

AGE-FRIENDLY DESIGN

Standards:

- Age-Ready: Typically an age-friendly or age-ready home is considered to be all about safety and accessibility. According to the official definition an age-ready home is a home with a step-free entry, a bathroom on the 1st floor and at least one safety feature, such as a safety bar in the bathroom. Only 1% of homes in the US are age-friendly.

I believe in choice:

- We can take initiative: Very few of us will ever live in a 100% age-friendly home, but we can do things that will improve our home and make it safer, more comfortable and more delightful as we get older and our abilities change.

Tips:

- Reorganize kitchen cabinets so that items of daily use can be easily reached.
- Attach battery LED lights to the underside of your upper kitchen cabinets to make food prep easier.
- Keep your windows clean and make sure they can open easily.
- Consider your favorite piece of furniture, making sure that it is in an easily accessible and comfortable location. For example, move your favorite chair so that it gets more natural light for reading or a makes it easier to look out the window
- Add height to seats making it easier to get up and sit down. Add a firm pillow to chairs that you use a lot or have a handyman install a toilevator (a pedestal under your toilet). You can also add a high seat to your toilet. Some are prettier than others....
- You can also install a bar with suction cups to get in and out of the bathtub or shower. While you can't put weight on it, it is only 12-inches long and can really help with balance.

Some other thoughts:

- Making a space your own is part of making a home age-friendly. For Howard it meant converting a living room into a creative studio space. For you it might mean putting your energy into decluttering your dining room so that you feel good about inviting people over and nourishing your community with good food. For others it might be having a weekly budget for flowers, allowing them to bring nature into the home.

AT HOME
WITH
GROWING
OLDER

Something to
Write Home About

