

AGING IN PLACE

Staying in YOUR home longer

CAN IT BE
DONE?

THINGS TO
CONSIDER
BEFORE YOU
START

- How many floors or changes in elevation are there?
 - Multiple floors?
 - Split floor plan?
 - Exterior steps?
- How compact are the main used areas?
 - How far do you have to travel from the kitchen to the bedroom?
- Is this your forever home?

LET'S START
SIMPLE

EASY/LOW
COST
UPDATES

- Lighting:
 - Make sure hallways and well traveled areas are well lit and that light switches are easily accessible.
- Optimal Height:
 - What is your optimal height? Keep things within reach
 - Not too high, not too low
- Furniture Type and Placement:
 - Make sure you don't have too much and that it's placed to provide safe travel for you and your guests
 - Damaged furniture can lead to injuries
 - Optimal height applies to furniture too

BATHROOMS

- Location in relation to bedroom(s) and living areas:
 - More accessible the better
- Entry door width:
 - Most bathrooms have 24-30 inch entry widths, 36-40 are optimal when possible.
- Room to maneuver:
 - Can a walker or wheelchair maneuver within the bathroom?
- Tub or Shower:
 - Look for ways to provide both accessible and comfortable bathing options that suit your preference.
 - Walk in tubs
 - Walk in shower with no threshold for wheelchair and walker access
- Optimal height!

KITCHEN AND DINING

STAYING HEALTHY
REQUIRES HEALTHY
EATING HABITS

- Keep it within reach:
 - Make sure most if not all cooking tools and food items are kept low enough to reach without a step stool
 - Compact is better than open/spread out
 - Self/soft closing drawers
 - Lightweight tools
- Standard vs accessible counter height:
 - Accessible height-34"
- Lighting type and location:
 - Make sure prep and cooking areas have effective lighting within reach

STAIRS

STEP-DOWN
LIVING

TERRACED
YARDS

- Multiple Floors?
 - Is an elevator an option?
 - What about a chairlift?
 - **Railings are essential**
- Step-down living or split-level floor plan:
 - Multiple or small elevation changes
 - **Railings are essential**
- Entry Porch or Terraced Yards:
 - Surface materials? Non slip surfaces when possible
 - Small and wide steps best
 - **Railings are essential**

RESOURCES

WHERE TO GO FROM HERE?

- HUD- Department of Housing and Urban Development
 - www.huduser.gov
- Age in Place Improvements LLC
 - <http://www.ageinplaceimprovements.com>
- AARP
 - Certified Aging-in-Place Specialist program
- Santa Clara County Fire Department
 - <http://www.sccfd.org/community-education/safety-information-referral-assistance/senior-aging-resources>
 - Call 2-1-1 for non-emergency information and referral services
 - Emergency Preparedness- Seniors Prepared!