

National Association of Home Builders

Make Your House a Home for a Lifetime

Hire a Certified
Aging-in-Place Specialist



www.nahb.org/CAPSinfo

Make your house a home for a lifetime



Design can be both functional and attractive, making your home more comfortable and enjoyable for everyone in the family, from children to grandparents.

Remodel your home to make it safer, more accessible and barrier-free.

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.

Staying in your home



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

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Community involvement



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

AARP Study

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.

Universal Design



Universal Design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design. It's used to help people age in place.

Universal Design Concepts

Bottom left: Pull-put cabinets allow for easier access to items.

Bottom right: Appliances placed below cabinets require less bending.



- Barrier Free
- Accessible
- Adaptable
- Visitable

Barrier Free

Rooms, entrances and environments that are designed to minimize or eliminate barriers like steps, large steep grades or slopes, thresholds greater than 1/2", and narrow, cluttered or restrictive passages.



No-threshold doors provide easy access from the outside and can be a more welcoming entrance.

Accessible Design

Accessible Design complies with regulations or criteria that establish a minimum level of design necessary to accommodate persons with disabilities.

Examples of Accessible Design



- 32" wide doorways
- 1/2" and 1/4" thresholds
- Roll-in showers
- Ramps
- Grab bars

Adaptable Design

Adaptability is a design concept developed to address problems of individual differences and changes in capability over time.

Example of Adaptable Design



Thermostat and light switches can be reached by child, person in wheelchair, or ambulatory adult.

Example of Adaptable Design



A stair lift can be installed on a temporary basis.

Visitability

Visitability is a minimum level of accessibility that will allow a person using a wheelchair basic access to the ground floor of a home.



Where Universal Design is used

Universal Design elements can be employed in every area of the home.



Photo Courtesy of Dan Bawden, President, Legal Eagle Contractors, Co.

- Parking
- Entrances, Ramps, Stairs and Lifts
- Kitchens
- Utility and Storage Areas
- Bathrooms
- Controls

Universal Design Elements



Photo Courtesy of Dan Bawden, President, Legal Eagle Contractors, Co.

Exteriors

- Installation of interior or exterior elevators or lifts
- Ramps, slopes and zero-step or zero-level entryways
- Hand railings

Universal Design Elements

Living and Dining Areas

- Creation of a multi-functional first floor master suite
- Levered door handles
- Auxiliary handles
- Thresholds and floor heights



Universal Design Elements



Living and Dining Areas

- Platform lifts and chair lifts
- Elevators
- Hand railings

Universal Design Elements



Kitchens

- Adequate turnspace
- Recessed or protected plumbing
- Roll-under sinks

Universal Design Elements



Kitchens

- Adjustable or varied counter heights
- Accessible appliances
- Accessible storage

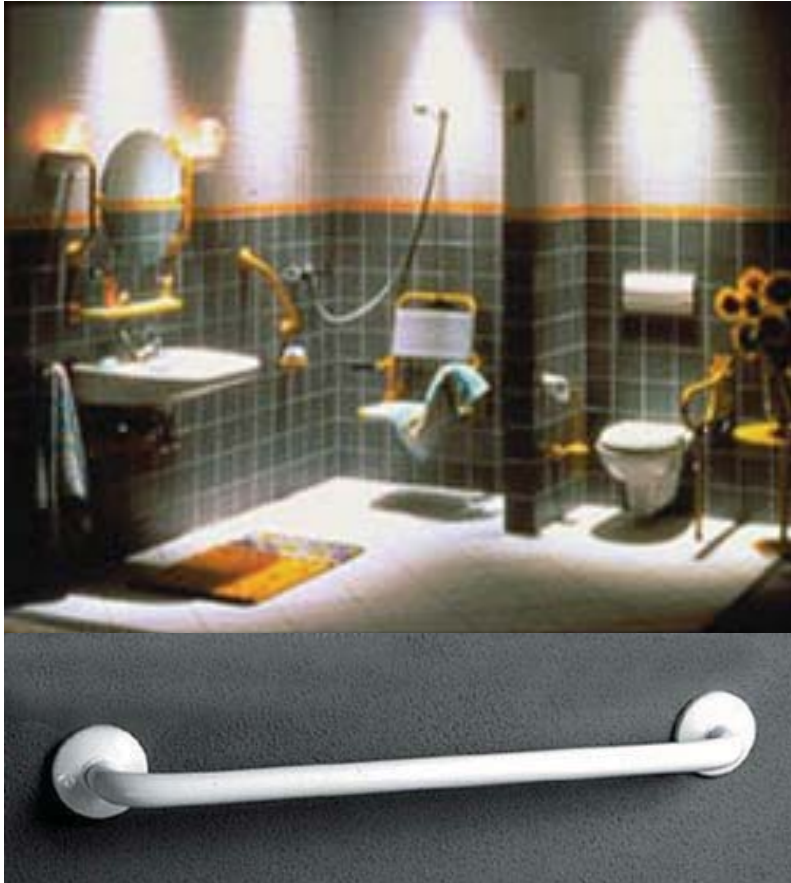
Universal Design Elements



Accessible baths have:

- Sufficient knee space
- Protected drain and water pipes
- Levered handles or push faucets
- Low mirror
- Counter
- Adequate space to approach
- Grab Bars

Universal Design Elements



Baths – Showers have:

- Barrier-free showers
- Shower controls
 - Scald-proof valves
 - Hand-held shower with wall clip for hose
 - Offset controls
 - Push or lever handles

Universal Design Elements



Controls

- Light switches
- Electrical outlets
- Environmental controls
- Alarm systems
- Light systems
- Security
- Knobs and handles

CAPS Designation

Who can you rely on to modify your home?

A **Certified Aging-in-Place Specialist (CAPS)**
has been trained in:

- The unique needs of the older adult population
- Aging-in-place home modifications
- Correct installation of assistive devices
- Solutions to common barriers
- Common remodeling projects

CAPS Designation

The CAPS designation is...

- A reliable way to identify professionals to modify your home
- Developed and administered by the National Association of Home Builders
- Endorsed by AARP



Media recognition

CAPS has been featured in...

National news media
including:

CBS Evening News

NBC Nightly News

USA Today

CNN

Wall Street Journal

United Press International

Copley News Service

Local media outlets including:

Birmingham News

Chattanooga Times Free Press

Chicago Tribune

Dayton Daily News

Edmonton Sun

The Kansas City Star

The Ledger

Pittsburgh Post-Gazette

Pittsburgh Tribune Review

The Roanoke Times

The San Francisco Chronicle

Sarasota Herald-Tribune

St. Petersburg Times

Star Tribune

Before you modify your home



- Remember you are buying a service rather than a product.
- No matter where you start in the process, you will eventually need to hire a professional remodeler to make modifications to your home.

Before you modify your home



Ask yourself these questions first:

- Do I want to add a bathroom and possibly bedroom to the main level?
- How can I make my kitchen more functional?
- Am I worried about preventing falls?
- Will remodeling increase the energy efficiency of my home?

Before you modify your home



- Will other members of my family benefit in the future from modifications?
- Will visiting loved ones or friends benefit?
- How much money can I budget for this project?
- Will I need to get a home equity loan?

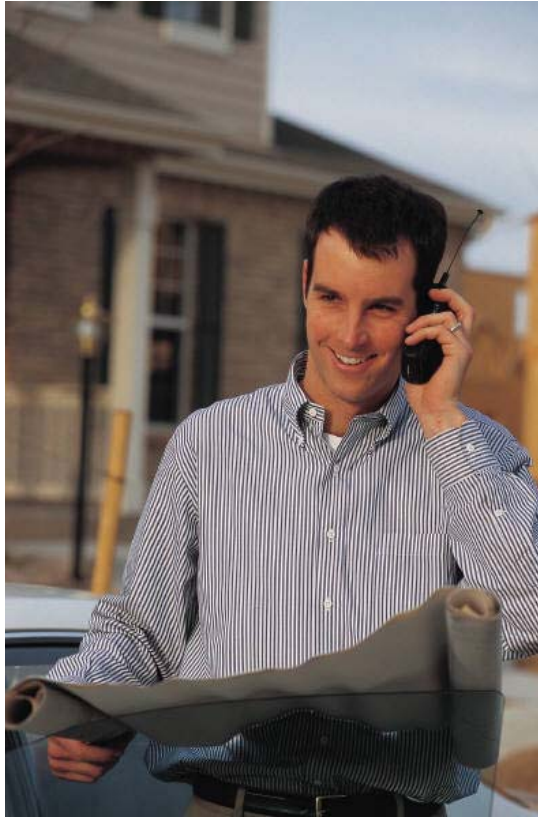
Before you modify your home



Home modification checklist

- Calculate your budget
- Seek referrals
- Contact trade associations
- Verify the remodeler's references
- Look for professional designations
- Check with your local/state office of consumer protection (Better Business Bureau)
- Ask your professional remodeler for a written estimate
- Select a professional remodeler

Before you modify your home



Where do you find a professional you can confidentiality consult about your aging-in-place needs?

www.nahb.org/designationsdirectory

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Safety For Seniors

2748 N Terrace Way

Boise, Idaho 83702

(208) 867-2752



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NOTE: The award of any NAHB designation does not represent and should not be construed as a guarantee or certification of the quality or fitness of the designation-holder's work product. NAHB's conferral of a designation represents only NAHB's recognition that the individual designation-holder has completed the stipulated requirements of the respective designation program.

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