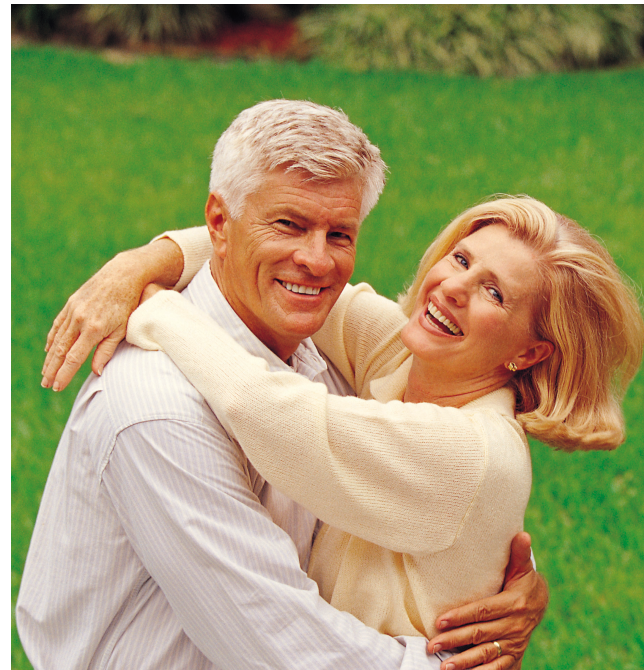




Make your house a home for a lifetime



Hire a Certified Aging in Place Specialist



Make your house a home for a lifetime

Design can be both functional and attractive, making your home more comfortable and enjoyable for everyone in the family, from children to grandparents.

Remodel your home to make it safer, more accessible and barrier-free.





What is “Aging-in-Place”?

- Remaining in one’s home safely, independently and comfortably regardless of age, income or ability level.
- Making a house “home” for a lifetime through Universal Design techniques.
- Use of low-maintenance, affordable materials.

Aging in Place

How does it affect me?



If you are like the majority of Americans over the age of 45, you want to continue living in a familiar environment throughout your maturing years.

Aging in Place

According to the AARP, 74% of older homeowners prefer to age in place.*



To age in place safely and comfortably, you may need a few modifications to your home.

* Source: AARP, *Fixing to Stay: A National Survey of Housing and Home Modification Issues*, 2000

Aging in Place

People whose homes don't meet their needs often aren't as active in their communities

“Difficulty in getting around the home may make it difficult to prepare for getting out into the community.”

* Source: AARP, *Fixing to Stay: A National Survey of Housing and Home Modification Issues*, 2000





Aging in Place

The AARP's "Fixing to Stay" study also found that:

- People 50 and older who said that their homes would not meet their needs as they grew older were almost twice as likely to feel isolated.
- Older consumers want a means of identifying professionals they can trust.
- Those professionals need to be reliable, honest and have training in the proper skill-sets to modify, design and build a safe, barrier-free home.



Universal Design

Universal Design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.

Universal Design is used to help people age in place.

Universal Design Concepts

Bottom left: Pull-out cabinets allow for easier access to items.

Bottom right: Appliances placed below cabinets require less bending.



- Barrier Free
- Accessible
- Adaptable
- Visitable

Barrier Free

Rooms, entrances and environments that are designed to minimize or eliminate barriers like steps, large steep grades or slopes, thresholds greater than 1/2", and narrow, cluttered or restrictive passages.

No-threshold doors provide easy access from the outside and can be a more welcoming entrance.





Accessible Design

Accessible Design complies with regulations or criteria that establish a minimum level of design necessary to accommodate persons with disabilities.

Examples of Accessible Design

- 32" wide doorways
- 1/2" and 1/4" thresholds
- Roll-in showers
- Ramps
- Grab bars





Adaptable Design

Adaptability is a design concept developed to address problems of individual differences and changes in capability over time.

Example of Adaptable Design

Thermostat and light switches can be reached by child, person in wheelchair, or ambulatory adult.



Example of Adaptable Design



Photo Courtesy of Concord Elevator & Lifts

A stair lift can
be installed on
a temporary
basis.

Visitability

Visitability is a minimum level of accessibility that will allow a person using a wheelchair basic access to the ground floor of a home.



Universal Design Elements

Universal Design elements can be employed in every area of the home.

- Parking
- Entrances, Ramps, Stairs and Lifts
- Kitchens
- Utility and Storage Areas
- Bathrooms
- Controls



Photo Courtesy of Dan Bawden, President, Legal Eagle Contractors, Co.

Universal Design Elements



Exteriors

- Installation of interior or exterior elevators or lifts
- Ramps, slopes and zero-step or zero-level entryways
- Hand railings

Photo Courtesy of Dan Bawden, President, Legal Eagle Contractors, Co.

Universal Design Elements

Living and Dining Areas

- Creation of a multi-functional first floor master suite
- Levered door handles
- Auxiliary handles
- Thresholds and floor heights
- Hand railings



Universal Design Elements

Living and Dining Areas (cont.)

- Platform lifts and chair lifts
- Elevators



Universal Design Elements

Kitchens

- Adequate turnspace
- Recessed or protected plumbing
- Roll-under sinks



Universal Design Elements



Kitchens

- Adjustable or varied counter heights
- Accessible appliances
- Accessible storage

Universal Design Elements

Baths - An accessible lavatory has:

- Sufficient knee space
- Protected drain and water pipes
- Levered handles or push faucets
- Low mirror
- Counter
- Adequate space to approach
- Grab Bars



Universal Design Elements

Baths - Showers

- Barrier-free showers
- Shower controls
 - Scald-proof valves
 - Hand-held shower with wall clip for hose
 - Offset controls
 - Push or lever handles



Universal Design Elements

Controls

- Light switches
- Electrical outlets
- Environmental controls
- Alarm systems
- Light systems
- Security
- Knobs and handles





The CAPS Designation

Who can you rely on to modify your home?

A Certified Aging-in-Place Specialist (CAPS) has been trained in...

- The unique needs of the older adult population
- Aging-in-place home modifications
- Correct installation of assistive devices
- Solutions to common barriers
- Common remodeling projects



The CAPS Designation

The CAPS designation is...

- A reliable way to identify professionals to modify your home
- Developed and administered by the National Association of Home Builders
- Endorsed by AARP





The CAPS Designation

The CAPS designation has been featured in...

National News Media
including:

CBS Evening News

NBC Nightly News

USA Today

Wall Street Journal

United Press International

Copley News Service

And Local media outlets too, including:

Birmingham News

Chattanooga Times Free Press

Chicago Tribune

Dayton Daily News

Edmonton Sun

The Kansas City Star

The Ledger

Pittsburgh Post-Gazette

Pittsburgh Tribune Review

The Roanoke Times

The San Francisco Chronicle

Sarasota Herald-Tribune

St. Petersburg Times

Star Tribune



Before you modify your home

- Remember you are buying a service rather than a product.
- No matter where you start in the process, you will eventually need to hire a professional remodeler to make modifications to your home.



Before you modify your home

Ask Yourself These Questions first

- Do I want to add a bathroom and possibly bedroom to the main level?
- How can I make my kitchen more functional?
- Am I worried about preventing falls?
- Will remodeling increase the energy efficiency of my home?





Before you modify your home



- Will other members of my family benefit in the future from modifications?
- Will visiting loved ones or friends benefit?
- How much money can I budget for this project?
- Will I need to get a home equity loan?



Before you modify your home

Home modification checklist

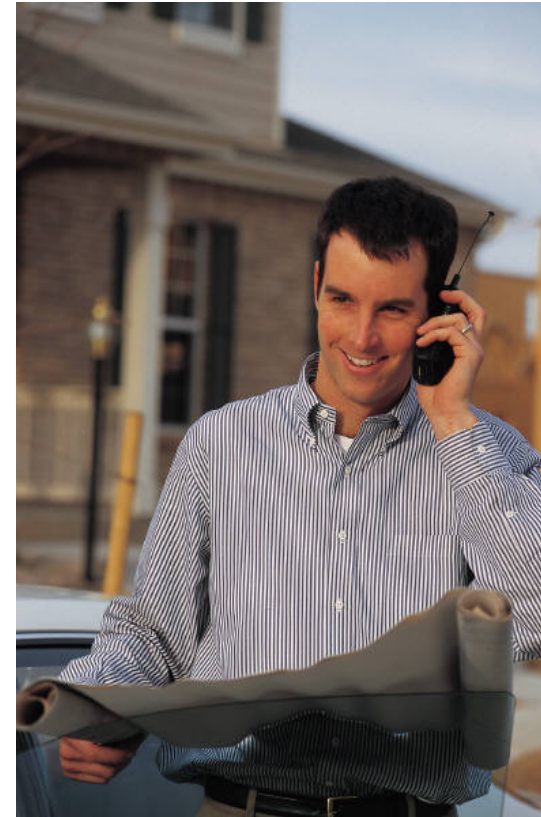
- Calculate your budget
- Seek referrals
- Contact trade associations
- Verify the remodeler's references
- Look for professional designations
- Check with your local/state office of consumer protection (Better Business Bureau)
- Ask your professional remodeler for a written estimate
- Select a professional remodeler





Before you modify your home

Where do you find a professional you can confidentially consult about your aging-in-place needs?





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Make your house a home for a lifetime

Use this space for testimonials, referrals, projects, photos and other information about your business that you would like to share with potential clients.



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

Visit www.nahb.org/CAPS for more information.



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