

# Make a Plan to Age Well & Live in Place



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**Living**  
**in Place™**  
INSTITUTE

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

*Presented in collaboration  
with*



AccessAble Living

[www.LIPI.Institute](http://www.LIPI.Institute)

# 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

or

\$16,724\* basic  
bathroom remodel



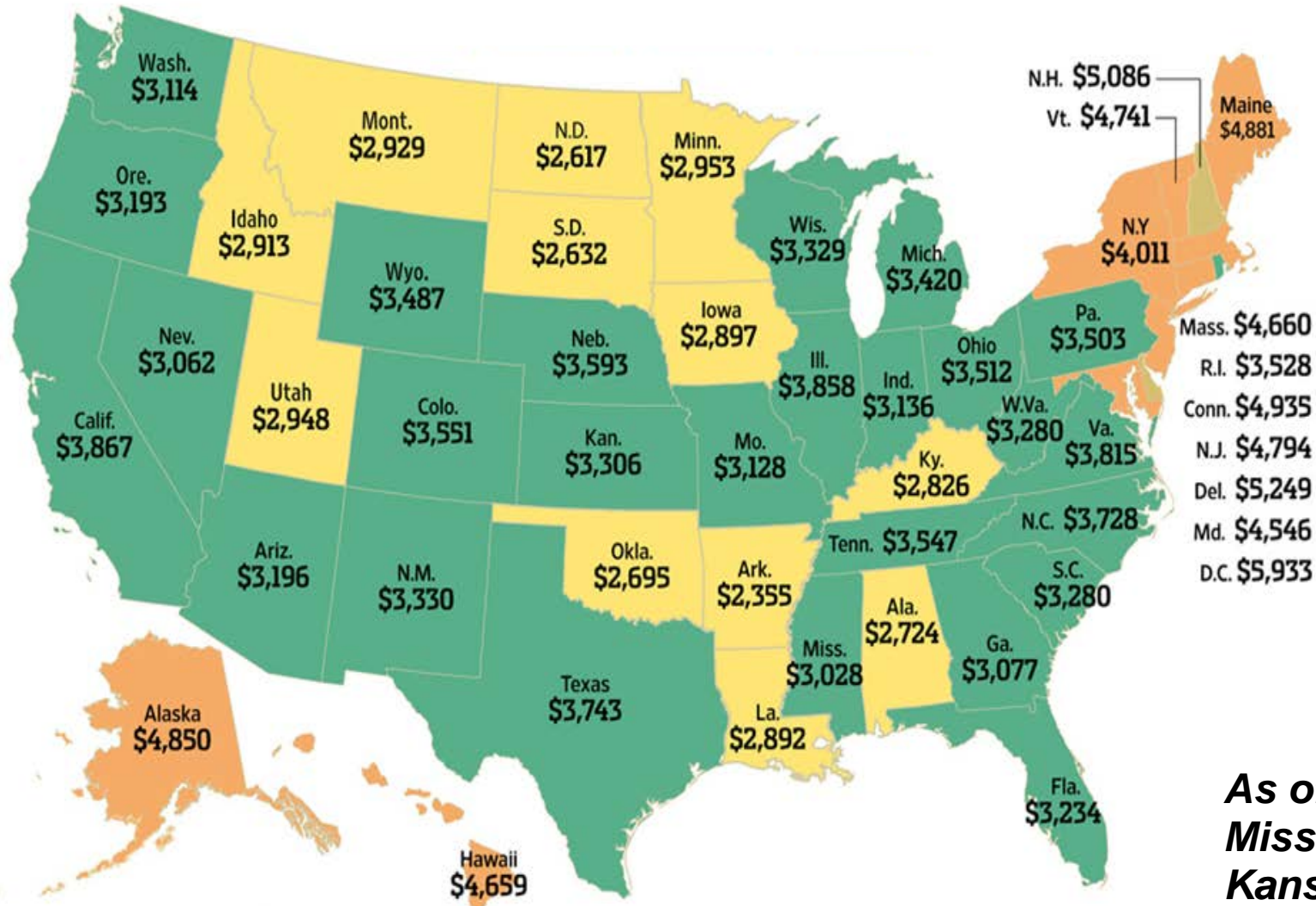
\$34,000+ direct medical  
cost of fall. Not including  
loss of work, emergency  
home modifications, impact  
to the family, etc.

or

~\$100 cost of one  
grab bar, *installed*



# Average **COST PER MONTH** for assisted living



**As of 2021**  
**Missouri: \$3,000**  
**Kansas: \$4,580**

3.

## 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.



# 3.

## Designing & adapting for home safety

Stairway building code is *minimum* 36" wide stairway with only one handrail



**Safe** stairways are 42"-48" wide with two handrails that extend beyond the top and bottom of the stairs

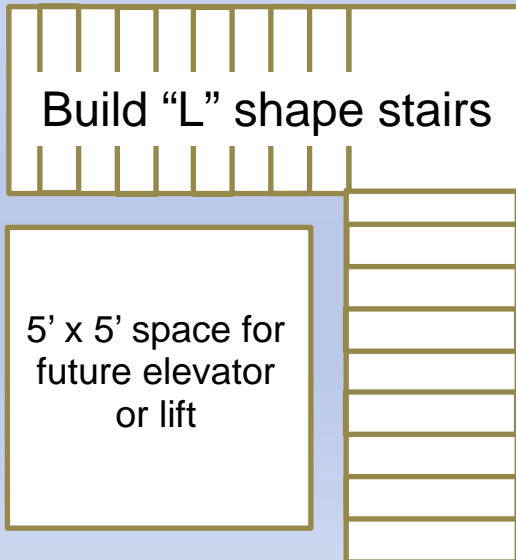


**Safe** is independent access to a bedroom & bathroom. Use a stair lift if the only available is upstairs



### 3. Designing & adapting for home safety

✓ **Safe** stairs have contrasting color edges or traction strips



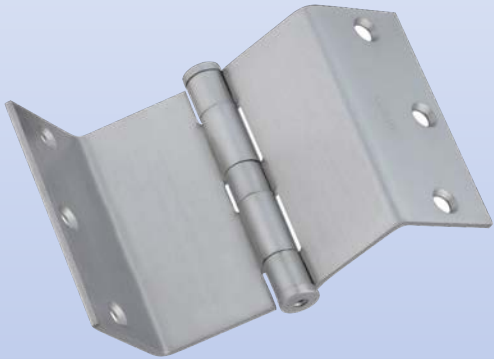
✓ **Safe** homes allow for future elevator or lift including having electric outlet near the stairs



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.*



3.

## 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**

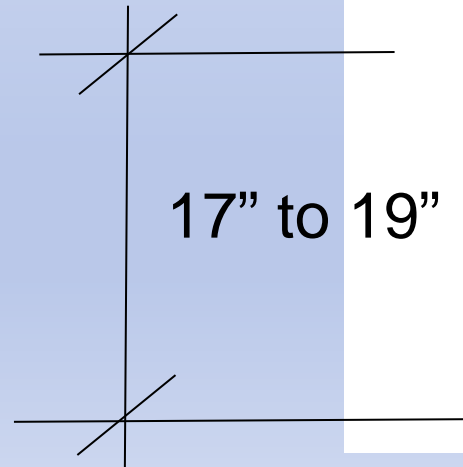


3.

# Designing & adapting for home safety



Safe toilets are seat height



### 3. Designing & adapting for home safety

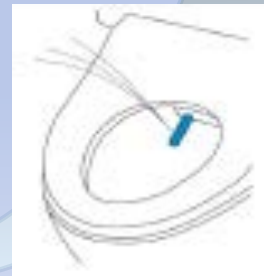
✓ Self-cleaning personal hygiene toilet seats

Self  
opening lid



Hands-free  
warm air  
drying

Heated  
seat



Warm water  
cleaning



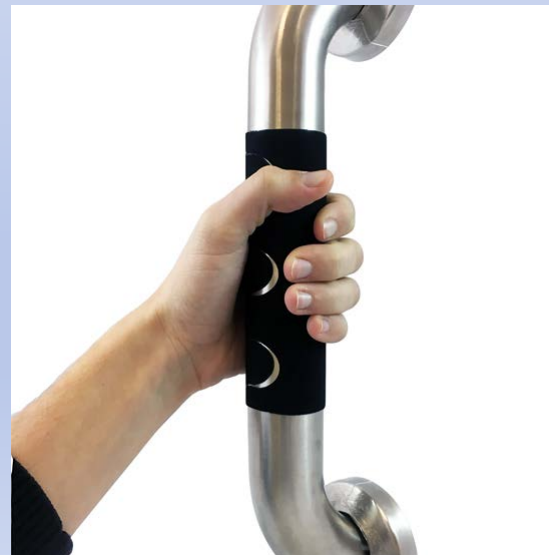
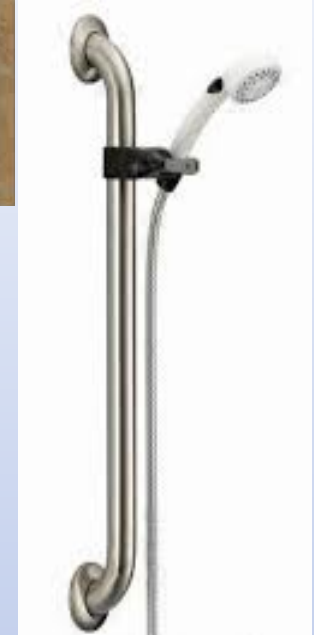
3.

## Designing & adapting for home safety

✓ **Safe** bathrooms have  
grab bars everywhere

✓ Contrasting colors

✓ Non slip material



# 3. Designing for home safety



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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# Questions?

## Make a Plan to Age Well & Live in Place

Thank you!



AccessAble Living

Call: 816-301-5170

Email: [info@accessableliving.com](mailto:info@accessableliving.com)

Website: [www.AccessAbleLiving.com](http://www.AccessAbleLiving.com)



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