




What is Age In Place Remodeling?

The Centers for Disease Control defines Aging In Place as “The ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level.” So Age In Place Remodeling could be defined as “Remodeling or modifications to a home that aids in one’s ability to live in the home or their community safely, independently, and comfortably.” As Age In Place certified remodelers we see this principle impact many areas of the home from entry ways, lighting, flooring, hallways and doorways and kitchens. However, the room in the home we see most often remodeled for Age In Place reasons is the bathroom.

SOME OTHER TERMS FOR AGE IN PLACE ARE:

-  Aging In Place
-  Universal Design
-  Visitability

Although they mean slightly different things, most people in the industry use the terms interchangeably.

The Aging of America Census.gov

MARCH 13, 2018 — The year 2030 marks an important demographic turning point in U.S. history according to the U.S. Census Bureau’s 2017 National Population Projections. By 2030, all baby boomers will be older than age 65. This will expand the size of the older population so that 1 in every 5 residents will be retirement age.

“The aging of baby boomers means that within just a couple decades, older people are projected to outnumber children for the first time in U.S. history,” said Jonathan Vespa, a demographer with the U.S. Census Bureau. “By 2035, there will be 78.0 million people 65 years and older compared to 76.4 million under the age of 18.”

Although births are projected to be nearly four times larger than the level of net international migration in coming decades, a rising number of deaths will increasingly offset how much births are able to contribute to population growth. Between 2020 and 2050, the number of deaths is projected to rise substantially as the population ages and a significant share of the population, the baby boomers, age into older adulthood. As a result, the population will naturally grow very slowly, leaving net international migration to overtake natural increase as the leading cause of population growth, even as projected levels of migration remain relatively constant. The aging of America will impact all of us. It may be you who are aging, your parents, a loved one or a friend. Studies show that over 85% of seniors want to stay in their home as long as possible, but less than 15% have done anything to make that desire a reality. This planner

will walk you through the steps of an Age In Place remodel and give you a great deal of information about Aging In Place so that you can be prepared to help yourself, your family or a friend when its time for them to Age In Place.

IS THERE SUCH A THING AS AN AGE IN PLACE CERTIFIED REMODELER?

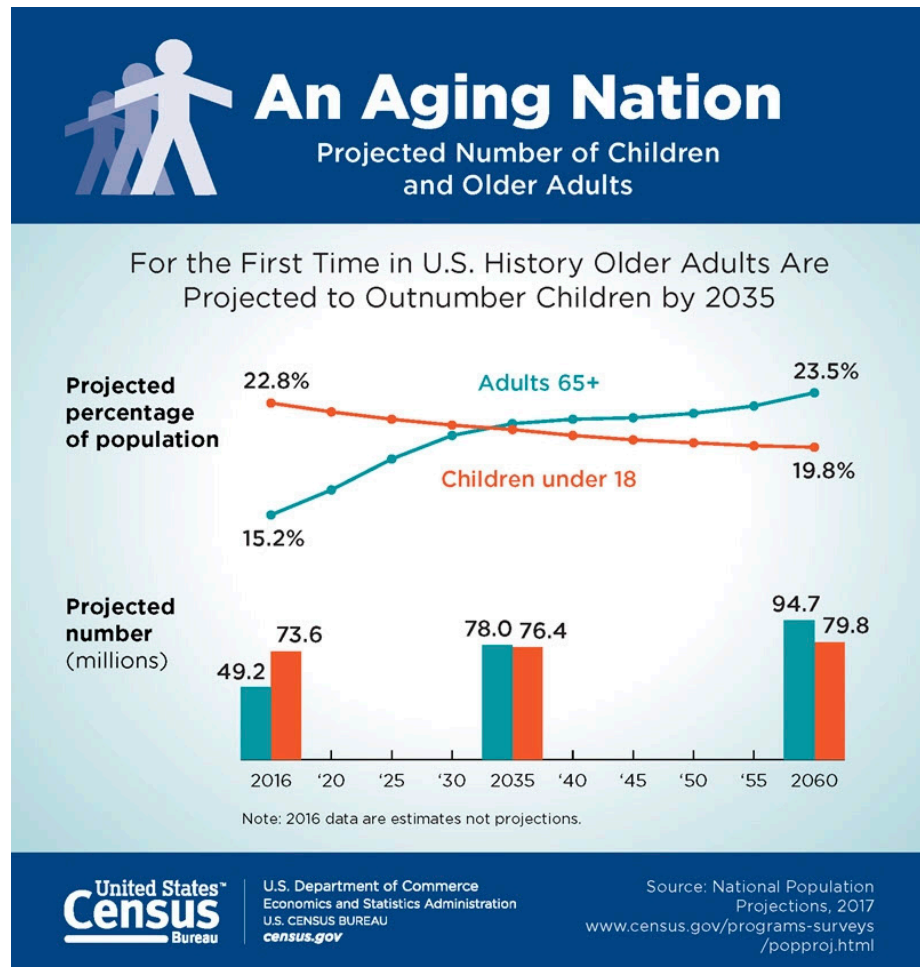
Yes. Many different organizations offer specialized training for remodelers that is targeted toward helping remodel a home to allow someone to Age In Place. Just a few of those organizations are:

- The National Homebuilders Association (NAHB)
- Age Safe America
- National Association of the Remodeling Industry (NARI)

The training these groups offer differs slightly but is all similar in scope. Although the technical aspects of building and remodeling for Age in Place are the same as traditional remodeling in the fact that the same building codes are followed, Age In Place remodeling differs in function. Wider doorways and hallways, zero or ultra-low thresholds, comfort height toilets and attractive and properly placed assist bars are some of the most common modifications that a certified Age In Place remodeler might perform.

THE COST OF AGE IN PLACE REMODELING

In 2018 the average cost of of assisted living was reported to be \$119.00 a day, \$3,628.00 a month and \$43,536.00 annually. The yearly cost range of nursing homes is \$82,128.00 to



\$92,376.00 or more. In home care costs can range between \$164.00 per day, \$4,920.00 per month, and \$59,040.00 annually. Skilled care averages \$220.00 daily, \$6,600.00 monthly and approximately \$79,200.00 per year. These costs can be devastating for many and show and are predicted to go up each year. In our area of the country, an entry level Age In Place bathroom remodel can have a starting cost of as little as \$45,000.00. While this is not a low cost bathroom by any measure, when compared to one year of assisted living, nursing home or in home skilled care costs you can see the potential savings. Often an Age In Place remodel can allow one to stay in their home several additional years before needing in home care or a move to assisted living / nursing home facility.

Don't be scared or offended if your contractor asks about budget early on in the conversation. This is often a sign of a seasoned contractor who intimately knows his business and his "numbers". A seasoned contractor will ask this

Universal Design Numbers to Remember

Universal design is home design for all ages and abilities. When it comes to universal design, Interior Designer Ann Wisniewski of AJW Designs Inc. shares some numbers you need to know.

- 36** the minimum number of inches, in width, an entryway door should be to accommodate wheelchairs
- 32** the minimum number of inches, in width, an interior doorway should be to accommodate a wheelchair
- 60** x 60 inches - the ideal turn around space for a wheelchair (think behind tables & furniture)
- 32** inches, the ideal countertop height for those of short stature
- 15** inches, the lowest height controls should be installed on the wall
- 48** inches, the highest height switches and outlets should be hung on the wall

AGE IN PLACE BATHROOM	AVERAGE ASSISTED LIVING COST PER YEAR	AVERAGE NURSING HOME COST PER YEAR
\$45,000.00 (starting cost average)	\$43,536.00	\$92,376.00
One time cost	Ongoing cost	Ongoing cost
	Two years = \$87,072.00	Two years = \$184,752.00
	Three years = \$130,608	Three years = \$277,128.00
	Four years = \$174,144.00	Four years = \$369,504.00
	Five years = \$217,680.00	Five years = \$461,880.00

question early in your conversation not so that they can spend all of your money, but to be respectful of your time. If your budget is \$10,000 and what you are asking to have done will cost \$25,000 then by being transparent with the contractor you've saved yourself the hassle of a visit to your home.

OUR TOP TEN REASONS YOU MIGHT NEED AN AGE IN PLACE REMODEL

This all sounds good but, do I really need this?

1. You're approaching retirement and plan on staying in your home for as long as possible.
2. You're dealing with a prolonged illness or injury that limits your mobility.
3. You've been diagnosed with a life changing illness that limits or changes your mobility.
4. It's becoming more difficult to step over the tub edge and maintain your balance.
5. You're becoming concerned about the ability to safely navigate the bathroom and kitchen with the same efficiency you've always had.
6. A spouse that acted as the primary caregiver has passed and the surviving partner plans on staying in the home long term.
7. You've downsized to your "forever home" and realize the bathroom or kitchen are hard to navigate safely with aging in mind.
8. You just want an awesome bathroom that is safe to use and looks great!
9. You've been challenged with an illness or injury that requires the use of a wheelchair or walker and realize that the doorways in your home will not allow you freedom of movement.
10. A parent or loved one is moving in with you and you need to make accommodations for their age, physical limitations or other issue without decreasing the value or appearance of your home.



**CLEARING A PATH
FOR PEOPLE WITH SPECIAL NEEDS
CLEARS THE PATH FOR EVERYONE!**

THE BENEFITS OF STAYING IN YOUR HOME LONGER

An AARP survey of older adults show that 90% over the age of 65 would prefer to stay in their homes as long as possible. They feel safe there, they've built memories in their home with family and friends, and have an emotional connection with that location. In fact the top six benefits seniors find in aging in their homes are as follows: Comfortable environment, Connection to familiar services, Feelings of independence, Familiarity, Proximity to family and Safety and Security.

Comfortable Environment | Seniors have spent years accumulating items in their home that remind them of family. They know the layout of their home, they know their neighbors, they have their routine centered around their home, favorite stores and their faith community.

Connection to Familiar Services | Closely connected to their environment is their level of connection to familiar services. From the grocery store, oil change shop mail carrier and garbage man. Connections are built to all of these services and more. Staying within that environment and connections has great benefits mentally and emotionally.

Feelings of Independence | One of the hardest things to deal with as we age is the inevitable fact that we are aging and can't do things as quickly or easily as we used to do. We don't "bounce back" as quickly as we once did. Aging in Place remodeling allows seniors the ability to be independent in a safe environment with a few modifications to help out along the way.

Familiarity | A familiar environment is a good environment for a senior. Although special considerations must be taken for those who develop cognitive issues, familiarity with their environment helps seniors feel comfortable and happy.

Proximity to Family | Although not as true as it once was many seniors still live close to family. If not within a few blocks, at least in the same city. This close proximity allows frequent check ins with the senior to monitor their safety, help out with household chores and provide assistance as needed.

Safety and Security | We all want to feel safe and secure. Being in a familiar environment allows the senior to have a real and true sense of safety and security. As we age, it seems that so many things are taken out of our control and the ability to Age In Place in our homes provides assurance that we are safe and secure.

SO YOU'RE READY FOR AN AGE IN PLACE REMODEL?

Remodeling can be stressful but when done well it always yields great results. Age In Place remodeling is no different. It must be planned and executed well to give you the desired results and benefits to your life and the lives of your loved ones.

Unless you are one of those rare individuals that are capable of performing a project that meets or exceeds the requirements and specifications of a well executed Age In Place remodel you will likely be hiring a contractor to do the work for you. Just the word "Contractor" can bring up a variety of emotions in most people. "Am I going to get ripped off?" "I saw that expose on the news about the contractor that took a deposit and disappeared!" We've all seen and heard horror stories that make us distrustful.

As important as budgets and timelines are to a project, they should not be the primary focus of an interview when you talk to a GC. Homeowners should also focus on trust and quality. Start by asking questions about a company's business practices and experience in a similar type project to yours. If you decide you want hire a particular remodeling contractor, then you can discuss when they can start, what time they arrive at your home each day and when you will have your home to yourself again.

HERE ARE A FEW QUESTIONS NARI (NATIONAL ASSOCIATION OF THE REMODELING INDUSTRY) RECOMMENDS YOU ASK.

- How long have you been in business?
- Who will be assigned as project manager / supervisor for the job?
- Who will be working on the project?
- Do you use sub-contractors, employees or a mix? (Sub-contractors aren't a bad thing!
- We use sub-contractors exclusively with the exception of our project manager)
- Is your company licensed and do you carry workers comp and liability insurance?
- Will you provide a written contract?
- How many projects like mine have / do you complete?
- Do you have references?

These questions are supplied by NARI. Visit NARI.org for more information

It's also important to realize that sometimes it's not the answers you get that are significant, but what you don't get. Asking the right questions is not enough. You also need to pay attention to your "gut" and to what information is missing. Remember, online reviews aren't always the best indicator that someone is a great remodeler or a poor remodeler.

Unlike your accountant or stockbroker, your remodeler will be a part of your daily life and available for some on-the-job education. They will be privy to your personal life, more so than your doctor or lawyer. Your contractor will know how you look in the morning and how well behaved your pets are. It makes sense that you should take some time to carefully select this person and make sure that it is someone to whom you can ask questions. Resources like NARI or the National Homebuilders Association are beneficial even more so than industries not directly connected with remodeling or the trades. These associations have a vested interest in insuring homeowners are well educated regarding professional trades like remodelers. Additionally, membership in these organizations is not automatic for remodelers. Companies that wish to join must agree to abide by specific standards and attend continuing education classes.

DIY VS HIRE A CONTRACTOR

Should you do the job yourself or hire a contractor??? Take this quiz and find out!

DIY is a popular trend in home improvement today. Before you grab a hammer and start swinging, you should know of potential problems you might face. NARI (National Association of the Remodeling Industry) recommends that you take this short quiz before you make a decision.

YES OR NO

- ☐ 1. Do you enjoy physical labor?
- ☐ 2. Are you patient and persistent?
- ☐ 3. Do you have reliable work habits? Once the project starts, will it get finished?
- ☐ 4. Do you have all of the tools and skills necessary for the job?
- ☐ 5. What level of quality do you want? Do your skills match that level?
- ☐ 6. Do you have the time required to complete the project? TIP... Double or triple the time estimated for a DIY unless you are very familiar with all aspects of the project.
- ☐ 7. Will it matter to you if the project remains unfinished for a period of time?
- ☐ 8. Are you prepared to handle additional household stress this project may cause in your family?
- ☐ 9. Do you know and understand all of the steps involved and the correct order of the steps?
- ☐ 10. Have you gotten the installation instructions from each manufacturer of the items in your project to determine if you want to use the item in your project?

- 11. Is this a job you can do completely by yourself or will you need assistance? If assistance is needed, what skill level of help will you need? If you need a specialty contractor, do you have access to a skilled labor pool?
- 12. Are you familiar with your local building codes and permit requirements? *Some areas require work to be done by licensed and bonded trades in order for that work to meet code.
- 13. What will you do if the project goes awry?
- 14. Is it safe for you to do this project? *Some projects have hazards that can be fatal if a mistake is made (electric & roofing).
- 15. Who will supply materials, delivery?
- 16. Are you looking at DIY for financial reasons? If so, have you included all of the costs? Materials, time, tools, oversights, surprises?
- 17. If you are trying DIY for the satisfaction of doing it yourself can you ensure that quality of the finished product will be satisfying to you? If it doesn't come out right how will you feel? What about the cost of a re-do?

DIY projects can be rewarding and fun if you are prepared and have the proper skills. However, you need to be aware that home improvement DIY can be hazardous to your wallet and your health.

If you answered "yes" to eight or more of these questions you might attempt a DIY project. But before you take off to your local hardware store, revisit the questions with a "no" answer and consider the potential problems you may face in those areas before you proceed. Hiring a pro may still be your best choice.

NARI suggests that you be prepared and take your time in selecting a home improvement professional. At Master Remodelers we want to remind consumers that such a project can be one of the most important investments that a homeowner makes.

All information supplied by NARI. Visit NARI.org for more information

our top ten

What are the top ten Age In Place remodel or update items for a home? Ask ten different contractors and I'm sure there will be many different answers.

1. Trip Hazards

Look at thresholds in entry ways. Can they be reduced?

Are they highly visible?

Are they slick when wet weather hits?

2. Transitions between different flooring materials

How high do they stick above the flooring?

Can they be reduced?

Are they highly visible?

3. Throw rugs, runners, cords on the floor

These items should just be eliminated whenever possible as they are trip hazards.

4. Lighting

How well lit are work areas? Hallways, Bathrooms, Hallways, Entryways?

As we age we need more light than we did when we were younger.

5. General Safety

Working smoke detectors and Carbon Monoxide detectors?

Home numbers visible from the street?

Fire suppression or extinguisher

6. Stairs

One level ranch style homes are best to Age In Place in but sometimes that isn't a possibility.

When stairs are present, you should observe the following guidelines:

- Handrails on both side of the steps
- Non skid tape or other grippy surface
- The area is well lit
- When possible, a color change between the "rise" and "run"

7. Kitchen and Laundry Room

Well lit?

Stove and other appliances user friendly with easy to reach and operate knobs

Trip hazards removed

Adequate counter space? Next to stove for hot items?

8. Exterior and Garage

Well lit?

Trip hazards

Is there a slope in the yard that could prove dangerous?

Hazardous chemicals secure

9. Ramps

Often a ramp is installed to assist in the use of a wheelchair or to eliminate the need to navigate entry steps.

Is the ramp lit?

Does the ramp have a non-skid surface?

How will the ramp be used when wet or icy?

10. The Bathroom

The bathroom is probably the #1 area we update for Age In Place Remodeling

Walk in tub or Zero threshold shower

Non Skid surface in the tub or shower

Raised height or lift assist toilet

Grab bars installed

Well lit

Hand held wand in the tub or shower

AGE IN PLACE HOME MODIFICATION PROBLEMS AND SOLUTIONS

TYPICAL PROBLEMS FACED	AGE IN PLACE SOLUTIONS
Trouble getting in and out of the shower	Add shower seats, grab bars or benches
Slipping in the tub and / or shower	Install anti-skid strips or use a smaller "mosaic" style tile in the shower floor
Trouble turning knobs and handles	Use "lever" style handles
Accessing your home	Explore the use of ramps - remember to use an anti-skid surface
Issues with heating and cooling	Add insulation, consult with an HVAC company on the health of your system. There have been many improvements in this area in recent years.
Difficulty climbing the stairs	Use hand rails on both sides of the stairs and make sure stairwells are well lit.