



Home is not where you live, but where they understand you.

Christian Morganstern

To feel at home, stay at home.

Clifton Paul Fatiman

There's no place like home.

Dorothy, the Wizard of OZ

Aging in Place

Home is the nicest word there is.

Laura I. Wilder

Home is where the heart is.

Pliny the Elder

Love begins by taking care of the closest ones, the ones at home.

Mother Theresa



**Aging in Place
Design Education
For
Case Managers**

www.HomeForLifeDesign.com

Carolyn Sithong, CAPS
Home for Life, Inc.
Home Accessibility Consultant
Occupational Therapist





Purpose of presentation...

**To help you increase and enhance
your business by offering
“Aging in Place”
Consultation
Design and
Construction
services to your clients**



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

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.

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



Demographics

- **Today this age and older makes up for 13% of the population**
- **100 years ago, 1 out of 25 Americans were >65 years of age**
- **By 2030, this number will increase to 20%. Almost 1 in 4 people**

(Aitkens and Finan 1992)

Orange County Demographics

- **Age 60+ population – 150,114**
- **Living alone – 31,714**
- **With 1 disability**
 - **Sensory - 17,963**
 - **Physical – 41,960**
 - **Mental – 15,906**
 - **Self care – 13,177**
 - **Go outside home – 29,108**
- **Two or more disabilities – 10,234**
- **No disabilities – 60,958**



Aging in Place

- **Where the majority of home owners want to take us**
- **How do we help them get there?**

Certified Aging in Place Specialist (CAPS)

- **AARP, American Occupational Therapy Association, National Association of Home Builders**
- **Professional certification to meet the needs of those who wish to age in place**
- **Contractors, social workers, builders, medical professionals**



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

National Aging in Place Council

- **Washington, DC**
- **Advocate, promote and provide education on aging in place**
- **Created a national forum of professionals who help others to remain in their homes safely**



Occupational Health

- **Philosophy that involvement in life and the ability to engage in one's desired activities affect health and wellness**

work

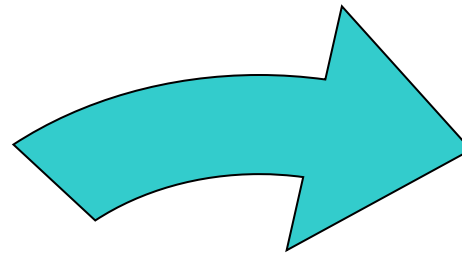
self-care

leisure



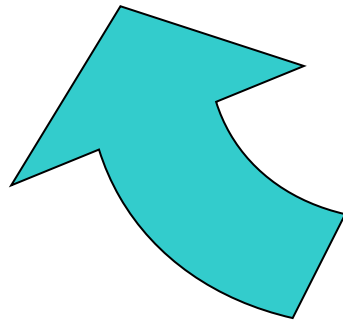
PEO Model: Person-Environment-Occupation

Occupation
Activities identified as
important

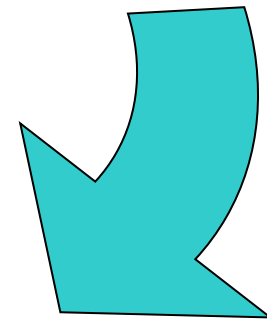


Person
Physical, social, spiritual

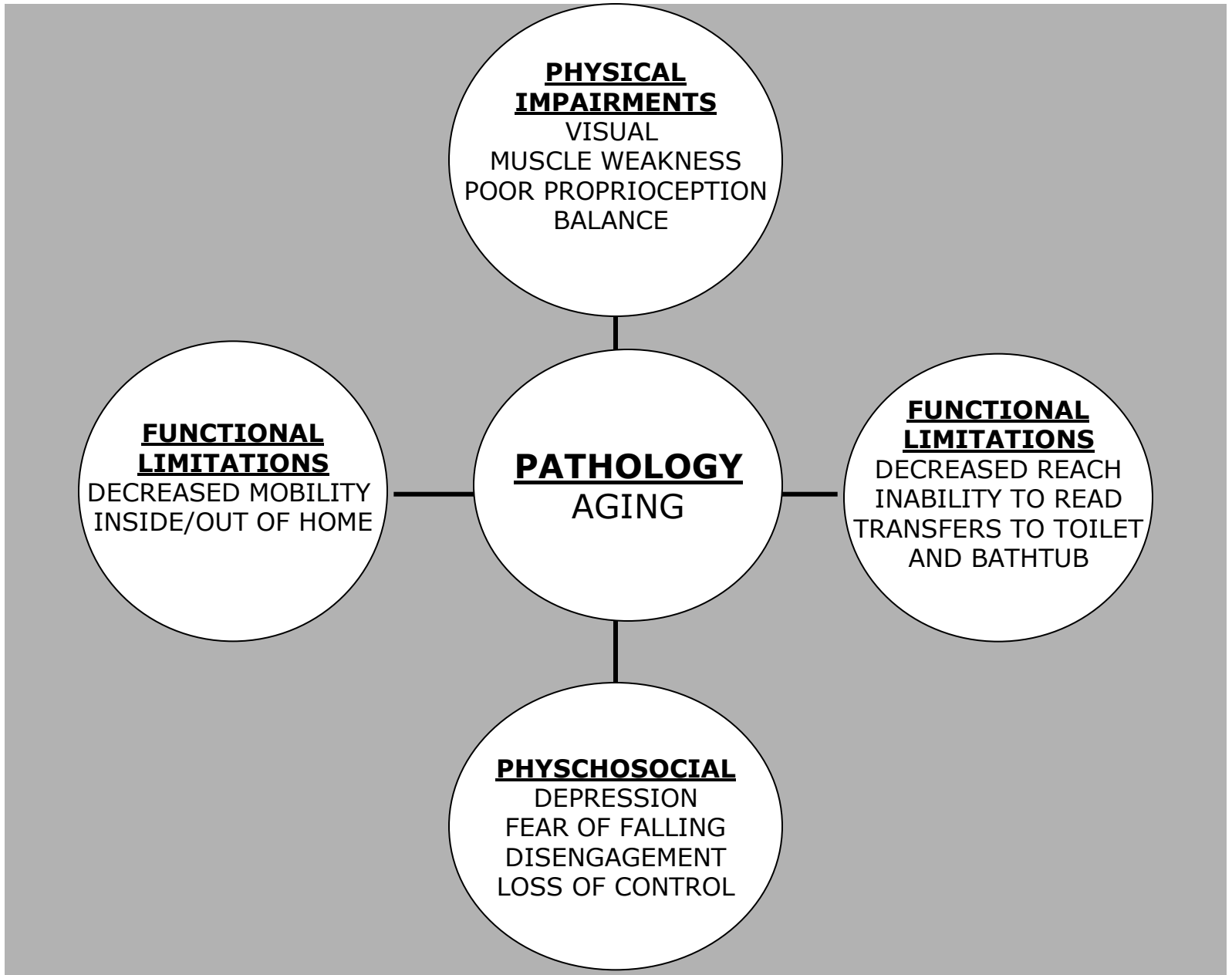
BATHING
DRESSING
GARDENING
VOLUNTEERING



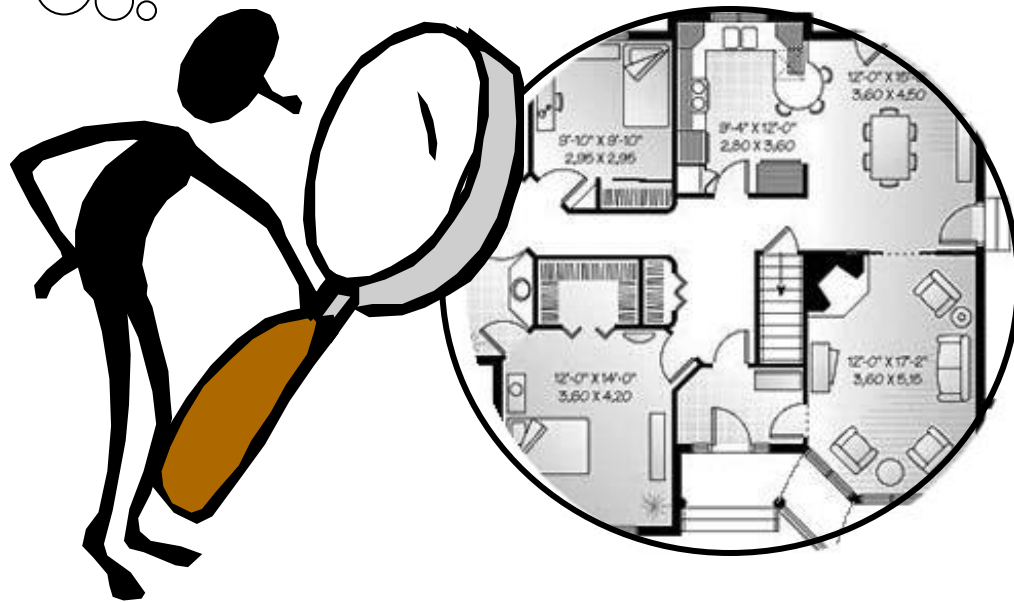
Environment
Physical, social, cultural



ZORP



**Barriers &
Safety
Hazards**



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HOME
ACCESSIBILITIES
by Karen Kassik

Residential Design firm that utilizes a common sense approach for creating healthy, energy efficient and barrier free design that promotes beautiful, long term and flexible home environments.

ACCESSIBLE DESIGN

- **REMODELING DESIGN**
- **NEW HOME DESIGN**





ACCESSIBLE DESIGN

**Our goal is to have a
Team Approach between the
Healthcare Industry,
Design Professionals and
the Construction Industry**

ACCESSIBLE DESIGN

Remodeling Design includes:

- **Parent's Suites**
- **Master Bedroom updates**
- **Kitchen updates**
- **Widening of hallways and living areas**
- **Outdoor areas and pools**
- **Exercise and massage areas**
- ***And all of these spaces can be GREEN!***



ACCESSIBLE DESIGN

Accessibility Consulting Team:

- **Occupational Therapist**
- **Case Manager**
- **DME Specialist**
- **Residential Designer/Architect**
- **CAPS Builder/Contractor**



ACCESSIBLE DESIGN

Construction Portion of Team:

- **CAPS Certified**
- **Licensed Builders/Contractors**
- **Member of Home Builders Association**
- **Insured**
- **Sensitivity Training**
- **Continuing Education**
- **Educational Certifications**



ACCESSIBLE DESIGN

Design Professional can:

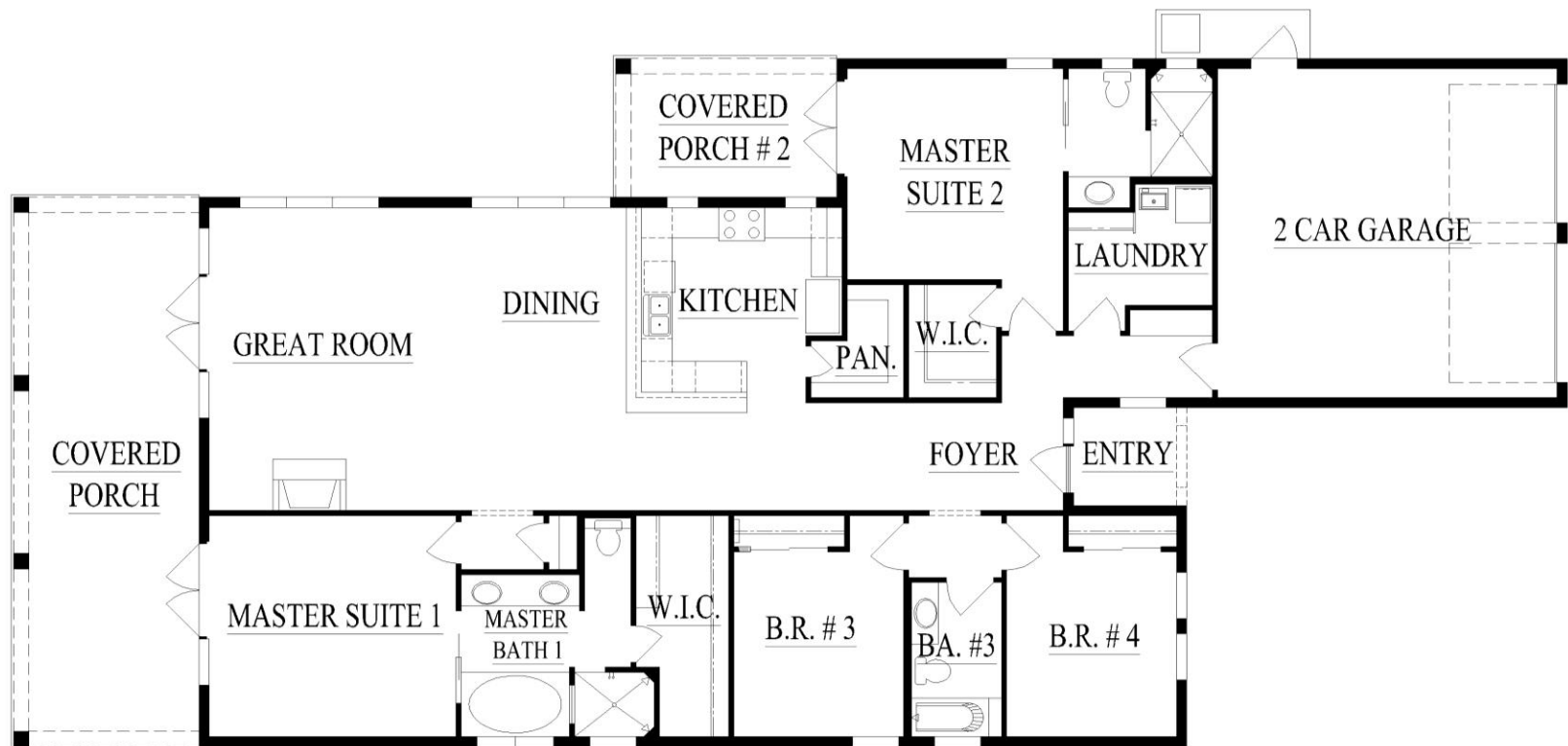
- **Coordinate with OT**
- **Design new floor plans**
- **Select or Recommend the Builder**
- **Oversee Construction**
- **Help you create a better environment for your client!**

ACCESSIBLE DESIGN



Accessible Design can be beautiful, functional and affordable.

ACCESSIBLE DESIGN



Accessible Design can be comfortable, spacious and warm.

ACCESSIBLE DESIGN

Kitchen Design features:

- Dish Drawers
- No upper cabinets
- Easy open appliances
- Lever handle faucets
- Non-glare lighting

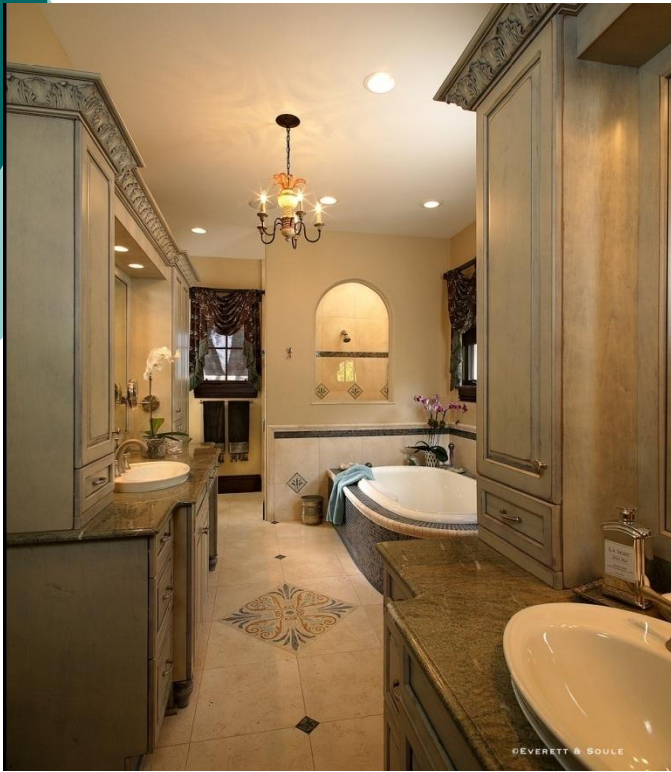


ACCESSIBLE DESIGN



Access to every part of the home.

ACCESSIBLE DESIGN



A quiet retreat for the caregiver.



ACCESSIBLE DESIGN

Accessible buildings don't have to look industrial or institutional.

Homes created or remodeled for "Aging in Place" or for those with special needs can be beautiful, desirable homes that everyone would love to own.



THANK YOU

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ACCESSIBILITIES
by Karen Kassik

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