

## All About Aging in Place Remodeling

Aging in Place means living in one's home independently regardless of age or ability. Remodeling for long-term changes in accessibility or to address acute disabilities is a growing trend in the home building industry with 80% of remodeling companies involved in aging-in-place remodeling according to a 2016 National Association of Home Builders (NAHB) survey.

### **How big is Aging in Place?**

- 89% of people 50+ wish to remain in their own homes indefinitely (AARP)
- 80% of remodelers already perform aging-in-place remodeling and 77% have seen an increase in requests for aging in place features in the home from 2013 to 2016. (NAHB).
- Over half of all 55+ households rate their current home a 9 or 10 out of 10 (American Housing Survey).
- The aging population is the number two issue to affect the remodeling industry over the next five years, only behind the availability of skilled labor (NAHB).
- Remodelers report that the most requested aging-in-place features include: grab bars, higher toilets, curbless showers, wider doorways, ramps or lower-thresholds, and task lighting.

### **What is NAHB doing to help the aging population?**

NAHB, in partnership with AARP and the NAHB Research Center, developed the Certified Aging-in-Place Specialist (CAPS) program – the leading national educational designation designed to teach professionals how to modify homes for aging in place. Since 2002 more than 7,300 people have completed CAPS, making it one of the fastest-growing education programs at NAHB. NAHB Remodelers provides more information about CAPS and remodeling decisions for consumers at: [nahb.org/caps](http://nahb.org/caps).

### **What should my home contain if I want to age in place?**

- A master bedroom and bath on the first floor.
- A low or no-threshold entrance to the home with an overhang.
- Lever-style door handles.
- No change in levels on the main floor.
- Bright lighting in all areas, especially places like stairways.
- A low-maintenance exterior.
- Non-slip flooring at the main entryway.
- An open floor plan, especially in the kitchen/dining area.

### **What are some techniques that CAPS professionals use?**

- Lighting from multiple directions – reduces glare and shadows.
- Contrasting colors for depth perception – use a different color counter (or edging around the counter) than the floor, staining the edge of the stairs a darker color than the rest of the steps.
- Convenience shelf at an entry way to place your grocery bag while getting your keys.

To learn more about aging in place, contact the Springfield Area Home Builders Association at (217) 698-4941.