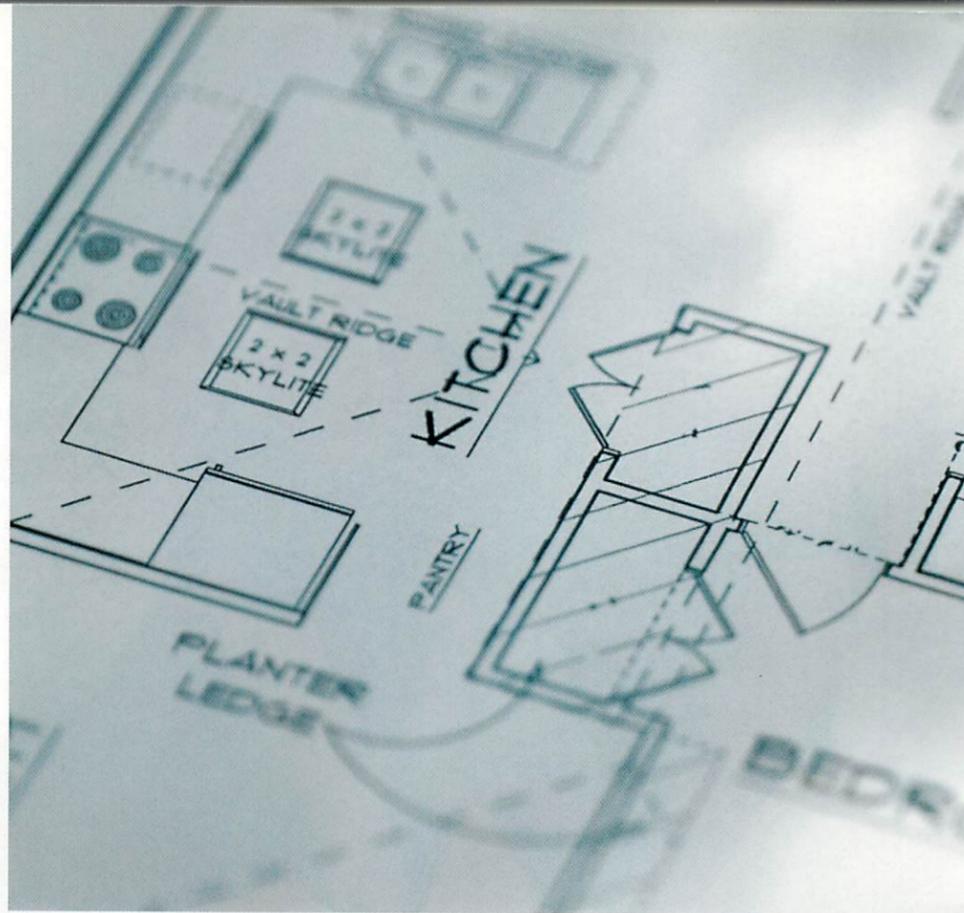


If you're over 50 and determined to remain in your own home as long as possible, keep reading. The decision to "Age in Place" is an important one that can be accomplished with the addition of "Barrier Free" or "Adaptive Design" modifications and renovations to your home that provide a safe, accessible environment. "Barrier Free" or "Adaptive Design" means converting, adapting, or the changing of certain building spaces and elements of the home to accommodate individuals with special needs. These modifications may be superseded, however, by "Universal Design", which takes these factors into consideration during initial construction, not as a renovation or remodel at a later date. If you are currently building or buying the home you intend to Age in Place in, ask your contractor and/or real estate agent if the property can be built according to, or currently meets Universal Design standards. In the event that you're renovating, you'll need to seek out a professional who is well versed in Universal Design or Barrier Free modifications. Although a lot of us independent "Boomers" might shy away from thinking we need to consider these things now, long before ill health or physical mobility become a problem, doing so as soon as possible can save you money in the long run and keep you confident in your decision to Age in Place.

The National Association of Home Builders (NAHB), in collaboration with the NAHB 50+ housing council and American Association of Retired Persons (AARP) has recently introduced a program for Certified Aging in Place Specialist (CAPS), in order to address the growing numbers of consumers that will soon be retiring and in need of home modifications that allow them to continue living independently. A CAPS specialist can offer you:

- Training in addressing and solving the unique needs of the older population.
- Designing and providing resources for Aging-in-Place modifications.
- Professional contracting services to complete common remodeling projects.
- Attractive designer-specified solutions to common in-home barriers.
- Home evaluations; lighting, accessibility of rooms and in-home safety.
- Extensive knowledge in Universal Design and Barrier Free living options.



## Are You Ready To RENOVA TE?

Here, a few questions to consider:

Does your home have stairs?

Do you have trouble getting through halls and doorways?

Is your toilet low?

Can you use your tub or shower?

Do you have enough lighting?

Can you open your windows?

### Did you know?

Falling/tripping accounts for 4 out of 5 injury-related hospitalizations among seniors and can have devastating lasting effects.

Over 50% of falls occur in or around the home.

The CAPS program goes beyond simple design to address the codes and standards, common remodeling expenditures and projects, product ideas, and resources needed to provide comprehensive and practical Aging in Place solutions. All CAPS graduates pledge to uphold a code of ethics and are required to attend continuing education programs, which include participating in community service projects.

Most importantly, these types of modifications and/or building plans don't need to make your home look like a rest home. Just the opposite. Many experienced contractors are now choosing to become CAPS certified, and are combining their creativity and extensive knowledge of renovation and building projects with the safety measures you need to successfully Age in Place. Modifications like ramps within the home or chair rails can be seamlessly integrated into the home's design. In fact, most visitors won't be able to discern the ultimate purpose of modifications if done correctly. Some examples of Barrier Free modifications your home may be in need of:

- Grip bars in showers, bath & commodes
- Improved lighting

# Aging in Place:

*There's No Place Like Your Home*



By Tom and Sandra Kaye, CAPS Certified Contractors

Most everyone is sick of hearing the term "Baby Boomers." But it's a fact of life—we are getting older, and the 50+ age group is expanding, making it the largest group at/or approaching retirement age in American history.

If we're smart (and we are) we've begun to make plans for ourselves, or maybe even our parents, and we're starting to think about where we'll live, how we'll pay for it, how much social security will cover, etc. Except, if you're like us, in spite of these plans, what you really intend to do is age independently

and live for another thirty years in your own home.

As "Boomers" we consider ourselves healthier, more active, more engaged in our lives and our communities, and better equipped than any previous generation to handle these challenges. Whether this is true or not, one thing is for certain: us "Boomers" demand more of our home environment and are searching for ways to meet that demand. "Aging in Place", or staying in our current residences rather than relocating to new ones, is a primary concern.