



# HomeFit and Caregiving

Wednesday, December 16, 2020, 2:00 p.m. Eastern



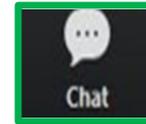
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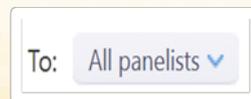
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Enjoy the session!



# Presenter



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Associate State Director of  
Community Outreach, AARP

Muscogee Creek Nation



# HomeFit

Making Home Safe and Livable for All



## Agenda

- The perks of making your home fit
- Universal design
- The home tour: Making your home HomeFit

# Workshop Objectives

**Participants in today's presentation will be able to:**

1. Recognize how a home can be modified to support changing needs and lifestyle at any age
2. Determine which modifications are important for maintaining the lifestyle they desire
3. Distinguish between modifications that are DIY and those that are best left to a professional





## The Cost of Not Staying in Your Home

- Private duty home health aides
- Adult daycare (outside of home)
- Assisted living facility
- Nursing home semi-private room
- Nursing home private room



## Universal Design

Accommodating all people of all abilities



## The Exterior

Ensuring access for all



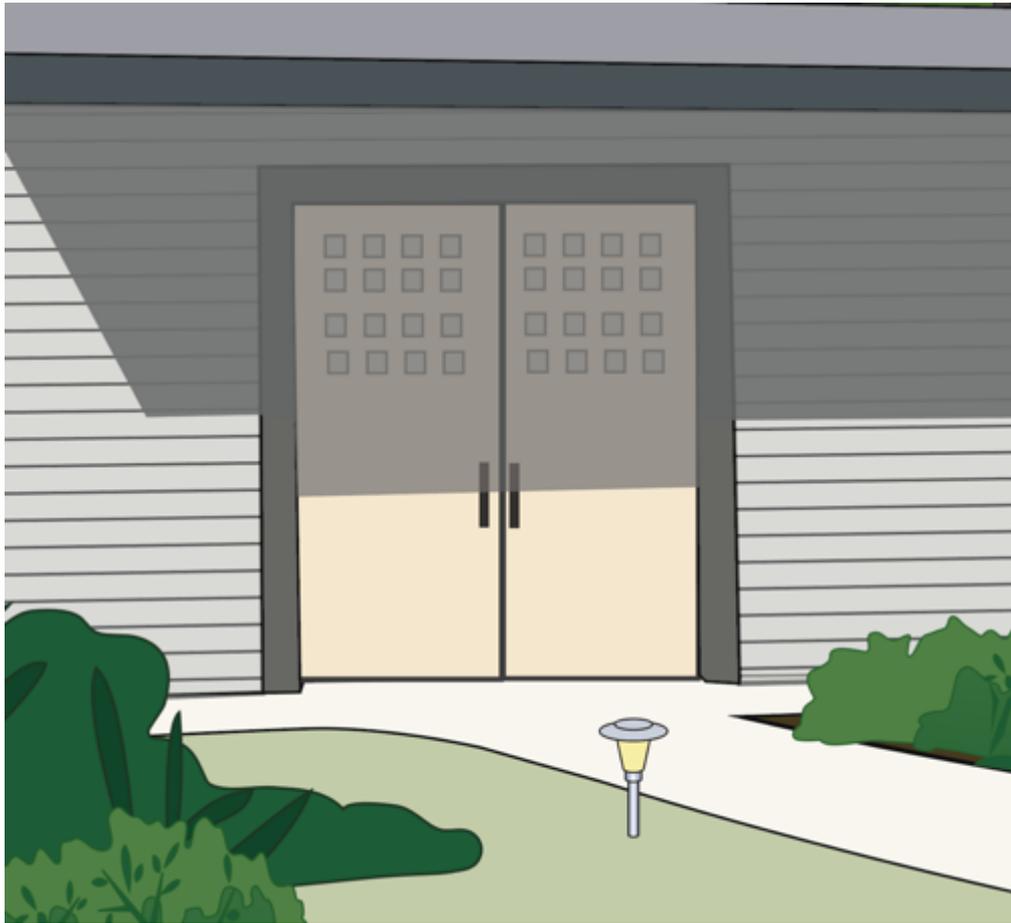
## The Exterior: Lighting and Address Numbers

- Outdoor lighting
  - Entryway lighting
  - Solar-powered pathway lighting ★
- Tips for displaying address numbers ★



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## The Exterior: Zero-Step Entrances

- Modifications to existing entrances can take many forms
- The goals are safety and practicality



Before...



After



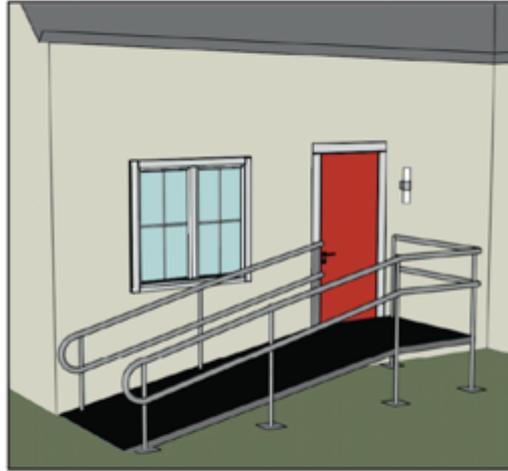
## The Exterior: Steps and Walker Steps

- Steps can be individual (a stoop) or a set of steps leading to an entryway
- Walker steps are modified to have deep treads and short risers

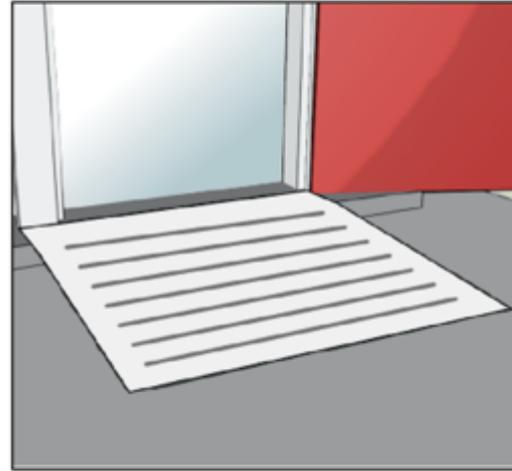
# The Exterior: Ramps



**Permanent Ramp**



**Temporary Ramp**



**Threshold Ramp**



## The Exterior: Vertical Platform Lifts

- Ideal for limited space
- Must be installed by a professional



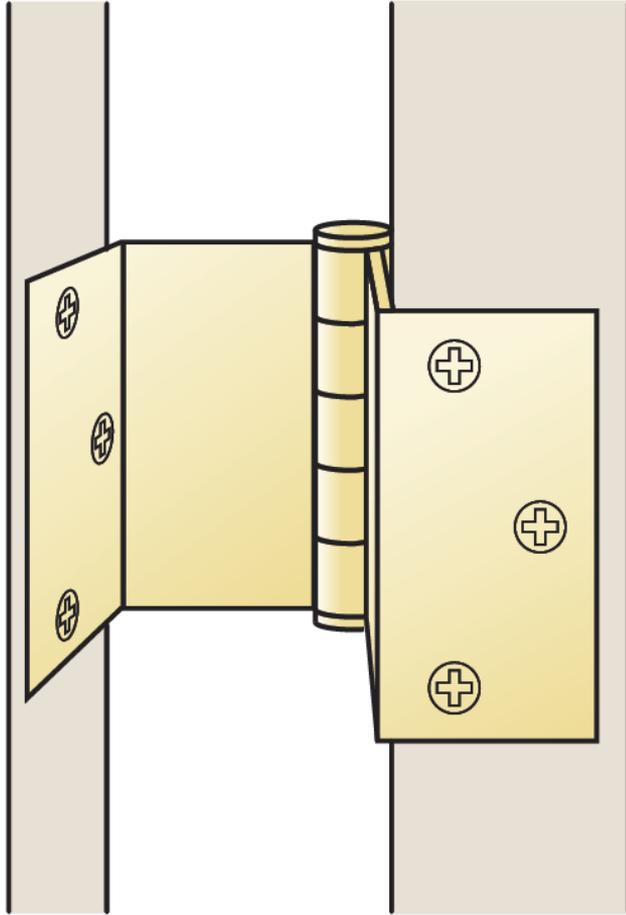
## The Exterior: Zero-Step Entrances

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## The Entryway: Doors

Entering and exiting your home safely



## The Entryway: Doors

- Specifications for Universally Designed doors
- Swing-clear hinges: Another option for providing more clearance in a doorway

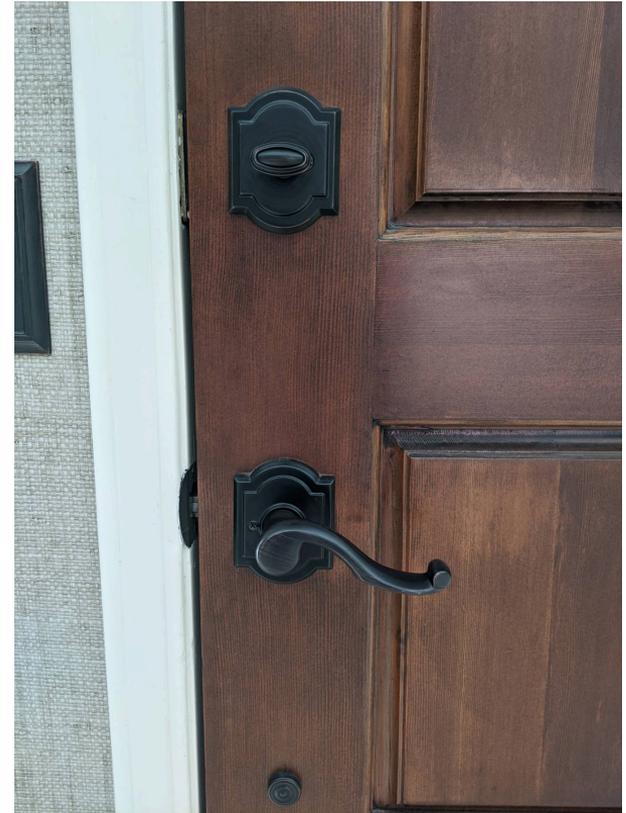
# The Entryway: Doorbells and Handles

- Peepholes and doorbells
  - Video doorbells (Smart Home option)
- Handles and locks
  - Lever-style door handles
  - Digital door lock (smart home option)



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- Handles and locks
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## The Smart Home

Using technology to improve lifestyle

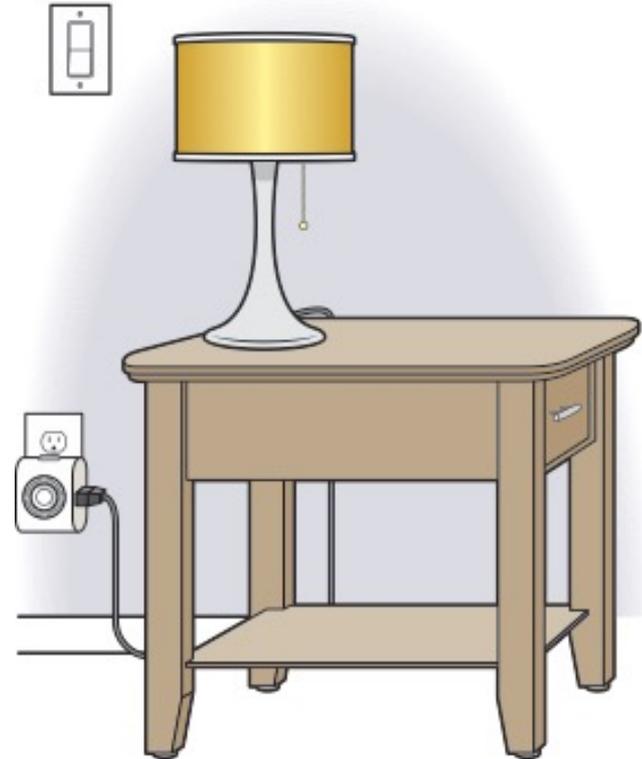
# Smart Home: The Virtual Home Assistant

## A virtual home assistant can:

- Turn the TV on and off
- Dial into video calls and online meetings
- Play music and podcasts
- Control lights and appliances
- Do online research
- Adjust thermostats
- Lock and unlock doors
- Make shopping lists
- Place telephone calls
- Provide reminders

# The Smart Home: Lighting and Electrical

- Smart home options
- Light timers ★
- Motion activation ★
- Light bulb choice ★





## Entry Spaces

Creating a warm and safe welcome

# Entry Spaces: Organizational Strategies

- Useful furniture ★
- Convenient storage options ★
- Alternatives to a hall closet



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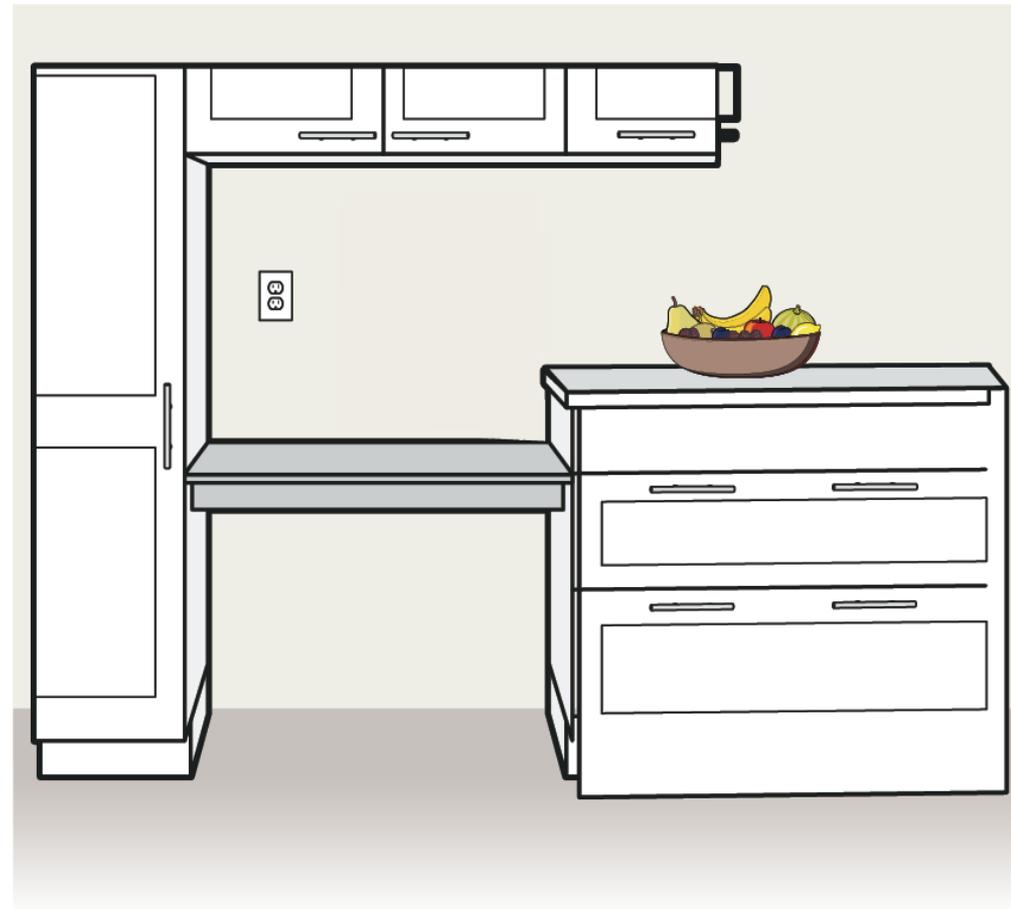


## The Kitchen

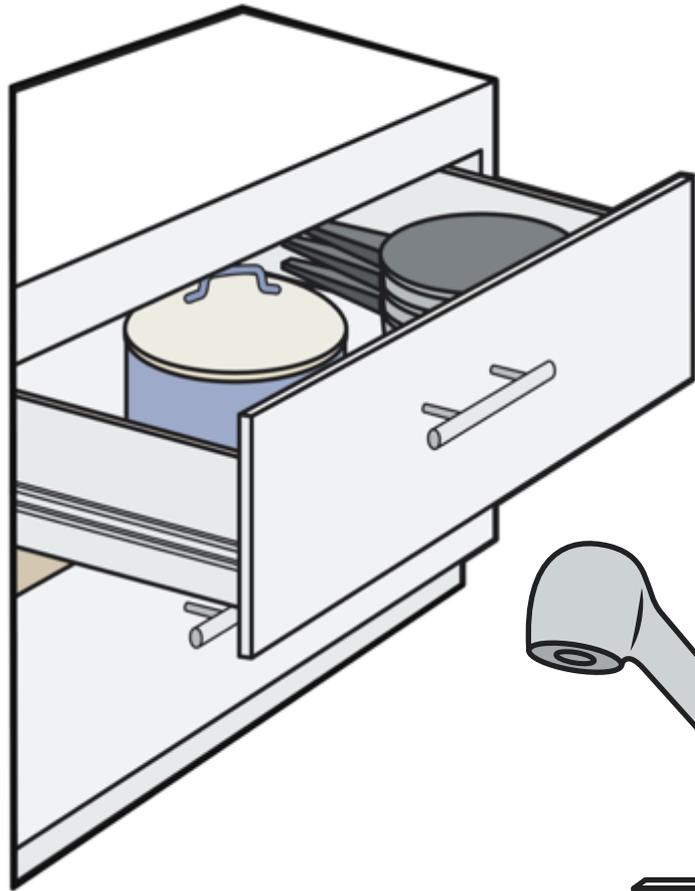
Considerations for every diner, visitor, and cook

## The Kitchen: Rethinking Your Current Space

- Sit at the table to prepare food
- Work at a lower counter

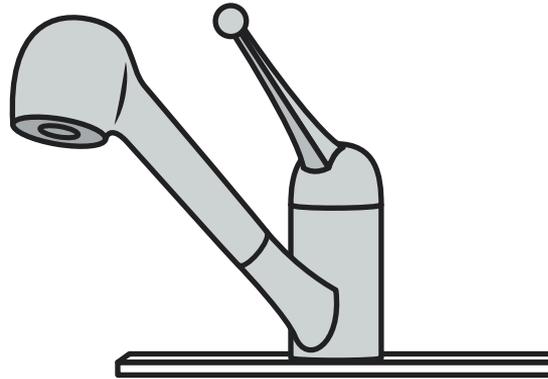




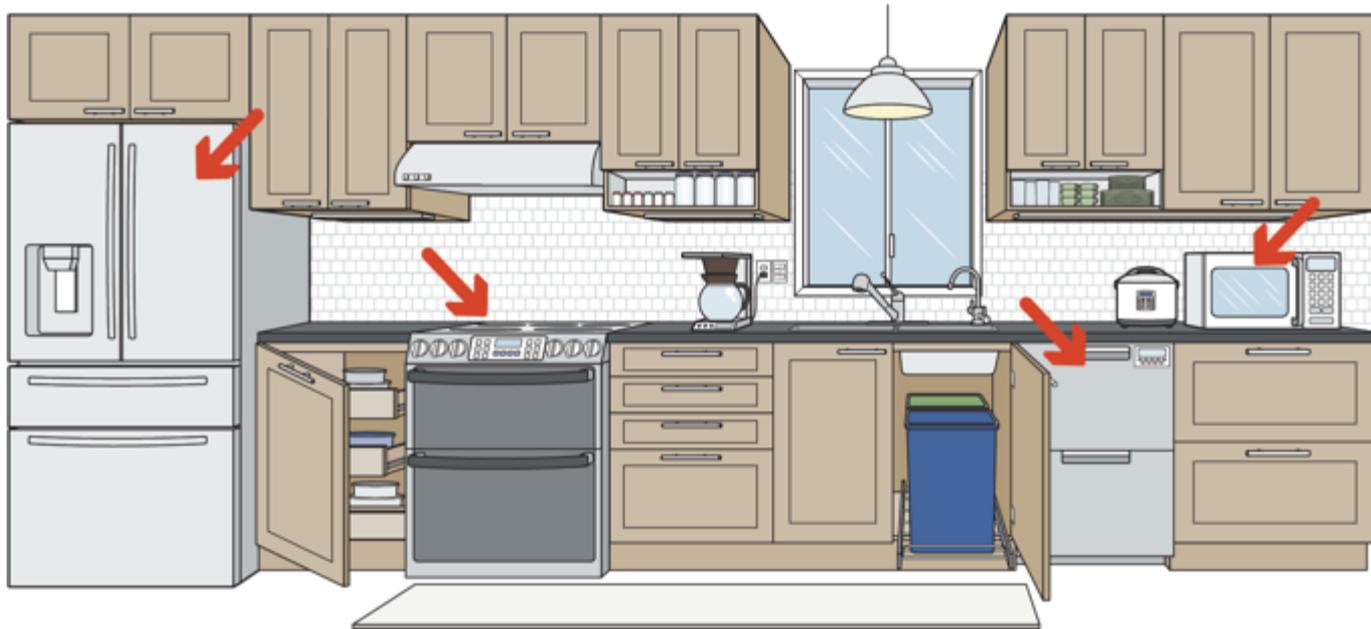


## The Kitchen: Handles and Hardware

- The most accessible handle design
- Faucet types that facilitate use and safety



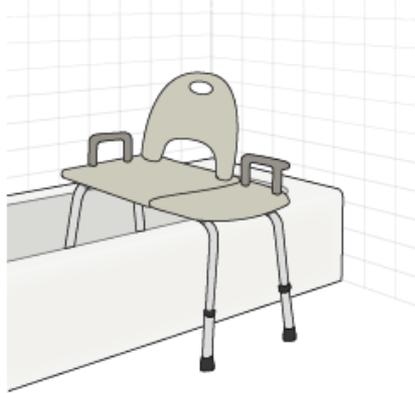
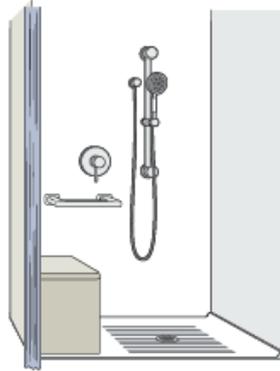
# The Kitchen: Appliances





## The Bathroom

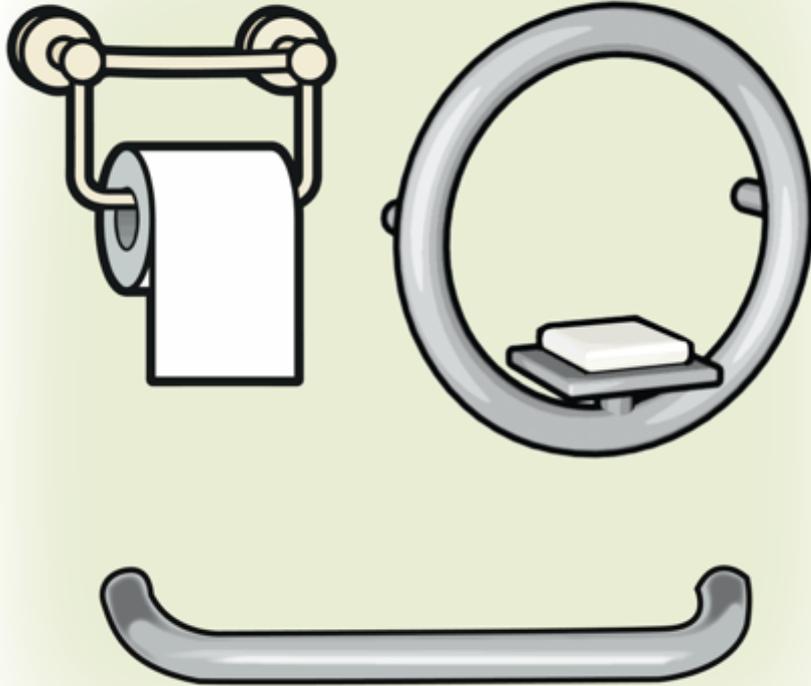
Creating a safe and convenient space



## The Bathroom: Low-Cost Safety Devices

- Commode chair
- Shower options
- Comfort height toilet/  
toilet base riser
- Transfer bench

## The Bathroom: Grab or Assist Bars



# The Bathroom:



# The Bathroom:

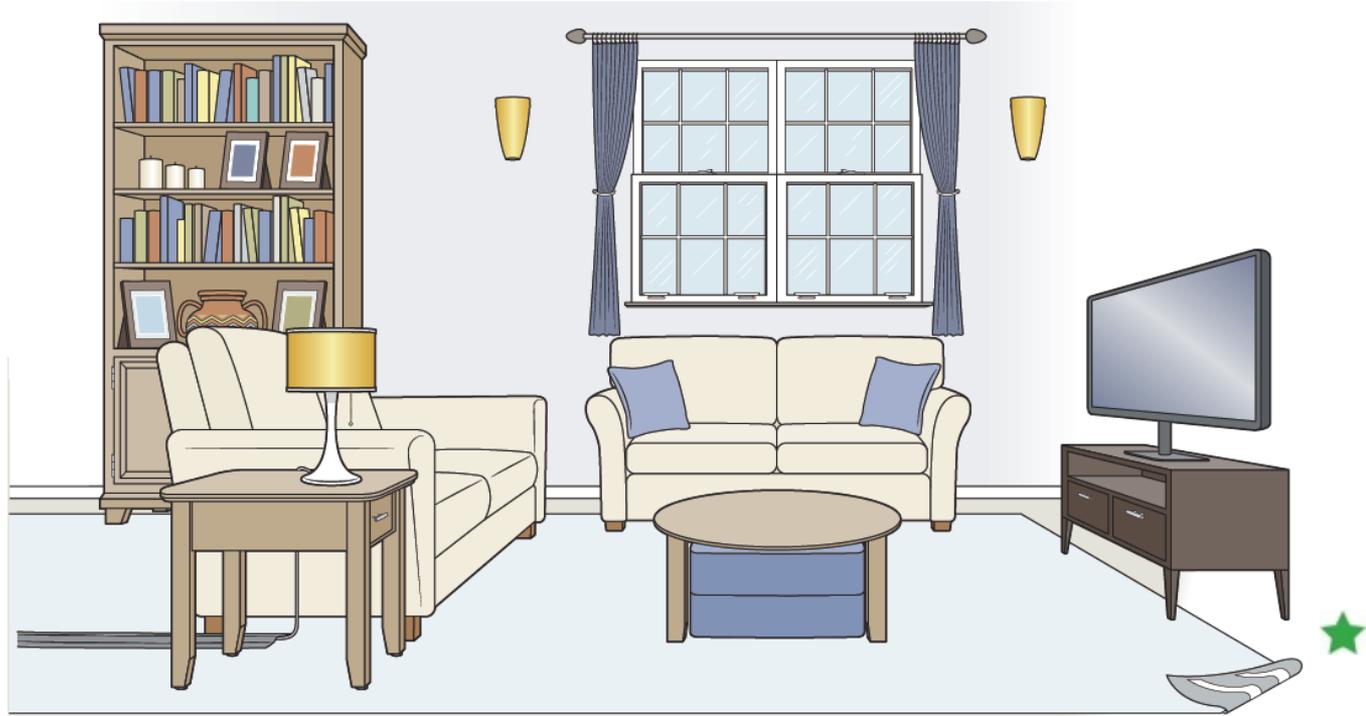




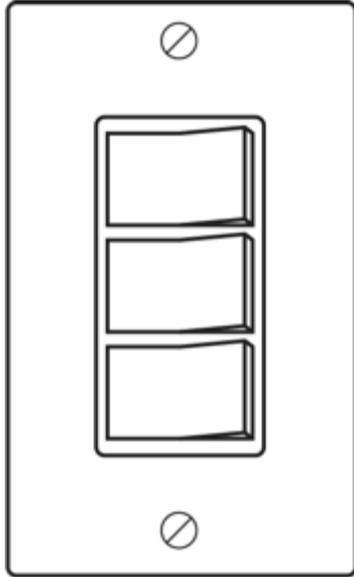
## Living Spaces

Incorporating modern conveniences and universal design

# Living Spaces: Safety Considerations



# Living Spaces: Lighting and Electrical



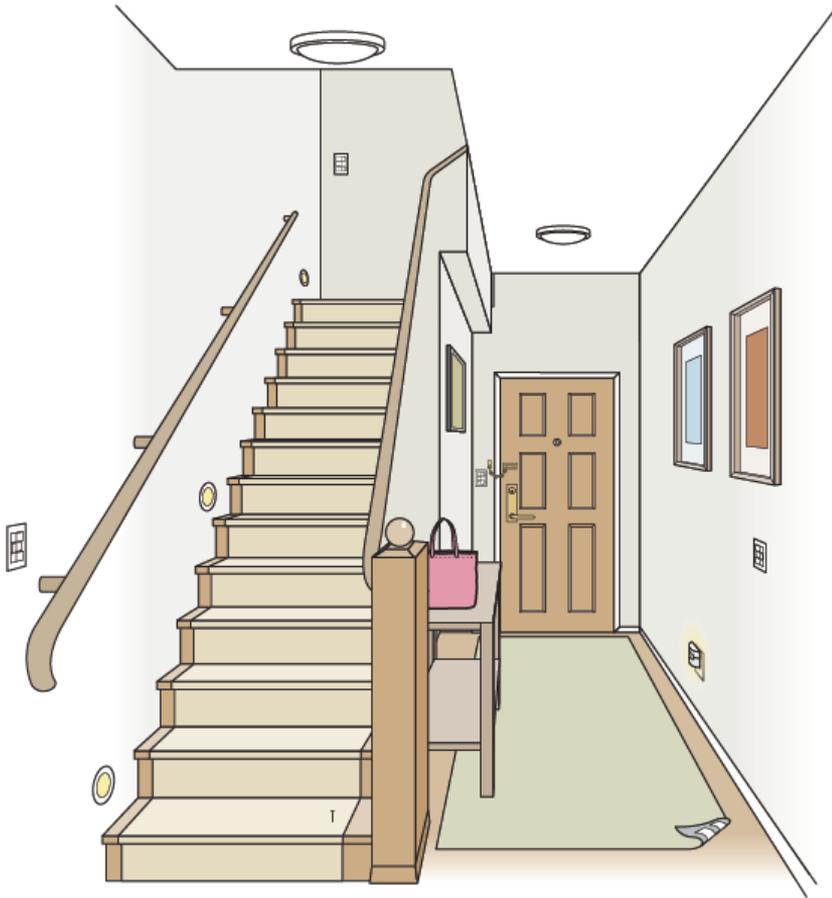
- Using natural light ★
- Night lights and motion-sensor lighting ★
- Rocker-style switches and ideal switch placement
- Glow-in the dark light switches
- Wall sconces in the bedroom

# Living Spaces: Dining Areas

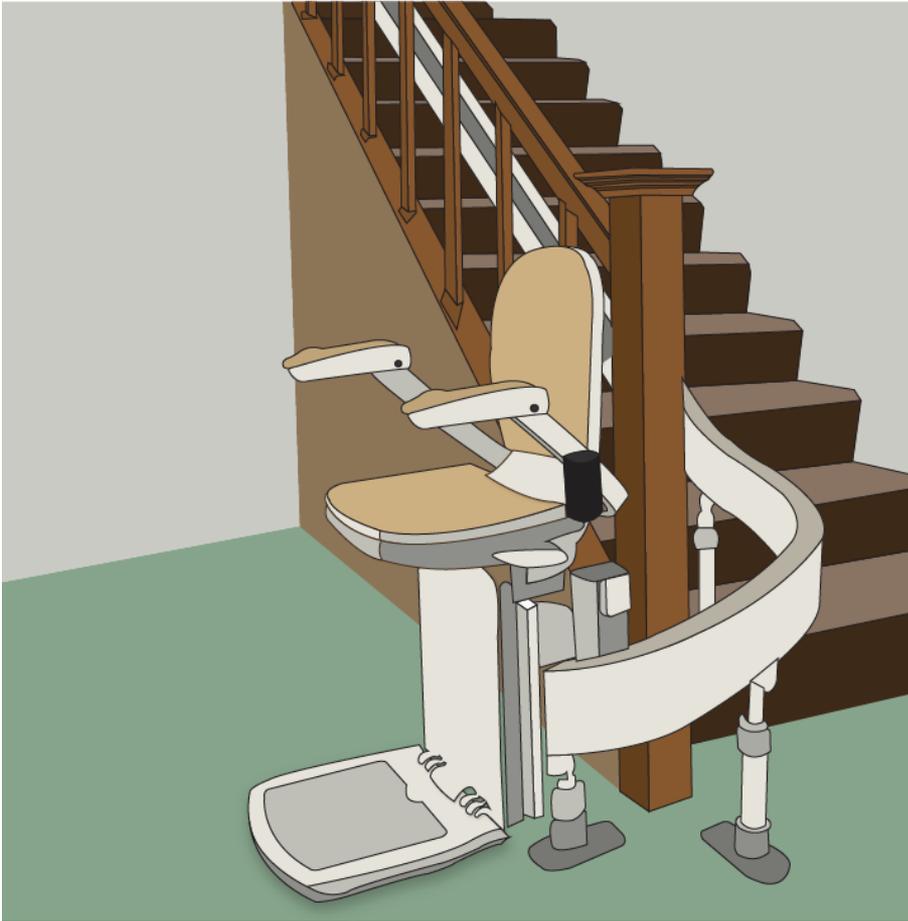
- Furnishing recommendations
- Safety and convenience



## Living Spaces: Hallways and Stairways



- Clearances
- Handrails
- Carpeting
- Motion-sensor night-lights ★
- Treads ★
- Runners
- Riser covers



## Living Spaces: Stair Lifts

- An alternative solution for two-story dwellings



## The Laundry Room

Adaptations and best practices

# Resources

## AARP

- **AARP Livable Communities:** [AARP.org/Livable](https://www.aarp.org/Livable)
- **AARP HomeFit Guide:** [AARP.org/HomeFit](https://www.aarp.org/HomeFit)
- **HomeFit AR:** Apple App Store
- **AARP Caregiving:** [aarp.org/caregiving](https://www.aarp.org/caregiving)

## AARP Foundation

- ***Here to Stay: Home Upkeep for All***, a step-by-step guide to help you plan and prepare so that home maintenance is more manageable and affordable | [aarpfoundation.org/heretostay](https://www.aarpfoundation.org/heretostay)

**Occupational Therapists:** Recognize the health and disability issues people face over a lifetime and know how to match the abilities of an individual with needed supports

- **American Occupational Therapy Association** | [AOTA.org](https://www.aota.org): Visit the “Patients and Clients” section

**Certified Aging-in-Place Specialists:** Recognize the unique needs of the older adult population and are knowledgeable about aging-in-place home modifications, common remodeling projects, and solutions to common barriers

- **National Association of Home Builders** | [NAHB.org](https://www.nahb.org): **search for Certified Aging-in-Place Specialist** | or call 800-368-5242

# Conclusion



- The perks of staying in your home
- Universal design
- The home tour: Making your home HomeFit
- HomeFit Guide available for free at [AARP.org/HomeFit](https://www.aarp.org/HomeFit)

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**Thank You**  
for Joining Us!



# Questions and Comments

