



HomeFit

Making Home Safe and Livable for All



Agenda

- The Perks of Making Your Home Fit
- Universal Design
- The Home Tour: Making Your Home HomeFit

Workshop Objectives

Participants in today's presentation will be able to:

1. Recognize how a home can be modified to support changing needs and lifestyle at any age.
2. Determine which modifications are important for maintaining the lifestyle that they desire.
3. Distinguish between modifications that are DIY and those that are best left to a professional.



Home Sweet Home



What's the first thing that comes to mind when you hear the word "home"?



The Cost of Not Staying in Your Home

- Private Duty Home Health Aides
- Adult Daycare (Outside of Home)
- Assisted Living Facility
- Nursing Home Semi-Private Room
- Nursing Home Private Room



Universal Design

Accommodating All People of All Abilities

Quick Reaction Break

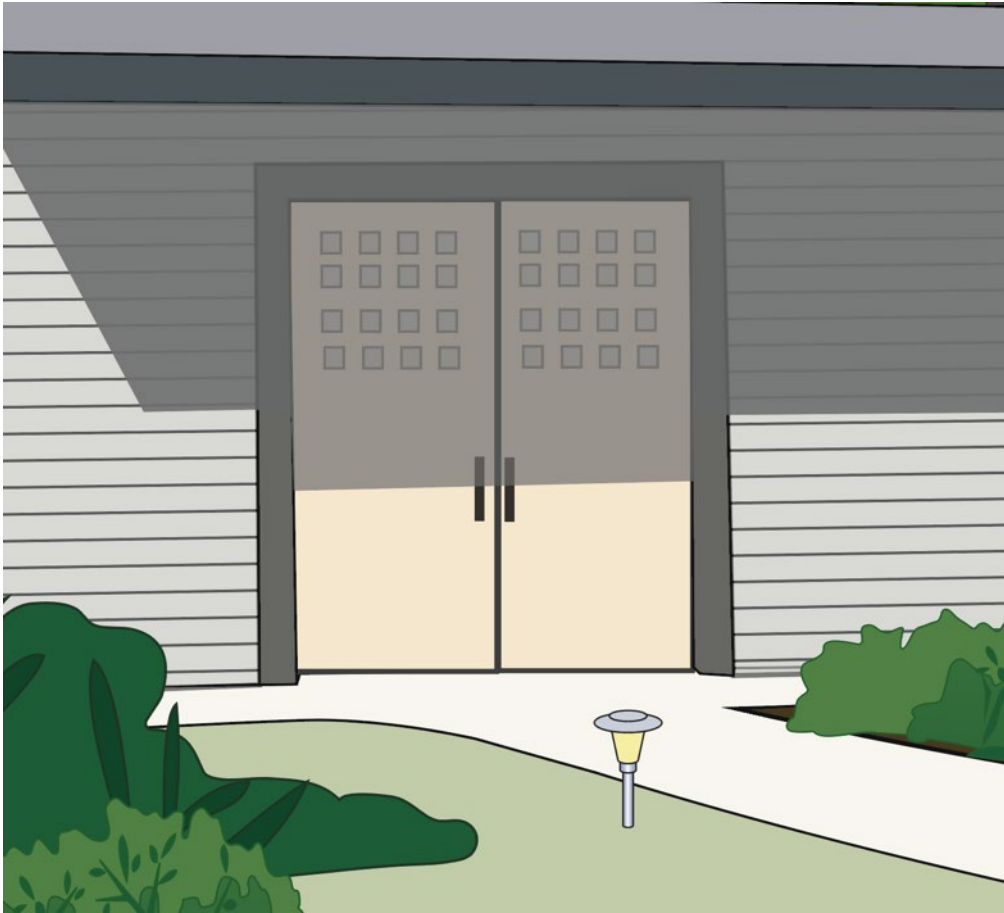


What is your initial reaction to this image?



The Exterior

Ensuring Access for All



The Exterior: Zero-Step Entrances

- Modifications to existing entrances can take many forms.
- The goals are safety and practicality.



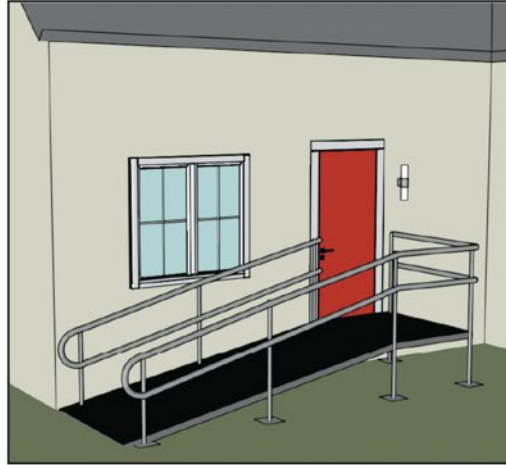
The Exterior: Steps and Walker Steps

- Steps can be individual (a stoop) or a set of steps leading to an entryway.
- Walker steps are modified to have deep treads and short risers.

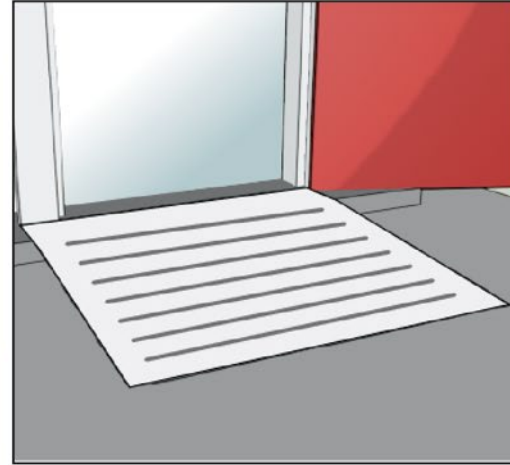
The Exterior: Ramps



Permanent Ramp



Temporary Ramp



Threshold Ramp



The Exterior: Vertical Platform Lifts

- Ideal for limited space
- Must be installed by professional



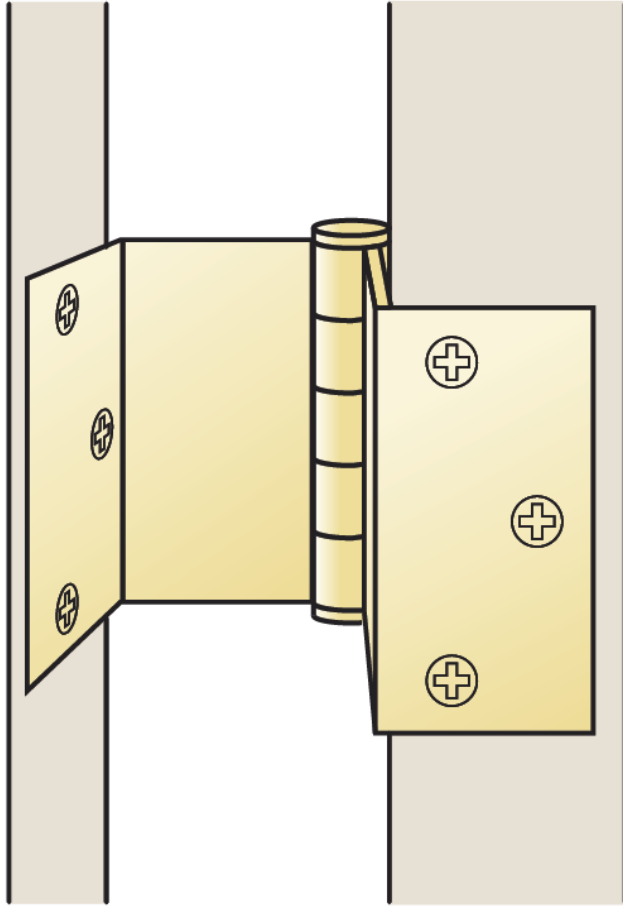
The Exterior: Lighting and Address Numbers

- Outdoor lighting
 - Entryway lighting
 - Solar-powered pathway lighting ★
- Tips for displaying address numbers ★



The Entryway: Doors

Entering and Exiting Your Home Safely



The Entryway: Doors

- Specifications for Universally Designed doors
- Swing-clear hinges: Another option for providing more clearance in a doorway

The Entryway: Doorbells and Handles

- Peepholes and doorbells
 - Video doorbells (Smart Home option)
- Handles and locks
 - Lever-style door handles
 - Digital door lock (smart home option)





Entry Spaces

Creating a Warm and Safe Welcome

Entry Spaces: Organizational Strategies

- Useful furniture ★
- Convenient storage options ★
- Alternatives to a hall closet





The Kitchen

Considerations for Every Diner, Visitor and Cook

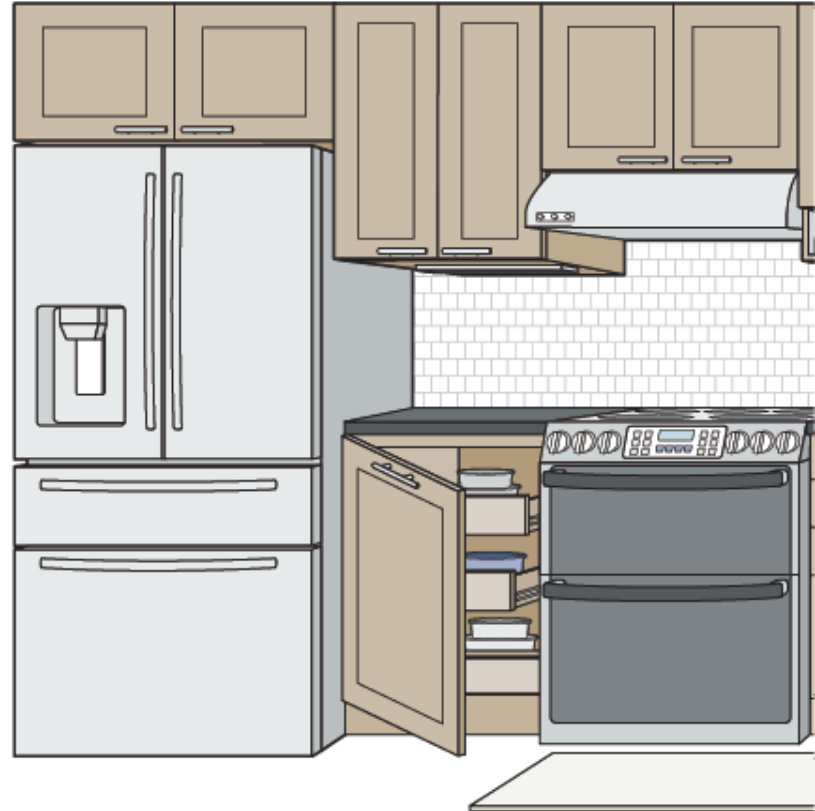
The Kitchen: Rethinking Your Current Space

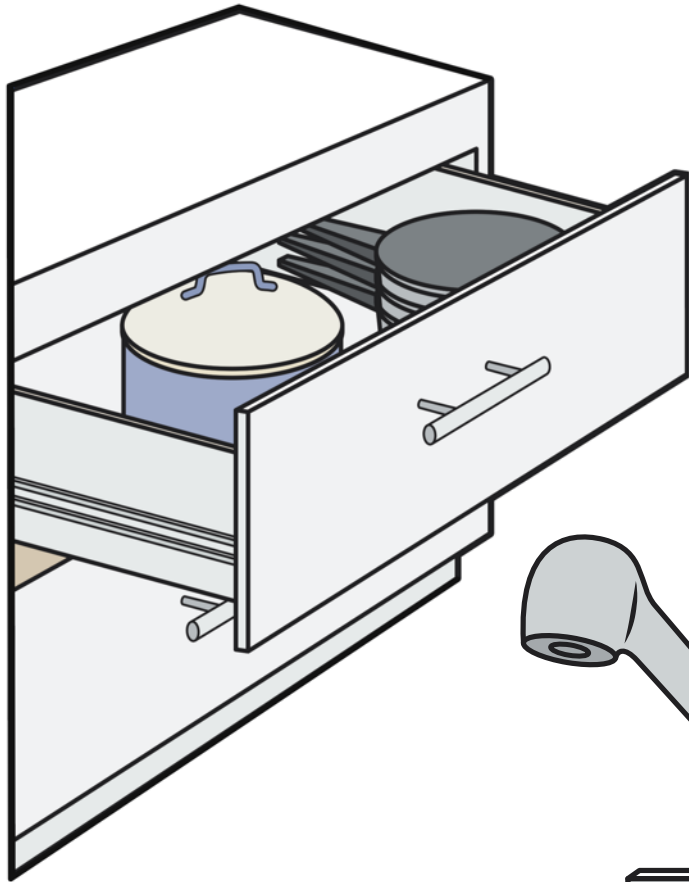
- Sit at the table to prepare food
- Work at a lower counter



The Kitchen: Cabinets, Shelving and Drawers

- Adjustable lighting for ease-of-use ★
- Lower-level cabinetry and pull-out shelves for better access
- Open shelving for visibility
- Drawers for maximizing space

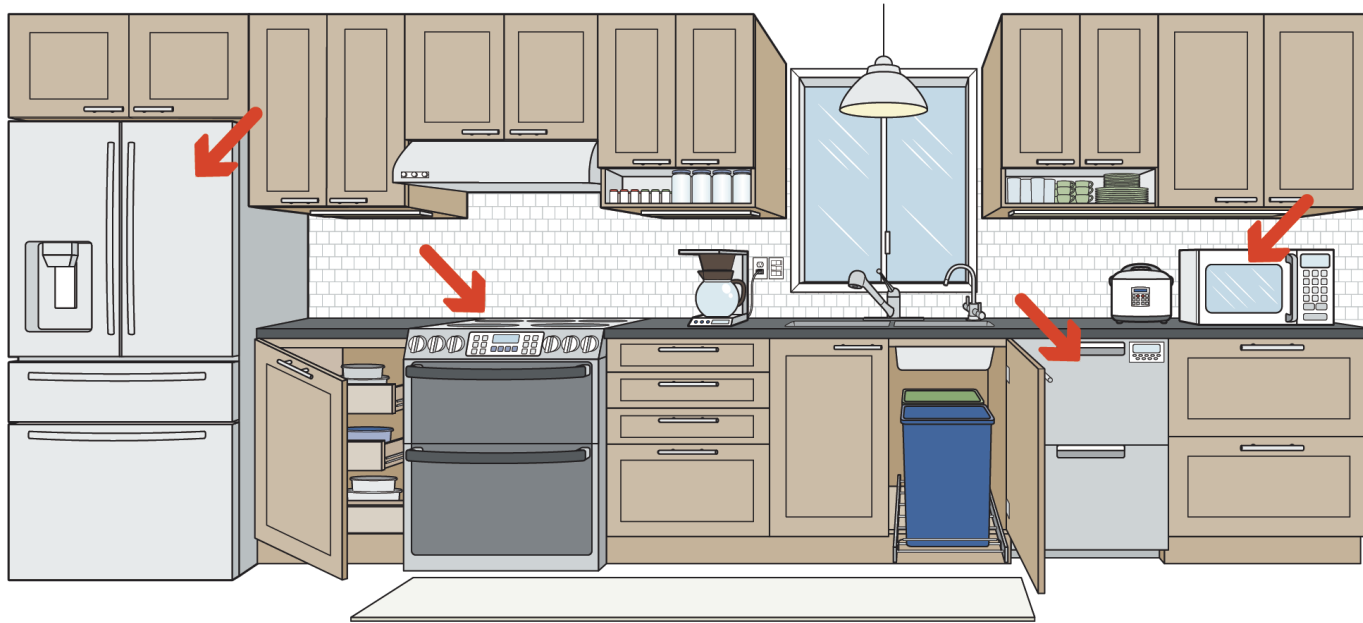




The Kitchen: Handles and Hardware

- The most accessible handle design
- Faucet types that facilitate use and safety

The Kitchen: Appliances





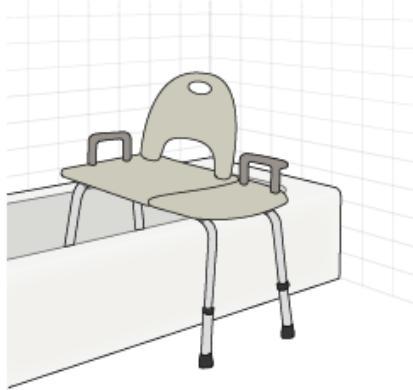
The Bathroom

Creating a Safe and Convenient Space

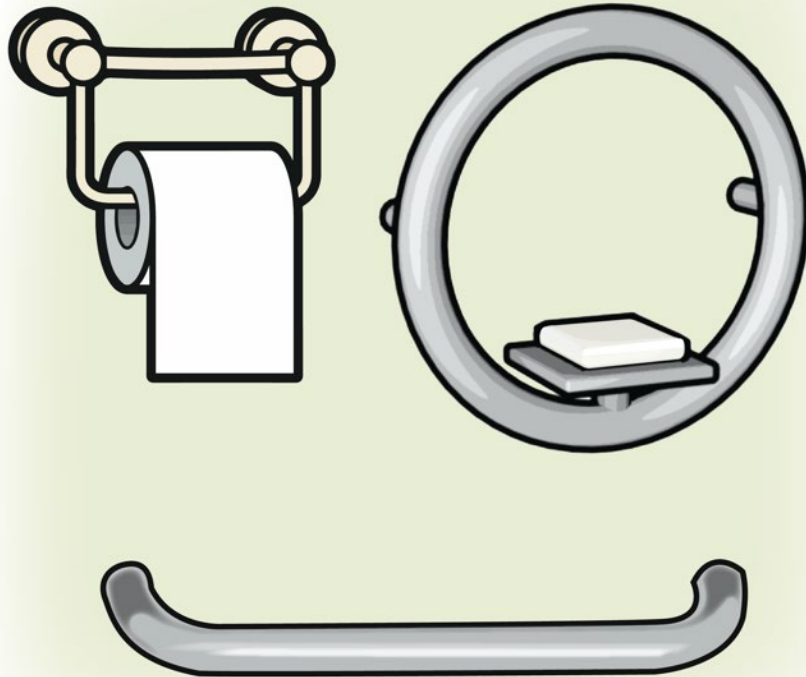


The Bathroom: Low-Cost Safety Devices

- Commode chair
- Shower options
- Comfort height toilet/
Toilet base riser
- Transfer bench



The Bathroom: Grab or Assist Bars

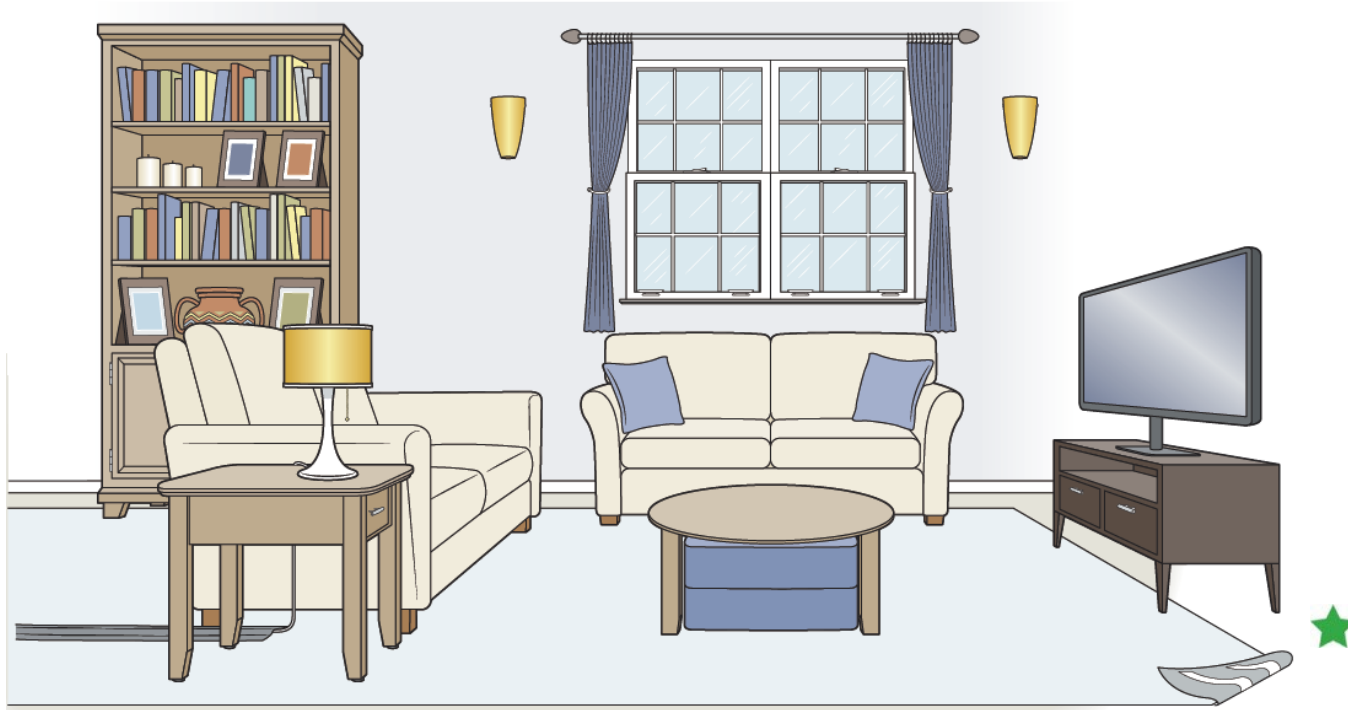




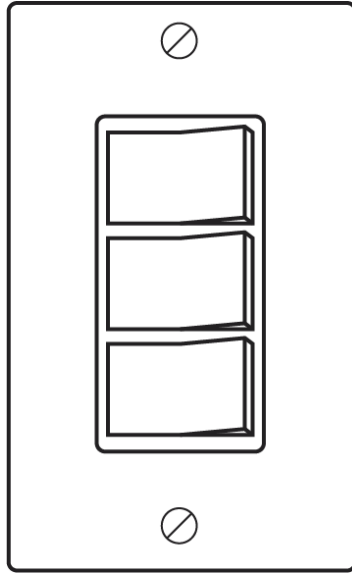
Living Spaces

Incorporating Modern Conveniences and Universal Design

Living Spaces: Safety Considerations



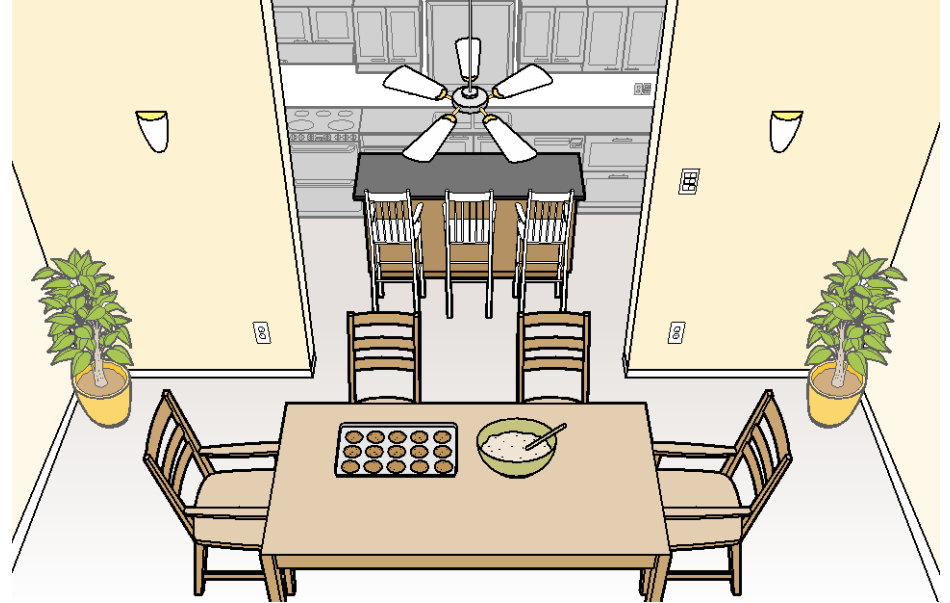
Living Spaces: Lighting and Electrical



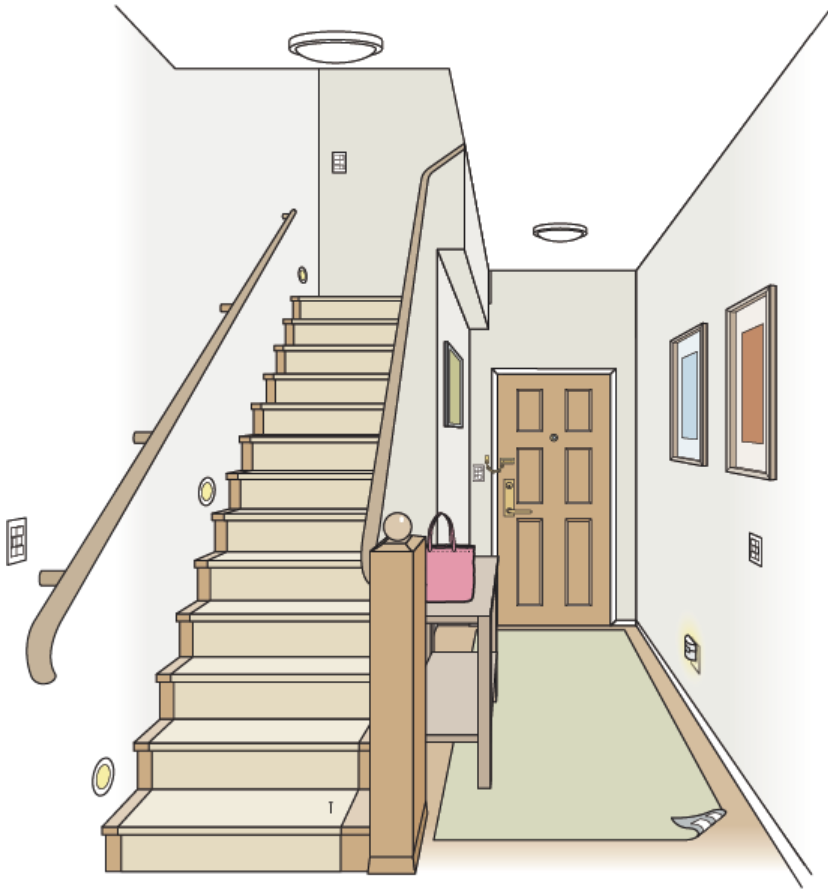
- Using natural light ★
- Night lights and motion-sensor lighting ★
- Rocker-style switches and ideal switch placement
- Glow-in-the-dark light switches
- Wall sconces in the bedroom

Living Spaces: Dining Areas

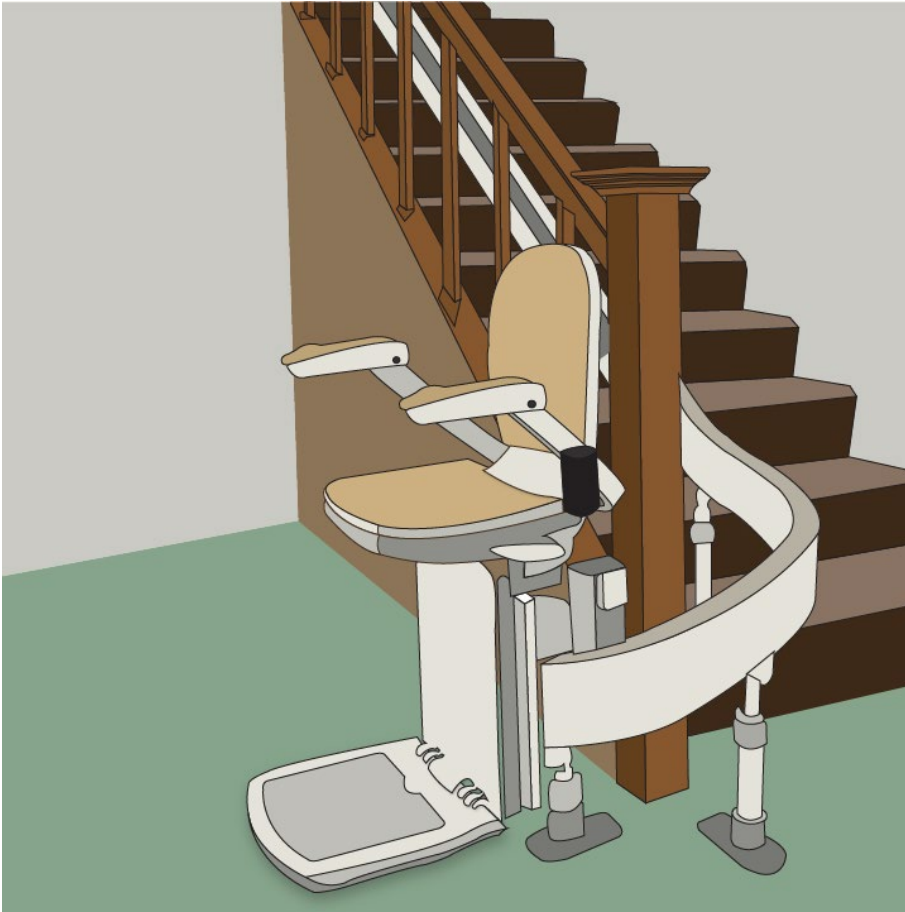
- Furnishing recommendations
- Safety and convenience



Living Spaces: Hallways and Stairways



- Clearances
- Handrails
- Carpeting
- Motion-sensor night-lights ★
- Treads ★
- Runners
- Riser covers



Living Spaces: Stair Lifts

- An alternative solution for two-story dwellings



The Laundry Room

Adaptations and Best Practices

Resources

AARP

- **AARP Livable Communities:** [AARP.org/Livable](https://www.aarp.org/Livable)
- **AARP HomeFit Guide:** [AARP.org/HomeFit](https://www.aarp.org/HomeFit)
- **HomeFit AR:** Apple App Store

AARP Foundation

- ***Here to Stay: Home Upkeep for All***, a step-by-step guide to help you plan and prepare so that home maintenance is more manageable and affordable | aarpfoundation.org/heretostay

Occupational Therapists: Recognize the health and disability issues people face over a lifetime and know how to match the abilities of an individual with needed supports.

- **American Occupational Therapy Association** | [AOTA.org](https://www.aota.org): Visit the “Patients and Clients” section.

Certified Aging-in-Place Specialists: Recognize the unique needs of the older adult population and are knowledgeable about aging-in-place home modifications, common remodeling projects and solutions to common barriers.

- **National Association of Home Builders** | [NAHB.org](https://www.nahb.org) and search for **Certified Aging-in-Place Specialist** | or call 800-368-5242



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