

IEHA Program Lesson Submission

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Topic Title:	Aging in Place
Topic Description: (Information should be researched, educational, approved for use (if you are not the author, seek approval from materials author), and presented in a format that would allow an individual to read, study, and teach to other peers. All copyright issues should be resolved before submission.)	Aging in place is defined as growing older in your own home. The national Association of Home Builders explains aging in place as "remaining in one's home safely, independently, and comfortably, regardless of age, income, or ability level."
Short Goal/Objective Statement for Lesson:	Lesson goal: Gain a better understanding of what it means to age in place and make simple home modifications to assist with aging in place.

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Aging in Place

Have you heard the aging in place? Aging in place is defined as growing older in your own home. The national Association of Home Builders explains aging in place as “remaining in one’s home safely, independently, and comfortably, regardless of age, income, or ability level.”

Lesson goals: Gain a better understanding of what it means to age in place and make simple home modifications to assist with aging in place.

Why Age in Place?

Average cost of long-term/home care in central Indiana according to Genworth’s Cost of Care survey in 2019: Nursing Home: \$227/day | Home Health: \$23/hr | Assisted Living: \$4,785/month | Adult Day care: \$80/day.

An important aspect of planning for aging in place is to also consider the costs associated with home modifications. While it may be inexpensive to place a chair at the end of the bed, installing a handrail in the hallway may be slightly more costly. Costs will vary project to project. Some may be covered by Medicare or other health insurance and some may not. It is important to check with your health insurance provider. Each person’s situation will be unique to them.

Other reasons to age in place may include:

- Independence
- Familiarity
- Having support to make home modifications, keep up with personal care, money management, meal prep., etc.

Concerns for Aging in Place?

Transportation: If driving/operating a vehicle is no longer an option. How will you/your loved one get around? It may be possible that a friend, family member, or neighbor will allow you to carpool to run errands. Consider free or inexpensive public transportation options available.

Moving around the home: If you/your loved one are having trouble walking, consider obtaining a walker or an electric scooter. These items are sometimes covered by Medicare.

Staying active: Contact your local senior center to see what activities they may be hosting. You could potentially meet new people there or even connect with your friends.

Home Modifications:

Listed below are a few examples of home modifications that can be helpful in aging in place.

Kitchen: remove throw rugs, purchasing easy grip utensils, change out round cabinet knobs to easy-to-grasp handles, reorganize dishes in the kitchen for easy access.

Hallways: increase the lighting in the area, install a handrail, place a chair at both ends of hallway to allow for resting.

Living room: remove clutter, remove throw rugs, add risers to furniture.

Garage: Place reflective tape in areas like the garage door opening to help gauge the space.

Bedroom: Install grab bar, remove space heaters (or cords that could be a tripping hazard).

Bathroom: add grab bars, if rug is necessary use one with rubber backing.

Resources:

<https://www.nia.nih.gov/health/aging-place-growing-older-home>

<https://www.aging.k-state.edu/pdfs/home-modification/home-modification.pdf>

<https://www.aarp.org/home-family/your-home/info-2021/aging-in-place-checklist.html>