Make a Plan to
Age Well & Live in Place

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All homes accessible, comfortable and safe, regardless of age or needs.

Presented in collaboration with
AccessAble Living

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Today we will learn...

1. **What** is Living in Place™
2. **Why** all homes should be safer
3. **Designing and adapting** for home safety
4. **How** you can plan to age in place
5. **Your Next Steps** to a safer home
1. What is Living in Place?

Being able to live comfortably and safely in your home at *any* age.
2. Why all homes should be safer
✓ Loss of independence and dignity are primary reasons why most individuals move out of their home.

✓ Homes have traditionally been designed and built for an able-bodied 35 year old. (AARP Age Friendly - Jessica Lemann)

✓ Current designs and products decrease accessibility and increase risk of accidents, making our homes difficult to live in, either safely or comfortably.
2. Why all homes should be safer

- $60,000 annual cost for assisted living
- $16,724* basic bathroom remodel
- $34,000+ direct medical cost of fall. Not including loss of work, emergency home modifications, impact to the family, etc.
- ~$100 cost of one grab bar, *installed*

*www.remodeling.hw.net/cost-vs-value/2015/*
Average **COST PER MONTH** for assisted living

As of 2021
- **Missouri:** $3,000
- **Kansas:** $4,580
Designing & Adapting for home safety

For home owners & renters!
3. Designing & adapting for home safety

Safe is at least one no-step entry into your home.
Stairway building code is \textit{minimum} 36” wide stairway with only one handrail.

\textbf{Safe} stairways are 42”-48” wide with two handrails that extend beyond the top and bottom of the stairs.

\textbf{Safe} is independent access to a bedroom & bathroom. Use a stair lift if the only available is upstairs.
3. Designing & adapting for home safety

Safe stairs have contrasting color edges or traction strips

Build “L” shape stairs

5’ x 5’ space for future elevator or lift

Safe homes allow for future elevator or lift including having electric outlet near the stairs.
3. Designing & adapting for home safety

_safe_ doors are 36” wide

_safe_ doors have lever handles with angled end to help keep your hand from sliding off.
Designing & adapting for home safety

Safe Kitchens have...

✓ Wide walkways
✓ More lighting, use LED
✓ Non-glare countertops and flooring
✓ Lower cabinets and appliances
✓ Access under the sink
✓ Cabinet handles that will not catch clothes
3. Designing & adapting for home safety

Safe showers have NO STEPS
3. Designing & adapting for home safety

Safe toilets are seat height 17” to 19”
3. Designing & adapting for home safety

Self-opening lid

Self-cleaning personal hygiene toilet seats

Heated seat

Warm water cleaning

Hands-free warm air drying
3. Designing & adapting for home safety

**Safe** bathrooms have grab bars everywhere

✓ Contrasting colors

✓ Non slip material
3. **Designing for home safety**

Safe bathrooms... are accessible, **comfortable** and safe for everyone in the family!
4. How to plan to age in place
4. **How you can plan to age in place**

- Home Accessibility Checklist
- Talk about it with family
  - What can be done over time?
  - What’s the emergency plan?
- Consider accessibility with any remodel
- Legal considerations:
  - Durable Power of Attorney (DPOA)
  - Advanced Directive
Overwhelmed? There’s help!

• Across the country and right here in Kansas City, professionals are working together to help you make your home accessible, comfortable and SAFE.

• These experts are extensively trained to recognize dangers, recommend SAFE designs and properly install products that will help you, your family and your friends continue to Live In Place!

✓ Home Modification Occupational Therapist Assoc. (HMOTA)
✓ Certified Living in Place Professionals (CLIPP)
✓ Certified Aging in Place (CAPS)
5. Your next steps to a safer home

1. Contact AccessAble Living who will recommend the *right* designs and products for your home.

2. Sign up for a FREE **Home Safety Assessment**.

3. Design for now, plan for the future.

4. Act **NOW** so you have time to go step by step.

5. Make your home **SAFE**

*Leave a legacy of accessible, comfortable and safe homes for everyone!*
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5. Your **Next Steps** to a safer home
Questions?

Make a Plan to Age Well & Live in Place

Thank you!

Call: 816-301-5170
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