

3/15/16

Clark County Commission on Aging Speaker Series

WHAT DOES AGING-IN-PLACE MEAN? HOW CAN IT BE ACHIEVED?

By Patrick J Roden PhD CAPS

Topics

Aging in Place: *The ability to live in one's own home and community safely, **independently**, and comfortably, regardless of age, income, or ability level.*

-CDC

“Aging in Place PARADOX”

Successful Aging in Place Support Systems

1. “Well Daughtered”
2. Affordable and Accessible Housing
3. Transportation
4. Work-Education-Volunteer Opportunities
5. Access to Healthcare Providers
6. Participation Church, Civic, Cultural Events
7. Inter-Generational Contacts
8. Supportive Technology

Aging in Place NOT Always Possible

Aging in THE RIGHT Place by Stephen M. Golant PhD

The 4 Words that say it all!

by Laura L. Carstensen, PhD, Founding Director of the Stanford Center on Longevity

***How-to* of Aging in Place**

Necessary but not Sufficient to change behavior

Aging-in-Place Home Modifications by Kay Koch OT (handout)

***Why-to* MORE Compelling Argument**

-UpSide Risk of Aging in Place

-My STRONGEST argument for Aging in Place

-The Role of Novelty & Complexity in the Environment (Dr Marian Diamond)

-ECOLOGICAL Theory of Aging/Environmental Press

Patrick's motto for Longevity

EAT < MOVE + PURPOSE + EDUCATION x COMMUNITY = LONGEVITY

Biography

Patrick spent the first years of his life crawling around the floors of a nursing home where his grandmother was head nurse. He feels this experience imprinted him and influenced his life's work. It was his "chance meeting" with 85 year old marathon participant, Mavis Lindgren in 1992 that set Patrick on his current path. Acting as Mrs. Lindgren's med escort for 5 marathons changed his view of what is possible in old age.

Patrick's nursing career spanned over two decades and included ICU, CCU, Trauma, Inner-city Public Health, YMCA Cardiac Therapy Volunteer, and post-surgical recovery. In 2010 he was awarded The Lloydena Grimes Award for Excellence in Nursing from Linfield College School of Nursing (1st male ever to be awarded). He holds a PhD in Social Gerontology, Fielding Creativity Longevity & Wisdom Fellow, is a member of Kappa Delta Pi: International Honor Society in Education, was inducted into Sigma Theta Tau International Honor Society of Nurses Beta Psi chapter (2015), Human and Organization Development Scholarship recipient in recognition of scholarly contribution; presented by the Dean of HOD, Charles McClintock, PhD and Director, Institute for Social Innovation, Katrina Rogers, PhD (06').

Professional organizations include; The Oregon Nurse's Association, Oregon Gerontological Association, American Society on Aging, National Aging in Place Council, and he is a Certified Aging in Place Specialists (CAPS).

Professional interests: Creativity and aging, aging in place, the aging brain, the aesthetic experience. He is a contributing blogger for boomer-livingPlus.com and The Mature Market Experts, and is the creative force behind aginginplace.com.

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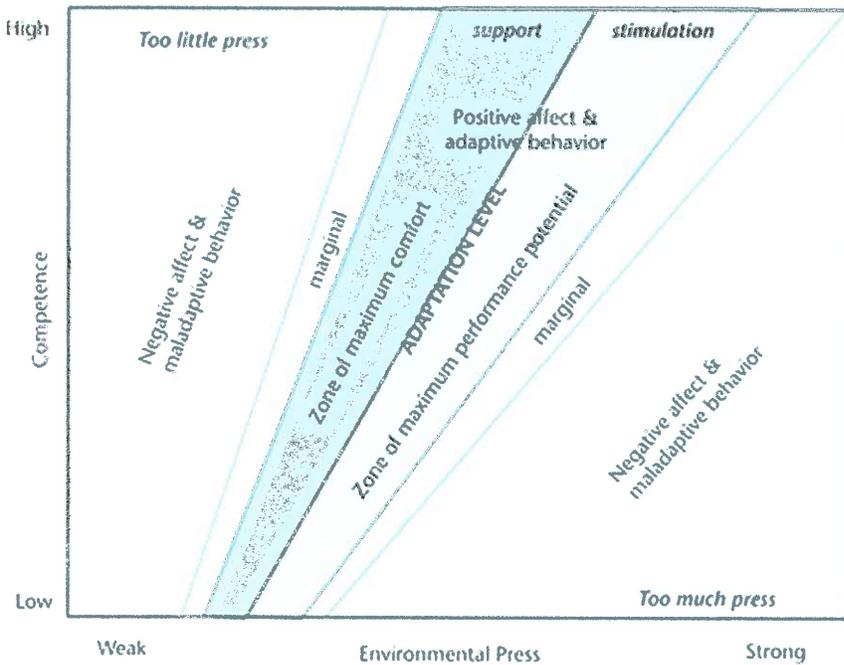
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Image



Source: http://www.indiana.edu/~multidis/marketing/sample/note_P.html

Notes:



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Checklist for Managing Aging-in-Place

This in-home safety breakdown is a great place to start when evaluating home access needs by Kay E. Koch, OTR/L, ATP

In 2050, the population aged 65 and above is projected to be 83.7 million, almost double its estimated population of 43.1 million in 2012. The baby boomers are largely responsible for this increase. According to the U.S. Census Bureau, the projected growth of the senior population will present challenges to policymakers and programs such as Social Security and Medicare, as well as affect families, businesses and health care providers.

Ask any senior facing the possibility of moving from their family homes, and they will likely tell you they prefer to age-in-place. That place has to be safe and functional. This means an increasing number of spouses, adult children and other family members will be called upon to care for their elderly relatives.

The following home safety checklist is in no way intended to replace, if needed, a thorough home assessment completed by an occupational or physical therapist or Certified Aging-In-Place Specialist (CAPS) or other aging-in-place professional.

Entrance to the home

- Steps and walkways are in good repair, with no crumbling edges or broken boards
- A place for a ramp if a wheelchair is used in the future
- Secure railing that is easy to grasp with both hands
- Lights that illuminate a wide area of yard and walkway
- Peephole in the front door is low enough for all residents to use
- Deadbolt lock that does not require a key to open from the inside (unless wandering is an issue)

Living Areas

- Doorways wide enough to pass through when using a walker or wheelchair, or carrying a load
- No electric or phone cords running under rugs or carpeting or across open areas
- Sofas and chairs are high and firm enough for easy sitting and rising, without wheels
- Light switches that can be turned on without walking across a dark room
- Working smoke and carbon monoxide detectors on every floor

- Carpets, rugs and mats lie flat; remove small throw rugs
- Adequate lighting

Bathroom

- Doorway wide enough for walker or wheelchair if needed
- Toilet seat at appropriate height
- Adequate lighting at night
- Removal of area rugs
- No-slip surfaces in tub or shower
- Grab bar mounting areas are different from towel bars

Bedroom

- Bed height appropriate for transfers
- Easy access to phone
- Light switch is accessible before entering room
- Night light
- Removal of throw rugs
- Electrical cords do not run across the floor

Kitchen

- Fire extinguisher
- Floor is free of clutter and/or throw rugs
- Most accessed storage space is located between eye and knee level
- Adequate lighting/light switch at entrance to room

About the Author

Kay E. Koch has more than 30 years of seating and wheeled mobility experience. She is a graduate of the occupational therapy program at The Ohio State University.

Related Articles

Source URL: <http://www.homecaremag.com/aging-place/october-2015/checklist-managing-aging-place>

8 Elements of a Home in High Demand for an Aging Population

John Lennon once asked a generation to *“Imagine living life in peace,”* now those same baby boomers must imagine living life in old age; as nearly one in five Americans will be over sixty-five in 2030 (*U.S. Census Bureau).

Now *imagine* yourself at eighty years of age; where do you see yourself living? Have you thought about it? I mean really imagined what it will be like?

Aging baby boomers, some seventy-six million, will be living longer than previous generations and many with chronic conditions. They will also be more spread-out in suburban areas. This should get you thinking about the relationship between aging and geography.

“Peter Pan Housing”

Peter Pan is a character who never grows up. This dream of eternal youth is used by some urban planners to describe the Never-Never Land of the nation’s endless sprawl of suburbs designed for people who never grow old.

After WWII young families flocked to the suburbs to live the American dream of a home with living areas and kitchen on first floor, bed and bath on second floor, and laundry in basement. This set up was designed to fit the military’s ideal subject of the six-foot, 190-pound, healthy, strong, 20-year old male.

Today that same end-user is a senior citizen with aging adult children soon to face many of the same issues they are living with now. And the challenge with the new developments is much like the ones facing the old developments; miles from any commerce, expansive lawns with steep yards, gates for privacy, hill-top settings with lots of stairs, wide cult-de-sacs, limited sidewalks and no bus stops.

These “amenities” may be selling points for young families but for older adults the auto-oriented living areas which require commuter trips due to the geographic isolation can be barriers to aging in place.

New Urbanism

“New urbanism” is a reaction to this suburban sprawl; creating human-scale, walkable communities, transit-oriented, with mixed use, much along the lines of old European cities.

Also known as traditional neighborhood developments (TNDs), these communities are showing up all around the country. For example Fairview Village

in Portland, Oregon is a TND which boasts community living that is multi-generational, pedestrian oriented, near bus/light-rail, with shops and a civic center just minutes away.

The homes are traditional craftsman and some have Universal Design elements, along with porches and sidewalks for neighbors to keep in touch with each other—like they once did.

If you are living in Peter Pan Housing and it's not working for you, consider looking into one of these TNDs or the many neo-traditional neighborhoods around the country.

If you are planning on buying, selling, staying put, or looking for other types of housing such as rental/vacation/investment property, here are 8 elements to consider:

- 1. One level housing**
- 2. Near a bus stop or light-rail station**
- 3. Markets within walking distance**
- 4. Mixed-use housing**
- 5. Sidewalks & nearby park**
- 6. Homes with a porch**
- 7. Universal design in the home**
- 8. Civic center/entertainment outlets minutes away**

These 8 elements will be in high demand as the population ages and looks for quality-of-life as an outcome of housing choices.

Key Terms:

New Urbanism

NeoTraditional neighborhood

Traditional Neighborhood Developments (TNDs)

*WAN HE ET AL., U.S. CENSUS BUREAU, 65+ IN THE UNITED STATES: 2005, at 12–13 (2005), available at <http://www.census.gov/prod/2006pubs/p23-209.pdf>.

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