

# ***Aging in America May Never be the Same: Part 2***

**What do seniors and caregivers need to consider to age-in-place?**

**What resources are required?**

**How to evaluate your home for feasibility of aging-in-place?**

**What modifications will be required?**

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**9/10 seniors intend on living in their current home over the next 5-10 years.**

### Why?

- 85%** like where they live.
- 66%** have friends / family nearby.
- 50%** don't want to deal with the hassle of moving.





**How will I know if my home will continue to be a good fit if I start to have trouble getting around?**

# Aging in Place Specialists



AARP Website:

<https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide-download.html>

# AGING IN PLACE

## TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to “age in place” —stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.



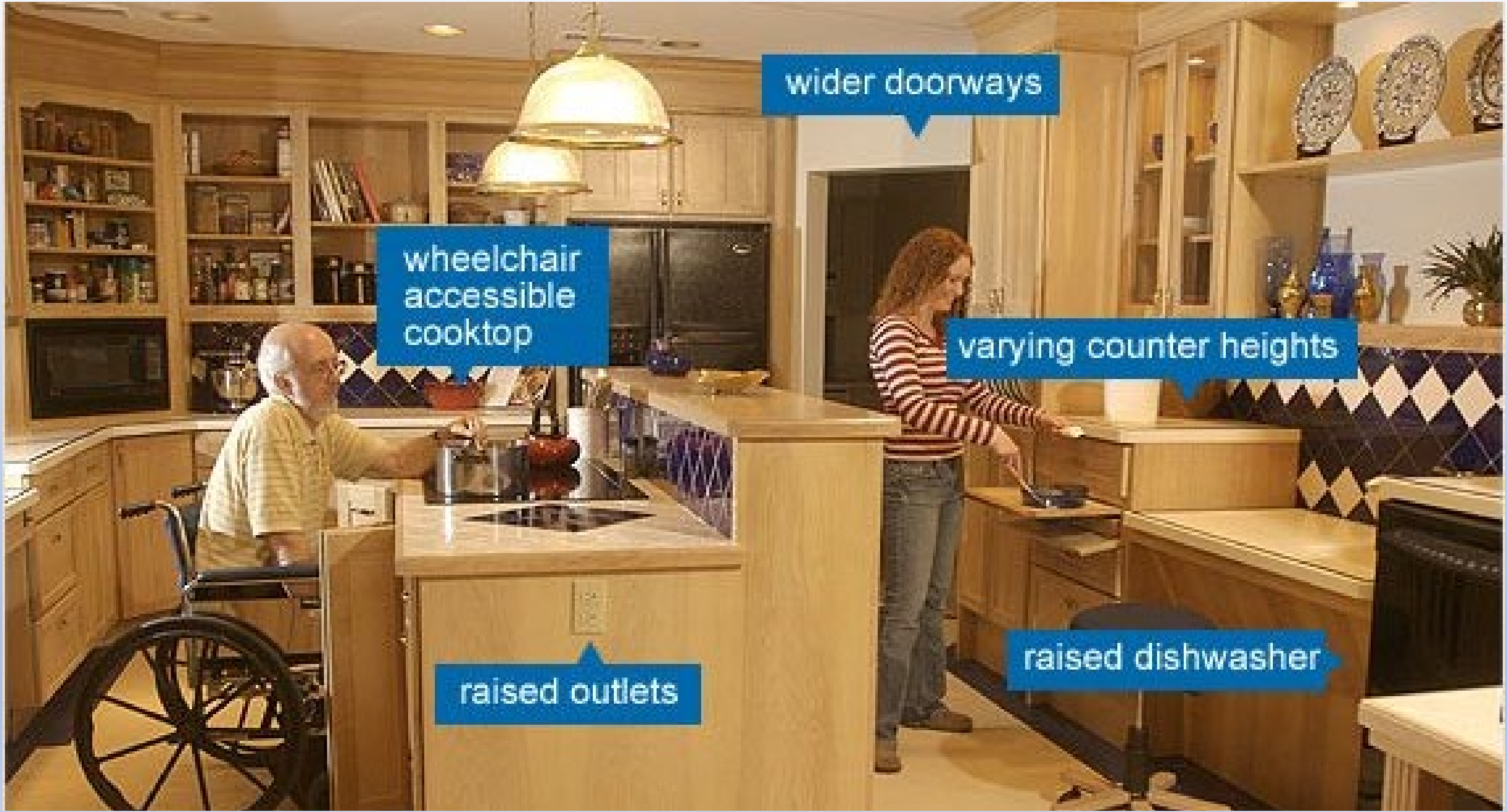
A few changes could make your home easier and safer to live in and help you continue to live independently.



# UNIVERSAL DESIGN FEATURES

- 1 Wider Hallways
- 2 Raised Wall Outlets
- 3 Lowered Light Switches
- 4 Wider Door Openings
- 5 Circulation Space
- 6 Easy Operable Windows
- 7 Backing for Future Grab Bars
- 8 Zero-Threshold Shower option available
- 9 Easy to Access Utilities





wider doorways

wheelchair accessible cooktop

various counter heights

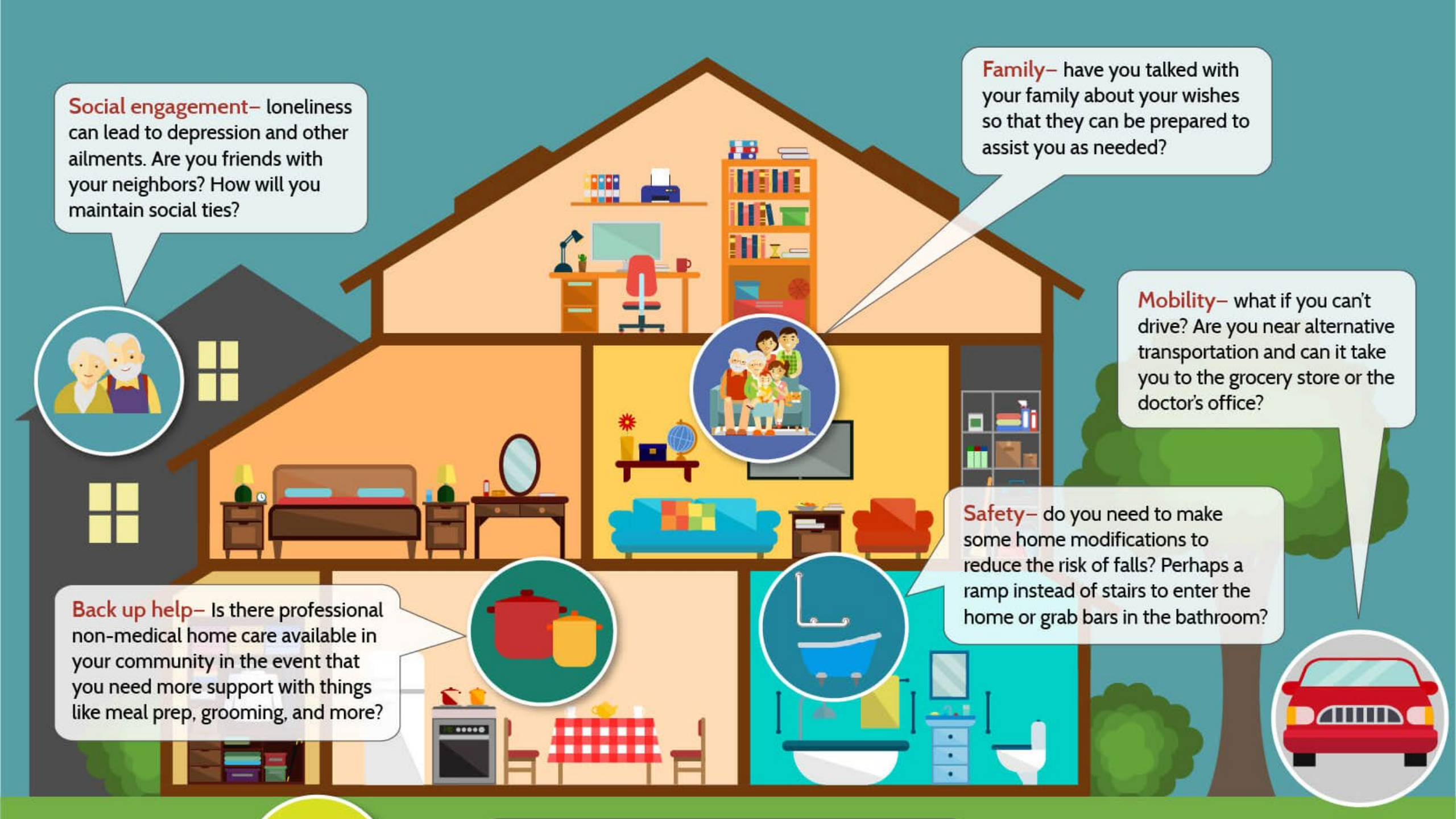
raised outlets

raised dishwasher





**My wife and I, and our closest friends have been talking very seriously about getting a large house together in which we can all grow old together. What should we be thinking about in making this decision?**



**Social engagement**– loneliness can lead to depression and other ailments. Are you friends with your neighbors? How will you maintain social ties?



**Family**– have you talked with your family about your wishes so that they can be prepared to assist you as needed?

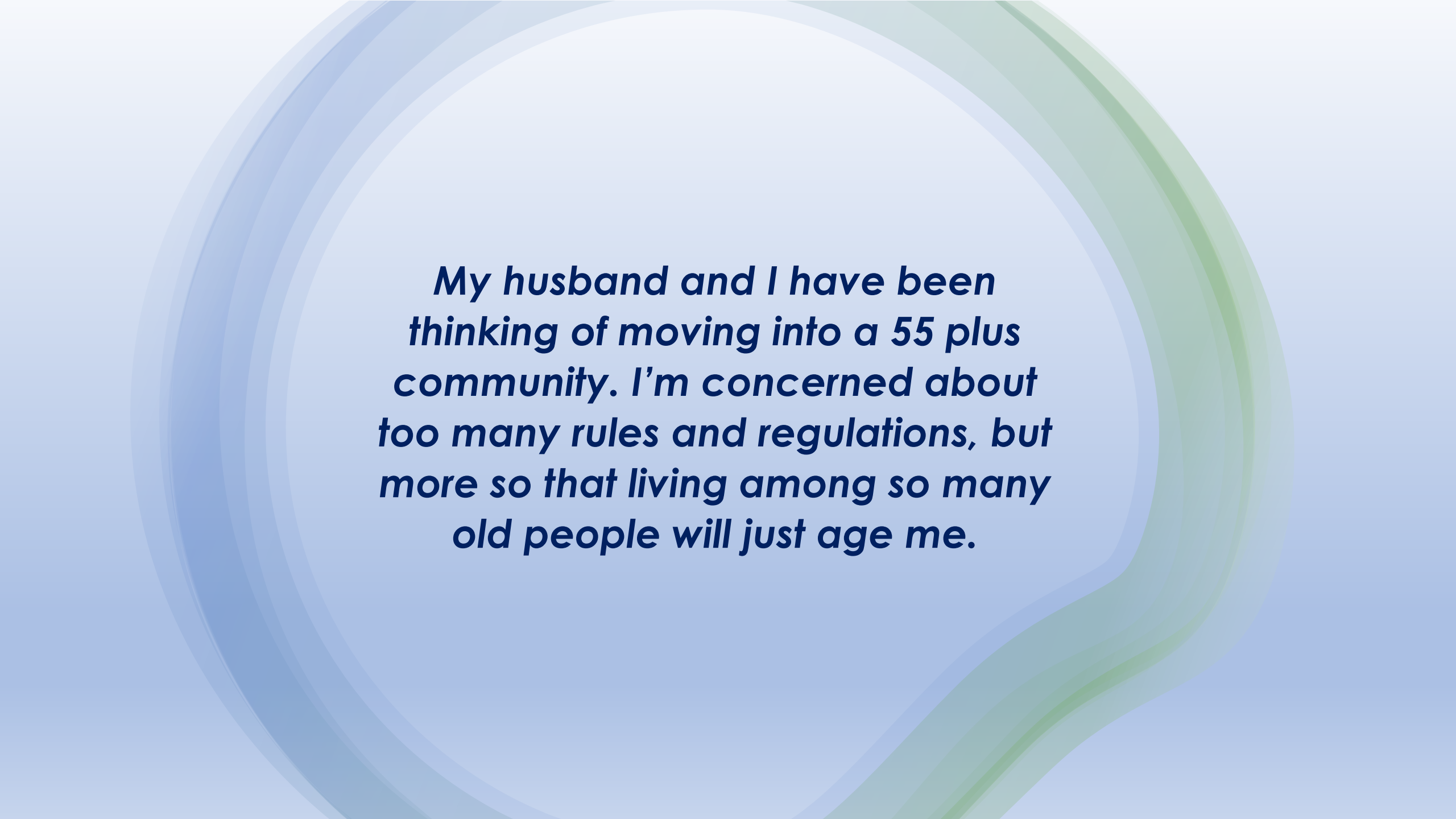


**Mobility**– what if you can't drive? Are you near alternative transportation and can it take you to the grocery store or the doctor's office?

**Safety**– do you need to make some home modifications to reduce the risk of falls? Perhaps a ramp instead of stairs to enter the home or grab bars in the bathroom?

**Back up help**– Is there professional non-medical home care available in your community in the event that you need more support with things like meal prep, grooming, and more?





***My husband and I have been thinking of moving into a 55 plus community. I'm concerned about too many rules and regulations, but more so that living among so many old people will just age me.***

A wooden sign is mounted on a boat deck. The sign is made of three horizontal wooden planks. The top plank contains the word "ADULTS", the middle plank contains the word "ONLY", and the bottom plank contains the words "THANK YOU". The sign is positioned on the left side of the frame. In the background, there is a vast expanse of blue water under a clear sky. A white metal railing is visible in the foreground, partially obscuring the bottom of the sign. The overall scene is bright and clear, suggesting a sunny day on the water.

ADULTS  
ONLY  
THANK YOU

## Benefits of 55+ communities:

- Support services including housekeeping, meal preparation, pet care & community management.
- Universal design features
- Newer communities have smart technology features that enhance safety and security.

## Things to consider:

- Hurricane / disaster preparedness.
- Homeowner Association policies and fees.
- What is covered?
- What is nearby?
- Mentality



# Age-Friendly Communities

- Hospitals and doctors who specialize in geriatric medicine
- Ensuring public transportation is easily accessible and affordable for seniors
- Keeping walkways and sidewalks well-lit and clear of snow or ice
  - Municipal by-laws to ensure buildings have automatic door openers, elevators, stair railings and ramps
  - Senior involvement in community activities



***I keep seeing those “Life Alert” commercials with that old person who says “help! I have fallen and I can’t get up.” That is my biggest fear. What can I do to prevent falling?***

### **Install Handrails**

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



### **Use nonslip mats and treads**

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.



**Falls are the leading cause of injuries** among older adults, sending more than two million people to the emergency department each year.



### **Improve lighting.**

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



### **Install grab bars**

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.



**Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.**



### **Inexpensive fixes.**

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



### **Repair steps and flooring.**

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.





***The coronavirus experience allowed me to get a better sense of the help I need from others.***

***I am not very good with technology, and it was difficult for me to figure out how to order things online.***

***I realize now that if I am going to stay in my home as I age, I will likely need continued help.***





# Resources

## Tips for home modification

<https://www.seniorlink.com/blog/50homemodificationtips>

## Falls Prevention

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

<https://www.aging.com/preventing-falls-in-older-adults/>

## Age-Friendly Communities (hyperlinks below)

[AARP Network of Age-Friendly States and Communities](#)

[AARP Livable Communities](#)

[National League of Cities](#)

## Information on Co-living

<https://en.wikipedia.org/wiki/Coliving>

## Technology support

<https://support.apple.com/en-us/HT204380>

<https://edu.gcfglobal.org/en/> Goodwill Community Foundation free classes

<https://techboomers.com/> teaches seniors basic computer skills

<https://seniorplanet.org/>