



Aging In Place

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Do You Need Tips For Successful Aging in Place? - Baby Boomers and Others Take Notice

By Diane Carbo

Aging baby boomers are determined for successful aging in place. They are so determined to reach their goals; the boomers have created an entire new home remodeling industry. The hopes of the aging baby boomer generation are to avoid being institutionalized and to live out the life in the comforts of their own home. In order to reach that goal, baby boomers are finding support and guidance with Certified Aging in Place Specialists.

It is important that aging boomers realize that their bodies will change and our ability to maneuver our physical environment with ease may change.

An aging boomer must realize that successful aging in place requires planning, support and guidance from many different areas. The first step, for success, is to make your home your partner as you age. Most homes were built for young growing families. A young body can maneuver stairs, stand at the kitchen sink or stand on a stool to get out of reach things. As we age, these activities can become difficult or even impossible. Balance can become a problem and falls rob the aging body of independence. In spite of all the exercising, vitamins and nutrition, we cannot help from falling and breaking a bone.

Mobility, such as going up and downstairs, getting off the toilet and in and out of the shower becomes a problem. Many aging seniors develop fear of falling and avoid showering for fear of falling. What is the best tip for successful aging in place? Make home remodeling plans to adjust your present environment to meet your future care needs. There are simple inexpensive changes that can make your home livable for your future care needs. For example, lever type handles should replace all door knobs for ease of opening.

Shower doors should be replaced by shower curtains for safety. Installing grab bars in the shower and next to the toilet. If you are planning remodeling or home improvements seek the advice of a certified aging in place specialist. These specialists utilize the basic concept of universal design to meet the needs of everyone: the young, the aging body or the individual that is physically challenged. These specialized professionals will assist you in making the right choices for your present needs as well as your future care needs.

There are several factors to consider when making changes to your home.

Safety is the first consideration. Although we are unable to prevent accidents, you can create an environment that will lessen the chances of an accident happening. Physically maneuvering in our homes can become a factor as we age. We may require some assistive device, such as a cane or wheelchair. Entering and leaving the house can become problematic. Using stairs and food preparation can become problematic due to arthritis of circulatory problems.

Falls in the entrance ways of a home is second only to the bathroom for falls for aging seniors. Lowering profile thresholds will make for easier access to your home.

The bathroom is a key room to make changes for future care needs. Safety and easy accessibility to promote independence for as long as possible is the goal for this highly utilized room. Simple changes as suggested above, along with held shower heads and scald guards on the faucets are safety benefits for everyone in the family.

Installing a "comfort high" toilet can allow an individual to get up with ease. As we age, the present standard toilets can be difficult to get up with out assistance.

I have just touched the surface on how aging baby boomers can prepare for successful aging in place. A Certified Aging in Place Specialist and smart home remodeling plans are the first steps towards success.

Diane Carbo Registered Nurse has more than thirty five years in the nursing field. Her experience as a geriatric care manager, makes her uniquely qualified to help those who want to live out their lives in their own homes. That decision may be made when you are 20, 30, 40 or in fact at any age, with sooner rather than later being ideal. Diane has developed a web site to make people aware of issues and options. You will find extensive helpful information that will be continually updated. Please visit Diane's web site and learn more about successful aging and preparation Sign up for "The Caring Advocate" her free newsletter and take advantage of a complimentary e-course Advocating For Yourself and Others

Article Source: http://EzineArticles.com/?expert=Diane_Carbo

What Does Aging in Place Mean?

By Alesha E Churba

Expert Author Alesha E Churba

An important subject just beginning to gain some interest in the design and construction industries is the concept of Aging In Place. Aging In Place is related to Universal Design. What specifically is Universal Design? Many times, the notion of grab bars and big bathroom stalls comes to mind but that is just a small part of Universal Design. Universal Design itself is accessibility for all, not just the handicapped or wheelchair bound population. It is the idea of making as many spaces as accessible (read easily navigated, intuitive, and easy to figure out) as a space can be. The idea of Aging In Place takes the notion of accessibility and makes it even more personalized to the home owners and those who live there.

Aging In Place takes into account the safety and comfort of the individuals living in the space. This doesn't necessarily mean that the homeowner has to be a senior; it could be the home is being adapted for friends and the home is visitable. Sometimes families have an aging parent that sometimes visits or comes to live in the space or the homeowner has become limited in some way. Aging In Place adaptations make the home more comfortable and livable now and down the road. Aging In Place Design helps to create a space that makes living easier, for the inhabitants of the home and for those coming into the space.

Our population is aging. Baby Boomers (born between 1947 and 1964) are entering the stages in their lives where they are considering the future: their future and even their parent's futures. Many Baby Boomers are becoming their parents caretakers and some are just looking ahead to prepare their homes so that they can retire in their homes comfortably and safely. Aging In Place takes these concepts into consideration and provides guidelines for safety and comfort. It should be noted that each living situation is separate and unique and can not be evaluated just from this article. There are a few things that should be considered basic design considerations when looking to either re-design the current living situation or evaluate a new living situation.

Some things to look for or consider when evaluating a home for safety and comfort include:

At least one entrance that is on the level (no steps to navigate).

The entrance that will be used should be at least three foot wide.

The hallways to the main areas like the kitchen, living, bathroom and bedroom areas should be at least three feet wide.

There should be ample lighting or the ability to add extra lighting in the hallways, kitchen, bathrooms, and living areas.

A master bedroom and bathroom on the main floor is a good idea or the ability to add one in the future if circumstances require it.

The American Association of Retired Persons site has a link to locate a Certified Aging in Place Specialist (CAPS) who can help you specifically with your own home design

recommendations. Each family has unique needs and situations that can be evaluated. Those trained in this particular area have extensive knowledge that can help you with your needs. Not all recommendations and Aging In Place modifications require extensive remodeling. Remember that Aging In Place is really about making the occupants home safe and comfortable.

Written by Alesha E. Churba, owner of A.E.Churba Design, LLC- Simple and Divine Interior Design, a Pocatello, Idaho based interior design business. She can be reached by phone (208)-313-6414, by e-mail at Alesha@aechurba-design.com or through her business website at [<http://aechurba-design.com>]. A.E.Churba (Alesha E. Churba) recently completed the CAPS Training and is the only Allied Member ASID (American Society of Interior Designers) and Certified Member of the SDP with experience in Residential and Commercial Interior Design and Decorating in Southeast Idaho. Her business niche is primarily designing and decorating with her clients futures in mind- i.e. aging in place, color story investment, and designing for the long term safety and comfort of her clients.

Article Source: http://EzineArticles.com/?expert=Alesha_E_Churba

Remodeling to Feel Younger - Aging-In-Place Home Design By Elizabeth Greenewald

Expert Author Elizabeth Greenewald

Have you heard about aging-in-place home design? It is a new trend for seniors and older adults who dream of living independently in their own familiar home as they age, surrounded by many rich and fulfilling memories they have long cherished. When recently starting a new business focused on home modifications for elderly and disabled in the Atlanta, Georgia area, I was very pleased to find that the National Association of Home Builders was offering the courses I needed to obtain my Certified Aging In Place Specialist (CAPS) certification right here in Atlanta, Georgia. I was able to complete all three courses in February of this year, thanks to the Greater Atlanta Home Builders Association. Many subjects were discussed, including how to do aging in place home assessments.

The NAHB Certified Aging-In-Place program instructs individuals in the business management, handicap accessibility aspects of architectural design, and client service procedures necessary to conduct full service design and installation modifications to homes. There are three aging-in-place categories. The first group is made up of 50+ seniors who are healthy, but wisely endeavoring to remodel their homes as they age. The second group is people with progressive illnesses or disabilities that need to modify their homes to accommodate their increasing needs for greater accessibility. The last aging-in-place group is persons who have had an accident and require immediate modification to their homes, as they return from rehab or hospital. Aging-in-place specialists are trained to serve each of these three groups; skillfully serving seniors and disabled persons as they seek to remain living independently in homes they have long cherished.

Home assessments are professionally conducted by certified aging in place specialists. Home modifications are determined by evaluating the needs of the disabled resident, and comparing the needs to the Atlanta home spaces.

Who wants to move out of that comfortable abode where sweet thoughts of days gone by with children or a beloved spouse fill your thoughts? Aging-In-Place home specialists know how to make your house fit you like a glove, for your lifetime! Be sure to consult with a certified aging-in-place specialist before you undertake any remodeling plans.

[<http://www.atlantahomemods.com>]

Elizabeth Greenewald, Assoc. AIA, CAPS, is the owner of Atlanta Home Modifications, LLC. Combining her home design expertise and a lifelong desire to help and encourage people, Elizabeth enthusiastically works to create barrier free and universal design home modifications for 50+ seniors and people with disabilities. Elizabeth has completed Certified Aging In Place Specialist (CAPS) training through the Greater Atlanta Home Builders Association and the National Association of Home Builders (NAHB). This course includes intensive instruction in accessible barrier free and universal design home

assessments and modifications for the kitchen, bathroom, living areas, garage, driveway, entrances, and more.

Article Source: http://EzineArticles.com/?expert=Elizabeth_Greenewald

Creating Independence With 'Age in Place' Products

By Kevin Germain

Have you given thought about what types of needs you will have as you age? Do you plan on staying in your own home, often referred to as aging in place, or do you plan on living the good life in a senior living complex? Many people want to keep their independence for as long as possible. This gets trickier if you live in a home with any type of obstacle. Age in place remodeling helps conquer many of those problems that creep up on us as our bodies start to not respond the way they did in the past. We will look into several items that will help you or your loved ones age in place helping to keep independence in the lives of loved ones as long as possible.

First, a huge obstacle many older people or people with knee issues face, getting up and down the stairs. Many homes have basements nowadays. Washers and dryers are often kept on this level. I know in my Uncle's case he has both his wood working area and his hunting workshop set up in the basement. It is important to still access these areas even if our knees and hips don't allow for it anymore. Stair lifts have been invented for this purpose. A lift is practical and can be installed on any type of stairs. Search out a local contractor in your area that is licensed and works with companies to meet the physical challenges of their clients.

Next people are often concerned with ease of access into and out of the home. It is becoming very common to install ramps for handicapped access. Handicap ramps can really help seniors who wish to age in place by eliminating the strain that stairs often bring getting in and out of the home. Ramps can be made to blend naturally into the design of the home and can often be made for temporary or permanent use. Materials for ramps vary also. It is common to use metal or wood for ramps. Make sure when hiring an age in place remodeler to build a wheel chair ramp that you make sure they are following ADA guidelines. The Americans with Disabilities Act clearly lays out guidelines and specifications for handicap ramps.

Smaller home renovations such as bathroom grab bars, changing out door knobs for handles and tub modifications are all items to think about when preparing for those later years. As my dad aged we found it necessary to begin making the minor changes around the home for him. As he grumbled we started to rearrange things in his home to make it safer and more convenient for him to access those things he used on a daily basis. Even though he is only in his late sixties it was necessary to install grab bars in his shower and by the toilet more for convenience right now than necessity. With aging knees it is often difficult for him to raise himself up without extra support.

If you begin as you see the need arise it can make that transition of aging in place less of a strain then if all of a sudden one day the realization hits that self sufficiency is deteriorating. Age in place remodeling is a common practice these days. Even with the beautiful senior living facilities people want to stay in the comfort of their own homes for as long as possible. Aging in place doesn't just affect seniors think about the middle aged who suffer from MS or other diseases that disable one's body. A little remodeling to

make the home safer and more maneuverable is all that is needed to keep individuals living the independent lives they crave.

If you have enjoyed this article on age in place remodeling from Kevin Germain at CPS visit our website <http://www.glenmillerthohomedoctor.com> today where you will find useful information on our age in place remodeling.

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Aging in Place: Preparing For Life With an Elderly Parent

By Kevin Germain

My parents are aging. We are aware that since we are the closest family to them that as they age they will want to age in place with us. With that in mind we are starting to take care in remodeling the house. There are many contractors that offer age in place remodeling for this purpose alone. I contacted a local contractor who put me in touch with a specialty contractor for aging in place remodeling and we were on our way.

One of the first changes we did before the contractor was hired was simple. We needed a new refrigerator so when we were shopping for one we decided it would be best to find a model with the freezer on bottom. We also went ahead and started to stock up on plastic plates and cups to avoid glass breakage should anything be dropped. I know it would be too hard for one of them to clean it up and if we weren't home it would leave room for injury.

We hired the contractor to come in when the bathroom age in place remodeling needed to be done. It was decided that the safest bathing method would be a roomy walk in shower with a seating area. The contractor showed us several designs and we agreed on one that would provide everything that was needed and alleviate any need to bend. The toilet we decided to install a high rise style. This would alleviate the need for a removable toilet seat. I felt it would offer a bit more dignity to the area for them also.

The contractor was able to give us some advice after spending time in our home doing the age in place bathroom remodel. He mentioned that we needed to eliminate all of the random throw rugs we had scattered throughout the house. He told us if there were ones that we wanted to keep down it wasn't the safest option but we could use double sided tape to tack the rugs down.

The one thing I wanted to keep in mind with this transition is our family's needs for space and my parents need for autonomy. They found ways to do the things that they could still do and were able to ask for solutions to do the things that were hard. My parents needed me to wash their clothes but wanted me to let them fold and put them away. The washer and dryer live in the basement and the stairs pose to big of a risk for them. I still let the kids live life and have friends over, as did my spouse and I. Instead of excluding them though we invited them in to our social circle and welcomed them. Making them feel a part of our lives instead of an unwelcomed addition made life easier for all of us.

I hired the contractor to come back out when my mom started to use her walker more frequently. It was a must to have a wheelchair ramp installed. The handicap ramp was also helpful to my father as his knees were starting to ache on the decent from the house.

It is important that as our parent's age and want to age in place instead of moving into assisted living that we create an environment as safe as possible for them. We need to make the time they have here mean something. It is necessary to make the little changes that help their bodies keep up with the spirit that still lives inside. My parent's bodies may

be aging but they are both sharp and still wanting to be a part of life. My goal as they age in our home is to facilitate that.

If you have enjoyed this article on age in place remodeling from Kevin Germain at CPS visit our website

http://www.glenmillerthehomedoctor.com/aging_in_place_remodeling.php today where you will find useful information on our age in place remodeling.

Article Source: http://EzineArticles.com/?expert=Kevin_Germain

Aging-in-Place With Universal and Adaptable Design

By Thomas Hewitt

Homes That Grow Gracefully With You

As we enter into retirement, we begin to face some very difficult questions about the future of our families and our ability to maintain our independence through the retirement years. We have a strong desire to retain our autonomy as long as possible and not rely on family members for assistance with daily living. Universal and adaptable design concepts optimize space in our homes to accommodate a wide range of individuals with varying physical abilities, allow people to stay in their homes longer, and keep families together.

What is Aging-in-Place?

Aging-in-place means living in your home safely, comfortably, and independently, regardless of age or ability level. It allows you to continue living in a familiar environment throughout your maturing years. Aging-in-place is the ability to remain in your home for a lifetime.

Quick Facts...

One-quarter of the U.S. population is over age 50.

From 2000 to 2030 the over 65 population will double.

By 2030, the population of older people will likely increase to over 69 million persons.

By 2050, the U.S. will account for 79 million people over age 65.

The net worth of seniors is five times greater than the average net worth of all U.S. citizens.

What is universal and adaptable design?

Ron Mace, founder and program director of the Center for Universal Design, defines universal design as "the design of products and environments to be useable by all people, to the greatest extent possible, without the need for adaptation or specialized design". For our purposes, we will limit the term "universal design" as it applies to home design and related products.

Adaptable design, on the other hand, allows the easy modification of a space to accommodate a specific need. Where universal design benefits everyone regardless of ability, adaptable design provides access to spaces or products through alteration or the addition of an assistive device that bridges an existing barrier to its use. Adaptable design is defined by ANSI A117.1 (American National Standards Institute) as, "the ability of certain building elements, such as kitchen counters, sinks, and grab bars, to be added to,

raised, lowered, or otherwise altered so as to accommodate the needs of either persons with or without disabilities, or to accommodate the needs of persons with different types or degrees of disability".

The differences between universal and adaptable design may be obscure at times. One could consider the installation of grab bars in a shower to be universal as anyone can use the bar for balance or safety. But the installation of the backing (structural support) for grab bars may be considered adaptable if the intent is to install the bars at a future time when needed to provide access to the use of the shower by a person with a disability. It is this obscurity that points to the fact that universal and adaptable design is not a matter of listing items as features; rather, it is a philosophy of design. The philosophy of universal design is summarized by the Principles of Universal Design developed by the Center for Universal Design (see Sidebar).

THE PRINCIPLES OF UNIVERSAL DESIGN

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PRINCIPLE ONE: Equitable Use

The design is useful and marketable to people with diverse abilities.

PRINCIPLE TWO: Flexibility in Use

The design accommodates a wide range of individual preferences and abilities.

PRINCIPLE THREE: Simple and Intuitive Use

Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

PRINCIPLE FOUR: Perceptible Information

The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.

PRINCIPLE FIVE: Tolerance for Error

The design minimizes hazards and the adverse consequences of accidental or unintended actions.

PRINCIPLE SIX: Low Physical Effort

The design can be used efficiently and comfortably and with a minimum of fatigue.

PRINCIPLE SEVEN: Size and Space for Approach and Use

Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility.

"The Principles of Universal Design were conceived and developed by The Center for Universal Design at North Carolina State University. Use or application of the Principles in any form by an individual or organization is separate and distinct from the Principles

and does not constitute or imply acceptance or endorsement by The Center for Universal Design of the use or application."

What are some applications of universal and adaptable design?

Universal design encompasses a wide scope of home design and modification extending from landscaping and low maintenance exterior and interior finishes to specific features that enhance the use and safety of bathrooms and kitchens. The use of energy efficient building materials and solar design, for example, may be considered universal design criteria because it benefits everyone who uses it.

Some of the major areas we look at, from the perspective of universal design, are entrances and pathways leading to entrances, overall interior accessible features, kitchens, bathrooms, and sleeping areas. Let's take each of these individually and look at ways that we can improve the usability of each.

Entrances and pathways

One of the first things to consider in universal design is how to eliminate barriers to access from a vehicle drop-off point to an accessible entrance. To make a pathway usable for a person using a wheelchair or other assistive device, we need to limit the slope of the walkway to a maximum change of 1 foot for every 20 feet up or down to the entry. We prefer to use earth berms, bridges or retaining walls instead of front ramps that may suggest a vulnerable resident. Anyone moving heavy furniture in or out of the home will love this feature!

The entry itself has many facets to look at in terms of accessibility. These items include providing weather shelter, a no-step entry with a threshold less than ½" high, maneuvering space on both sides of the door, sidelights or "peepholes" to view visitors, and adequate lighting to operate locks and provide security.

Overall features of the home

Here, we are going to explore some universal design features that aren't specific to any one room, but should be considered as general applications.

Whether the home is designed for aging-in-place or simply for visitability, we want to create easy access to the main living areas and facilities. This can be accomplished by providing a minimum clear opening of 32" on all doors to accessible areas and a 40" minimum clear circulation route through rooms and hallways. We also want to provide a minimum of 18" beside the door latch for easy operation for people using assistive devices. Lever handles allow use with an elbow, forearm or wrist for people who have difficulty gripping or twisting a doorknob.

Another consideration would be the placement of electrical outlets, switches and other operable controls. Raised outlets between 18" and 22" above the floor falls within the

range of use for a person in a seated position and also aids people who have problems stooping over. Placing light switches and other controls a maximum of 48" above the floor allows their use from a seated position. Children also have an easier time using these switches.

Safety in the home is another big consideration addressed through universal design. Non-slip floor surfaces will help avoid falls and aid in the use of walkers and wheelchairs. Telephones installed in strategic locations, such as bedrooms and bathrooms, will help summon assistance if needed. Also, lowered window sill heights to a maximum of 36" high will enhance the use of windows for egress in case of fire or other emergency.

Kitchens

Kitchens are notorious in excluding their use for a variety of people and there are many universal design "standards" that apply to this area of the home. Even though the application of universal criteria to the kitchen is typically design specific, we will cover some of the more critical design choices.

We first want to be sure we have proper floor space that is suitable for all users, including people who use wheelchairs. Optimally, we would like to see a 5' clear turning radius in the kitchen, but, as a minimum, we want to provide a 30" x 48" approach in front of all appliances. We also want to provide knee space under the sink and cooktop, as well as a lowered counter (also with knee space) at a work area for a person in a seated position. Some adaptable criteria may come into play here with removable base cabinets or doors that swing out for roll-under access.

Continuous counters between work areas may be a universal design consideration. An example would be having a sink and cooktop on the same run of counter so that a heavy object could slide between the two without having to pick it up. Another idea might be to have a sprayer or faucet located to fill coffee makers or pots without lifting.

The selection and placement of appliances need to be considered for ease of use. Controls need to be placed within the range of reach for persons in a seated position. The maximum reach height of 48" for all kitchen controls apply here. Forward reach over obstructions should also be considered, but this is client specific and mathematical formulas are used to determine forward reach ranges. Front mounted controls are easy to use for everyone, but consideration needs to be taken in terms of access to small children. Side-by-side refrigerators are also accessible to everyone.

A raised dishwasher, as well as raised washer / dryer in the laundry room, improves its use for both people using wheelchairs and those having problems stooping over to load the machine. There is also a long list of cabinet features that improve access, such as pull-out shelves, lazy susans, and roll out waste containers. Adequate task lighting is also a major consideration in the kitchen.

Bathrooms

Safety is the number one priority in the bathroom as it is the room with the highest number of accidents in the home. Non-slip surfaces are essential both inside and outside the tub / shower area. As mentioned earlier, grab bars enhance the safety for everyone, but are especially important to people who have an increased risk of falling. They are also very important for people who use wheelchairs to enable transfer to shower seats and toilets. Pressure balanced / anti-scald valves are another safety feature that benefits everyone.

Access for people using assistive devices is critical in the bathroom. Curb-less showers allow people to roll-in or avoid tripping over a curb at the shower pan. (This feature has also spurred some very beautiful bathroom designs!) Dimensions around toilets are critical for access and 30" x 48" minimum approach area in front of all bathroom fixtures is needed. (These clearances can overlap.)

There are many accessories available for shower / tub modifications that improve safety and convenience. Recessed soap and shampoo ledges, various seats and benches, and adjustable height / hand-held shower with slide bars, just to name a few.

Bedrooms

One of the important features we want to look for in the bedroom is that there is adequate clearance for maneuvering around the bed and proper clearances for emergency egress, either at a door or a window with a lowered sill. Proper clearance should be considered for adaptable devices, such as a Med-Pole (a stainless steel assistive device) or Hoya lift. The doorways to accessible areas, like the bathroom and closet, need to be a minimum of 32" wide as mentioned earlier. Adjustable shelves and clothes rods in the closet are very helpful to accommodate a wide range of reach.

Summary

Aging-in-Place means maintaining independence and control of your life. Your environment plays a key role in achieving that goal and steps should be taken to improve the usability, safety and comfort of your home.

This begins with a comprehensive personal assessment and home audit for independence that may be performed by a medical professional or a trained aging-in-place specialist. With this information, solutions for home modification can be developed. Some of these modifications may be done yourself, such as using brighter lighting and slip-free mats. Other modifications will require a trained professional for widening doors and various remodel projects in bathrooms and kitchens.

Whether you are considering remodeling or designing a new home, look for professionals who have the experience to accurately assess your needs and find the solutions that will make your house a home for a lifetime. One resource for finding qualified professionals is the National Association of Home Builders (NAHB). They have created the Certified

Aging-in-Place Specialist (CAPS) program to help you identify industry professionals with the skills and knowledge specific to home modifications for aging-in-place.

Thomas Hewitt is a Certified Aging-in-Place Specialist, home designer and President of Falcon Homes, Inc., Albuquerque, NM. For more information on Falcon Homes, Inc., visit their website at [<http://www.FalconHomesInc.com>] or call Thomas at 505-323-5361.

Article Source: http://EzineArticles.com/?expert=Thomas_Hewitt

Home Health Care Technology - Baby Boomers Require Action to Age in Place

By Diane Carbo

Home health care technology can assist baby boomers to successfully age in place by promoting independence and offering assistance when it is needed.

Boomers have made it perfectly clear they want to remain in their communities and stay in their homes for as long as possible. The results of a survey conducted by The American Association of Retired Persons of September 2008 asked baby boomers if they agreed with this statement:

"What I'd really like to do is stay in my current residence for as long as possible." The results were:

80% of those between the age of 55-64 agree

88% believe that it is likely that they can

75% of those that responded between the mid 50's and mid 60"s believe some aspect of their home will challenge their ability to do so (stairs being the biggest obstacle with 24%).

So here is the surprising, yet disturbing news. Clarity conducted a research study that studied two groups: Baby Boomers between the ages of 43 - 61, with aging parents and seniors, age 65 plus, and still living independently, at home.

The results of this study:

53% of the aging seniors in the study were concerned about their ability (despite their desire) to remain in their own homes. They cited concerns about health, memory and the ability to drive.

When asked about fears, seniors 26% ranked loss of independence. The highest, 13%, feared moving into a nursing home and 3%, had a fear of death.

51% of boomers believe there is technology to help their parents. But only 14% have looked for any home health care technology.

Aging seniors and baby boomers rank moving into a nursing home higher than they fear death.

Baby boomers require taking action to successfully age in place and home health care technology is there to support them and their aging loved one. It is important to be proactive and not reactive to researching home health care technology.

Research shows that most home health care technology is initiated in the home, only after an incident occurs. This incident, with an aging senior often results in an unnecessary hospitalization. Most accidents, that happen at home, can be prevented. The technology is available to maintain independence, prevent unnecessary hospitalizations and improve the quality of life of our aging seniors.

Home health care technology is available to aging baby boomers now. In order to successfully age in place requires planning. Many boomers have aging loved ones that they are presently taking care of and providing assistance in the home. It will not be long and the boomers will require care and have the same goals: aging in place. Boomers, take action now to make your goal of aging in place a reality.

Diane Carbo Registered Nurse has more than thirty five years in the nursing field. Her experience as a geriatric care manager, makes her uniquely qualified to help those who want to live out their lives in their own homes. That decision may be made when you are 20, 30, 40 or in fact at any age, with sooner rather than later being ideal. Diane has developed a web site to make people aware of issues and options. You will find a mountain of helpful information that will be continually updated. Please visit <http://www.aginghomehealthcare.com/home-health-care-blog.html>. Sign up for "The Caring Advocate Ezine" her free newsletter and receive a complimentary copy of the Home Health Care Planning Guide.

Article Source: http://EzineArticles.com/?expert=Diane_Carbo

Aging in Place - Four Smart Ideas

By Claudette Paage

Innovative models of aging support are emerging in anticipation of the retirement of an estimated 80 million baby boomers. Studies show that nearly 90% of older Americans will remain in their own homes for the remainder of their lives. Aging in place means growing older while staying in your home or community and accessing needed support services. While not a new concept, creative aging in place projects are exploring options that meet the social, medical and financial needs of seniors while allowing them to live in a familiar, diverse, multi-generational environment.

1. Naturally Occurring Retirement Communities

Naturally occurring retirement community (NORC) describes a community, apartment building, or neighborhood where people live for a long time, into their retirement years. NORC's are organizing to develop and/or access services for elders, such as social, recreational and education programs, household maintenance assistance, meal delivery, transportation and emergency response.

2. Professional Support Services

Professional service providers such as Geriatric Care Managers are taking up the challenge of helping seniors stay in their homes. Services vary but may include planning for care and medical needs, planning finances, facilitating family relationships and helping solve the problems of daily living.

3. Accessory Dwelling Units

An accessory dwelling unit (ADU) is an extra living unit on a property. Commonly called a "mother-in-law apartment" an ADU can be an addition to an existing structure or a separate structure, typically with bedroom, bathroom, kitchen, and living space. Some municipalities across the country are making it easier to create ADU's to house seniors.

ADU's have a number of benefits. They allow two or more generations to live on the same property providing opportunities for mutual support, companionship, and care giving. Seniors may live in the main house and their adult children in the ADU or vice versa. With an ADU seniors can remain independent yet have assistance nearby. Alternatively, seniors may construct ADU's as rental properties to provide the extra income they need to remain in their own homes.

4. Designing for Aging in Place

Whether renovating a home to meet the changing needs of a senior citizen or building an ADU, certain design features can make a residence safer and easier for an aging loved one. Basic features include:

- One-story living
- Non-slip floors, especially in entryways and bathrooms
- Low maintenance interior and exterior
- Good lighting
- Levered door hardware
- Handrails for any steps
- Hallways and doors at least 36 inches wide
- Accessible bathroom appliances

Expanding Options for Aging in Place

The 2006 reauthorization of the Older Americans Act created the Community Innovations for Aging in Place Initiative to fund community projects enabling seniors to remain independent and age in place. NORCs, ADU's, designing for aging in place and professional support services are three of many concepts aimed at allowing older Americans to live safely and comfortably in their own homes. The options should expand significantly in the coming decade.

Claudette Paäge is a confidential financial and senior care consultant for busy professionals, individuals and families and retirees. She has made a career out of helping people wrest control over the challenges of everyday living. If you or a loved have questions about Aging in Place in Westchester, NY Claudette can help. She has an experienced Care Manager on staff. Please call 914-725-0343 with senior care or home health care related questions, or if you need assistance for a loved one. Please visit her highly-informative website for more tips and articles...
<http://www.paageetcie.com/articles.htm>

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Aging in Place With Green Strategies

By Patrick Roden

"Aging in place" refers to living where you have lived for years, typically not in a health care environment, using products, services, and conveniences which allow you to remain home as circumstances change. In other words, you continue to live in the home of your choice safely and independently as you get older.

The aging in place and green movement are two seemingly unrelated concepts that are on the rise; and potentially mutually supportive.

Green Aging in Place: 4 Components

Aging in place and green construction-remodeling are two mega-trends for the 21st century which act synergistically to help older adults remain independent and healthy while supporting the environment. The 4 components of green aging in place are; Green Strategies, Universal Design, Assistive Technologies, and Traditional Neighborhood Developments (TND):

#1 Green strategies for the home generally consist of 5 elements

1. Environmentally friendly construction- Using renewable materials and recycled content, as well as home design/orientation that takes advantage of natural light.
2. Energy saving- Use of energy-efficient bulbs, appliances, windows, and water heating systems with ENERGY STAR ratings.
3. Water conservation- Replacing old (or buying new), faucets, showerheads, and toilets with low-flow fixtures, tankless water heaters, low-volume irrigation systems, rain water collection systems, and hot water recirculation systems.
4. Healthy indoor quality- Use of low-VOC paints, finishes, and wall papers, heating & AC ventilation systems sized for efficient and properly vented home, bathroom-kitchen fans to cycle fresh air.
5. Outside the house- Preserving trees and other native vegetation, landscaping with plants appropriate for the climate-and grouping according to water needs, limit solid surfaces like concrete in exchange for permeable surfaces like gravel whenever possible.

#2 Universal Design

Universal design is the creation of environments and products which are meant to be usable by all people to the greatest extent possible, without the need for adaptation or specialization.

Universal design is the legacy of the late Ron Mace, FAIA, and founder of The Center for Universal Design at North Carolina State University. His vision of a world accessible to everyone regardless of abilities is realized through a set of 7 design principles:

1. Equitable Use - The design does not disadvantage or stigmatize any group of users and is marketable to people with diverse abilities.
 2. Flexibility in Use - The design accommodates a wide range of individual preferences (i.e., L/R handed) and abilities; provides choice in methods of use.
 3. Simple and Intuitive Use - Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level; eliminates unnecessary complexity.
 4. Perceptible Information - The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities; uses pictures, audible, or tactile methods.
 5. Tolerance for Error - The design minimizes hazards and the adverse consequences of accidental or unintended actions; elements most used should be most accessible, or fail-safe features included.
 6. Low Physical Effort - The design can be used efficiently and comfortably and with a minimum of fatigue.
 7. Appropriate Size and Space - The appropriate size and space is provided for approach, reach, manipulation, and use, regardless of the user's body size, posture, or mobility.
- Universal Design ranges from the built environment (i.e., ramps & rails) to personal items (i.e., OXO utensils).

#3 Assistive Technologies

Computerized ubiquitous monitoring systems ("tele"); as well as other assistive devices which facilitate aging in place. Telemonitoring systems use a recorded voice which greets the senior in the comfort of their own home environment and instructs them to automatically take readings for blood pressure, pulse, oxygen level, weight, temperature and even blood glucose measurements. These vital signs are crucial in monitoring patient's health conditions. The information is then sent to nurses and doctors to evaluate (saves car trips to the office or hospital).

#4. Traditional Neighborhood Developments

Neo-traditional neighborhoods, or what have been termed "Traditional Neighborhood Developments," are another piece of the green aging in place puzzle. A TND contains some of the following elements:

- Town centers and shops within walking distance
- Housing of different types to accommodate families of varying sizes/circumstances
- Multi-generational
- Porches on homes
- Narrow pedestrian-friendly streets
- Locations on transit/bus lines
- Mix-use (commerce & residential)

TNDs are an alternative to urban sprawl and auto dependency. This preserves country side and farm land while decreasing suburban-isolation of older adults aging in place.

Aging in place is green and supports sustainability by remodeling verses tearing down to rebuild. Further, green includes living in a healthy environment which is essential as older adults face increasing infirmities.

The blending of aging in place with green elements, universal design, assistive technologies, and traditional neighborhood developments, results in homes (and neighborhoods) which are safer, healthier, beautiful, comfortable, more valuable, and support the environment.

"The frog does not drink up the pond in which he lives."
-Native American Proverb

Aging in place & Green are here to stay.

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Age in Place Remodeling: Keeping the Independence Alive

By Kevin Germain

I have the best grandmother in law. She is highly independent, full of spunk and insistent that she will forever live on her own. In order to understand my concerns you must understand she is in her eighties, has been in several sever car accidents and has recently had her hips replaced. She has a rod holding her back in place and has a limited range of motion in her neck. The scariest part of her accidents was one car crash that landed her in a halo. It is very disturbing to see a loved one in head gear that limits their mobility that much. Through this entire time Gram has stated that she will continue to live in her own house without aide from a daily helper.

After her hip replacement she was in a rehab facility that was very close to where we all live. We thought for sure we had her hook line and sinker into moving closer to us in one of these assisted living facilities. Boy was that the wrong thing to hope for. Gram is very independent and wants to continue living in that manner. It might be scary for us but this is her life and she has lived long enough and through enough that she is allowed to make these decisions on her own.

In order to help her age in place we brought in a general contractor that specializes in aging in place remodeling. One of the major areas of concern for us was the fact that she still insisted on doing her own laundry which is in the basement of her home. In order for us to feel safe for her to continue with this practice we needed to install a chair lift. This was a very easy fix after all. The chair lift was a bit pricey but the installer was able to complete the whole project in a weekend and she is now able to go up and down the stairs without us having to worry. She sits in the lift buckles in and away she goes.

There were a few issues that we had concerns about within the house. For instance there are times when her knees are very weak. For this we had installed a seat within her shower and grab bars around the tub and toilet. This alleviates the issue of her needing extra support. We were also concerned with the door handles. She often has a hard time gripping them so we had the handyman come in and install levers. These are much easier for her to use.

There are many different products available for purchase to help seniors age in place. If you have someone in your life that is not interested in going to one of those and I will quote Gram, "places where old people live." mind you now she is in her eighties, hire a contractor who specializes in age in place remodeling. They help make their home safe and help them keep the independence they so desire.

If you have enjoyed this article on age in place remodeling from Kevin Germain at CPS visit our website <http://www.glenmillerthehomedoctor.com> today where you will find useful information on our age in place remodeling.

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Aging In Place

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