, consider discussing with a real estate agent too, because it could be a real, real estate investment for sure.

But for resale value, I think that in our area especially, we're slow. We're slowly seeing more developments for aging in place, but mostly living facilities, nursing homes, assisted living.

I feel like we need more because we are starting to see that most homeowners and most of our older community would prefer to stay home and not have to live in an assisted living facility.

So having other professionals like Austin Miller, who is extremely knowledgeable in modifying homes or creating new homes, he asks the right questions and then is able to execute a project.

I'm hopeful that our area is listening and we can start accommodating more homes versus, you know, making the decision to put R or Y generation in nursing facilities.

Absolutely. And one of the things about Parkinsonism is not just the gate factor and the ability to rise from a low seated position, which is very common in general in the chronic diseases of aging.

And, you know, and really just in aging folks who lose some of that core strength as well, but the fine motor control at the hands. And so I'm just thinking from trying to put my mind in your perspective, can you talk a little bit about adaptations or are choices that we make in the home that accommodate to or at least plan for if not, if not, if there isn't an immediate need, that loss of fine motor control, light switches or other things.

Yes, knobs on a door are a big change. Instead of turning knobs, it's a lever to where you either push up or push down to open a door. I think even just installing additional grab bars that are esthetically pleasing and looking is going to be helpful just for that second set of stability.

And then in regards to, I mean, light switches, I still think just the normal switch is a good option because either you push it up or you push it down.

But some of the toggle switches are a good option too. And also some of them light up, which is nice. So when when you shut off the light, the toggle switch itself is lit.

So you know exactly where the switch would be if the homeowner happens to need to get up throughout the night. I think hallway lighting is also a good option to be able to travel throughout the night if if you need to the restroom, if your restrooms not right off the bedroom, you'll have to travel down the hallway.

So and then, of course, with window coverings, just the motorization and I apologize, I don't have that that photo but there's an option for so similar to a a wand on a two inch blind that either the louvers open and close.

I think the wand has a motor so you push a button up and the louvers open, you push a button down the louvers close. So that same wand motorized one is an option for any type of shade that either raises or lowers.

Not so much tilts, but it raises and lowers to get a full view of your exterior, but then shut it down when you need privacy. So just by a tech one. Yes. And I'm wondering about even things like appliances and how they've changed.

Furniture, Seating, and Accessible Bathrooms

A lot of them are very, very solid state. I mean, they don't even have a button per say, right. It's just a touch, but it's still it still requires a little bit of a precise touch where sometimes a pressure like I just had to replace the water filter and air filters on my refrigerator and freezer.

And there is a just a warning or a, you know, replace your filter reset the filter. I have to put my finger on this solid state button and just hold it there until it it goes off.

And then it'll be off for another six months until I have to replace it. But but that's, you know, even thinking about those appliances, you know, the height of the appliances, can you reach the appliance right.

Or at least having some options. So we have Valerie and I don't want to see we used to argue about, but it was like almost a point of tension because we both love cooking.

We wanted to be in the kitchen, but we have this kitchen we had not have we really only accommodated one person at a time who was working and cooking and moving around.

Now we have a kitchen where both of us can be in there. We have appliances, of course, like anybody else, I think anybody could pretty much reach the dishwasher because that's low.

The oven is a little higher up. So that could present some challenges. However, we have a you know, I'm not trying to promote one brand over another, but we bought the Frigidaire Pro line for our house and they make a very nice microwave slash convection oven.

So that's actually in the island and it's low down. And so at least if you're not using the regular wall oven, you can reach the microwave, you can heat something up and in a multitude of manners, not just zapping it, you know, with

microwaves, if you're, you know, hesitant about microwave or it's not appropriate in some cases.

Right? We also considered and this might be a little high for someone wheelchair of course not everybody with Parkinson's is in a wheelchair, but they might be using a walker.

So they have to think about, I have my walker in one hand, but then I'm reaching with the other hand. And where does that go? And that's just sort of does it accidentally touch the stove?

Right. We have to be mindful of stoves. If there is a little cognitive impairment and that stove has been made and left on accidentally, what does that mean?

We're hearing more and more about natural gas or propane and what that can do to the home environment. There's an attempt by the federal government to phase those out.

So we bought something called an induction stove. So you're probably familiar with those? Yeah. How are you liking that? Actually, I like it quite a bit.

Quite a bit. It took a minimal amount of getting used to. But folks, if you're familiar with induction and we have a glass top inset, you know, it's like that volcanic glass.

I mean, yes, I have to be careful not to drop something on it, but it's inset in or counter. And then what this does, if you have, you know, because we're we're a little older like a lot of folks are probably watching this.

So we have we've had lots of pots and pans over the years, but the induction stove will only work with the stainless steel. Right. So that is a factor could have to replace your pots and pans, but if you're using most nonstick cookware, it's time to get rid of it anyway because that's pretty, pretty toxic stuff.

And learning to cook with stainless steel cookware is much better. But what this does is when that cookware is in contact with the stovetop, there is a I believe it's through a magnetic field.

But basically it it it heats through that physical contact. And so when this when this when the pot or pan is removed, that connection is broken and the stove immediately turns off.

Now, that doesn't mean that the glass doesn't heat up some. And on our stove there's a little H that warns you that this may still be hot. But if you had, for example, just turned on your stove before you put your pot and pan on and you accidentally put your hand on the stove, nothing will happen because it has to be that metal in contact with the stove.

And then it does, you know, it cools down pretty quickly. I don't know that you wouldn't you know, the degree to which a person could get burned is probably less on a time basis relative to, you know, when you've when that stove was on and you were cooking something and then remove that thing and if you accidentally put your hand there, then it cools a lot quicker as well.

And then of course it's a smooth surface, which makes it much more practical for keeping clean, right? Yes. And I will tell you, when I have visited your home to visit your friends, Betsy Ross really likes to lay on that stovetop.

And so just being mindful of, you know, if you have critters inside your house that are welcome anywhere, that's a safe option. So I thought that was quite funny because that's where she seems to land when I was prepping her food.

Yes. For folks who don't understand, Betsy Ross, by the way, is a cat. I don't know how many people can, quote, train their cats, but not in my world.

Cats own us. We don't own them. They pretty much go where they want. Now, of course, we're really handling food up there. The cats are not out there. But when things are, you know, just when we're just about the house, we have

two cats and one is Batgirl and the other is Betsy Ross.

And both of them, for whatever reason. Like that's stove top. Maybe it's a consideration if you're looking for that kind of thing. Modifying homes, that's another challenge, right?

So now you're going into a home that already may not. I mean, a four or five foot hallway is a very substantial hallway. Right. And so we tried to build our house with really with almost no hallway that way.

There's a minimal hallway. And this open floor design, I don't know, it's probably about ten feet long altogether, but you can you would not be able to turn a wheelchair.

It is wide, but it probably is not wide enough for a wheelchair to turn around completely.

New Construction vs. Home Modifications

However, it would be no time before you'd be in the room and you'd be able to pivot 180 degrees and turn around and then and so anyway, what are what are you looking at when you're modifying homes?

It sounds like you could go pretty deep with that. Yes. And that's where I would really engage a professional contractor even before you get started making any type of design changes, because there's just so many unknowns and unforeseeable circumstances that my myself as a designer and a homeowner just may not know.

And so I really would encourage those to seek out a professional that has probably had at least five or projects behind their bill in regards to aging in place.

And the only reason I say that is because they can guesstimate what's going to happen, what's behind the wall, if it's load bearing or not. And I would just trust your contractor or trust somebody that you could get a referral to.

Trust a contractor. But in regards to new construction and remodeling, a lot of my clients ask, is there a budget or a better fit for a certain budget to execute one or the other?

And again, this is probably something we should ask our professional contractors about, but usually going in a remodeling phase is a little more expensive than going in and creating new, because you have to spend a lot of time knocking out a wall, figuring out what's there, then applying a wall back or drywall or whatever. So I think if you are interested in doing any type of modifications in your home, I would seek out a professional, whether it's a designer and a contractor or just a contractor, just to get the needs and ones out there into the discussion and then figure out what the best solution would be and then discusses something that we want to invest in or look into building new.

If that's a possible option. Right now, or maybe finding something that's more already aging in place that you can purchase with minimal if any modifications potentially.

You know, I'm kind of a technology geek and you've touched on a few things. The chair that tilts and lifts. We've talked about motorized blinds or shades of solid state appliances and things like that.

But what, you know, where where things heading in the big picture, I'm just fascinated by smart home concepts of, you know, Alexa and HomeKit and Google Home and so forth to really integrate in an even in bigger way, all of the features of the home for aging in place.

Where is that going and are there any highlights that you might like to mention? I believe that everything's going to be able to be controlled on an iPhone or an iPad or a smart phone of some sort.

Say you're on a flight over to Colorado and you're like, Oh, I forgot to turn off my stovetop. I believe that's going to be hooked up to a wave for you can access your phone, turn it off or lock your door or turn a certain light on, especially window coverings.

It is linked up to be able to be performed and operated on a phone. However, when that time comes to where you're interested in learning more, there is an investment that is going to be involved in that because there's certain levels of technology and needed parts and equipment in order for it to all work together and marry a connection.

And so that's another question I will ask is, you know, what do you want to invest in this type of project? Because here's your here's your options when it comes to at least products that I can provide within a home with my suppliers.

But I do feel confident that you're going to be able to operate a lot of things from just your your smartwatch, even at some point. That may. Be voice.

Voice over voice, right? Yes, I agree for sure. And with technology, it's forever changing. My only concern is that I would ask a lot of questions as far as the parts.

And in my world of motorization, there's been on occasion to where there's a motorized situation that they no longer make the part because the motor has improved, it's not needed.

Therefore a homeowner has had to replace that shade entirely because we were not able to locate that part. So I would just ask those types of questions.

If you do go to that route, how long will this technology stay and will I be able to get it repaired in a part ordered if needed, for making a decision?

I mean, we definitely had a few hiccups along the way.

Smart Home Technology and Motorization

As you know, we pre wired before the drywall and all went up our house with some low wiring that we thought was going to be used to control window coverings.

And then it turned out to be far above our budget. So we have low voltage wiring all around our house right now it's not being used, but that doesn't mean at some point in the future with the smart home technology that we won't be perhaps grateful that it's there, that something is going to have to, you know, get in behind the drywall.

But that being said, you know, we have figured out creative ways to motorized the key window coverings in our house. And you were very helpful with one of them in particular in my home office.

But I subsequently found some aftermarket motors that basically pull the cords, in one case, the beaded cord on a very large heavy window covering in what we call Valerie's boudoir, but also in our master bedroom.

I don't know. I think you've seen this, but there are additional challenges when it's a rope type pull. This is still a circular pull, but you still need a motor that can grab on to that cord as opposed to the beads where you can create cogs.

But we I was able to find something. I didn't put it on all of the windows because it right now esthetically it's not as pleasing as it could definitely be.

But for the one line that we open and close, that was about a $200 investment and well worth it, including Valerie's bedroom, about $200. She uses that kind of it's an office and her personal care room.

She does her makeup and her hair and all that stuff. But anyway, those were like $200 investment synergies in full transparency. And we're talking about, you know, hard wired in motorized blinds in our home.

And this was basically for four rooms. Maybe it was some blurry large windows. It wasn't just for windows, but we were talking I think it was like $23,000 and that, you know, that blew our budget out the water right now, especially

since we were already spending a lot of money just building the home itself.

So couple take home messages, you know, do your homework, get your get your, you know, think it out as far ahead of time as you can so you know what you're dealing with.

I'll be at there's also inflation but know that there are more than one way. There's more than one way to approach the problem. So we have the rechargeable motorized blinds and and or window covering in my office.

But then we have some other ones that, you know, one is actually plugged in. So that doesn't need recharging and one does need charging. But the charger is in a location that will be very easy to access.

So there are options and you know, we really did that for about, I don't know, $425 instead of $23,000. So very big, big difference. Well, Jillian, I know decorating den interiors is found all around the country.

And but I was just curious if you do any remote consultations with somebody. Toledo, Ohio, for example, wants to talk with you. Can they reach out? Can you help them?

Absolutely. And it can be over through a phone conversation, email or zoom. Again, my goal is just to ask the questions in order to figure out a solution.

And then from there, we can move forward into if I can be of help providing product or if it's just design advice. And if they do want to reach out to you, would they go to the website for decorating den interiors for you know, Nick, I think your offices in Nixa, Missouri, where how how do they best reach you?

Reaching our business is definitely go to our website. It's actually an attractive website that gives a lot of visuals. Again, I love to communicate with pictures and visuals, otherwise you can email me directly or give me a call.

I don't know if that's something we can share in with this now, but that's my business. No cell phone numbers. Yeah, but I just learned. Your cell phone.

But yes. An email would be great. And then from there, we can share phone numbers to have a phone conversation. And I can share with you my email if you want to plug that in written form later. Yes.

So I'll go ahead and tell people what your professional email address is so they can reach out to you in that way. It is JillianDecDen@gmail.com.

Remote Consultations and Closing Remarks

I am going to spell it J I L L I A N D E C D E N @ gmail.com Wonderful. Well, I'm going to tell you, folks, from personal experience again, I have known and worked with Jillian for many, many years.

She is tops in the business, so I definitely encourage you to reach out to her. She will help you make sure that your home is aging in place, is beautiful, and it just resonates with everything you want and need for your home or by the way, your office at that as well.

Jillian Johnson, thank you so much for spending the time with us in the Parkinson's Solutions Summit. I know that folks who have engaged in this interview have found really wonderful solutions that you have shared in your personal and professional experience that's been hugely valuable.

Thank you. I appreciate the opportunity. You're very welcome. We'll talk soon. Okay. Sounds good. Have a good day.