

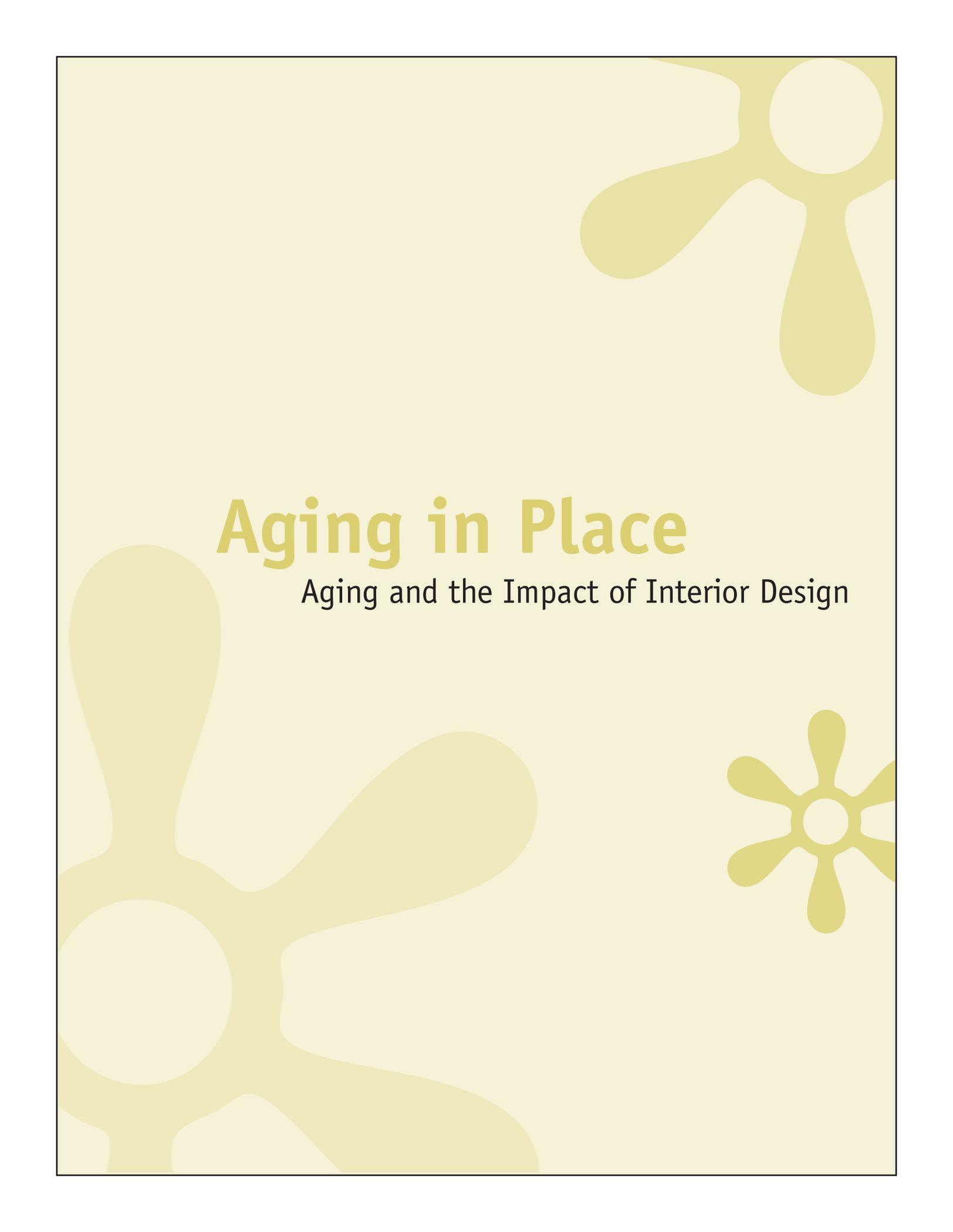
# Aging in Place

Aging and the Impact of Interior Design



ASID

American Society of Interior Designers

The background features several large, stylized, abstract shapes in shades of yellow and green. These shapes are reminiscent of organic forms or stylized leaves, with rounded, teardrop-like ends. They are scattered across the page, with one large shape in the top right, another in the bottom left, and a smaller, more star-like shape in the bottom right. The overall aesthetic is clean, modern, and naturalistic.

# Aging in Place

Aging and the Impact of Interior Design

## CONTENTS

President's Message . . . . .	1
People Aging in Place . . . . .	2
Tips for Working More Effectively with People Planning to Age in Place . . . . .	6
Resources on Aging and Design Solutions . . . . .	9
Research Methodology . . . . .	10
<b>Detailed Findings</b>	
Will People Stay in Their Homes as They Age? . . . . .	11
Why They'll Stay . . . . .	12
Why They Won't Stay . . . . .	13
Planning is Important . . . . .	13
Aging Concerns . . . . .	14
Making a Home Age Friendly . . . . .	14
Trends Among Current Retirees . . . . .	16
Taking in a Parent . . . . .	16
References . . . . .	17
Sponsors' Information . . . . .	18



# President's Message

The crest of the baby boom generation – those born between 1946 and 1964 – now is approaching their mid-50s. As they enter a new lifestage, they face changing needs. One of their primary decisions will concern how their homes can accommodate them as they age. In addition, many will face the challenge of caring for an aging parent or family member in their homes. Or, at the very least, they will face questions and lifestyle options for those aging parents.

As a professional interior designer, you are entering an era of unprecedented opportunity to counsel this growing segment of people as they search for answers. To help you better understand and respond to today's aging consumer population, ASID commissioned the *Aging in Place Study*. This study expands on prior research by ASID that showed those in later lifestages

- are more focused on the appearance and functionality of their homes
- have more discretionary income to spend on their homes
- will likely rely on an interior designer and other professionals to help them

This paper provides an in-depth look at what your prospective clients want and need. We've also included tips to help you work more effectively with clients planning to age in place and a list of resources where you can get more information about lifestage needs and design solutions.

Terri L. Maurer  
2000 – 2001 President  
American Society of Interior Designers

## Here are highlights of some of the things we learned from this latest study.

- The home is an important consideration when thinking about retirement and growing older. People think about their home and how they will live in it as much as they think about their finances and health care.
- Most people plan to remain in their current homes as they age. This is especially true of those close to or already into retirement. The two reasons cited most often are location and an affinity for the design and layout of the home.
- Those who have concerns worry about stairs, but won't move because of it. Maintenance of the home is the second major concern.
- People want their homes to be more luxurious. For some, that means adding a larger bathroom or whirlpool spa; for others, it means upgrading kitchen fixtures and appliances.
- Among those caring for an aging relative, priorities are making the home comfortable for that person by making changes to a bathroom, possibly adding more space or making the home handicapped-accessible.

## People Aging in Place

Lew and Marie have lived in their comfortable two-story home in Stamford, Conn., for most of their 50 married years. Lew's 94-year-old mother has lived with them for the past 20 years. While they have concerns about future mobility and the possible challenge of climbing stairs to the second floor, they plan to remain in their paid-for home, which is in a familiar neighborhood and community, close to their children and grandchildren.

Bill and Loretta, now in their 70s, tried life in South Carolina for several years after retirement, but missed being near children and close friends. They moved back to a north suburb of Chicago, where they built a two-story home with careful planning: The master bedroom is on the lower level and the guest bedrooms for their visiting children are above.

The majority of homeowners are likely to remain in the home where they currently live into their retirement years. (ASID's *Aging in Place Study*)

John will be only 45 when he retires from the Air Force next year. After more than 20 years of transfers around the world, he and wife, Pam, want to return to the Colorado Springs ranch home they lived in 10 years ago and have rented out since that time. John expects to do extensive renovation to totally upgrade the kitchen, bathrooms and master bedroom suite. Fortunately, he's thinking ahead about the needs they may have when they are older.



These homeowners are typical of many surveyed in ASID's *Aging in Place Study*. The majority (77 percent) say they are extremely likely or somewhat likely to remain in the homes they currently live in as they age, even into retirement. They give a variety of reasons for why they prefer to stay in place: 27 percent said they love the location in which they live; 25 percent have an affinity for the design and layout of their homes; 12 percent said

their current homes were comfortable; 11 percent just like the house.



These findings are similar to those of an AARP study in which 83 percent of respondents age 45 and over said they would like to remain in their current residence for as long as possible; 63 percent said their current residence is where they will always live; and 82 percent said that even if they need help caring for themselves they would prefer to remain at home. [Note that responses will not always add to 100 percent, depending on response and rounding.]

## Major Opportunity for Designers

The preference to “age in place” – that is, to remain in one's current home rather than relocate to new quarters, a senior community or, if need be, a care facility – takes on greater significance for interior designers when viewed in the light of other demographic trends:

- According to the AARP study, 77 percent of Americans age 45 and over (about 59 million) live in single-family residences and 86 percent of Americans age 55 and over (about 45 million) own their home.
- Between now and 2019, the 75 million baby boomers will turn 55, an age at which they are likely to be caring for an aging relative and/or seriously planning for their retirement. In 2011, the first baby boomers will reach the traditional retirement age of 65.
- At 2025, baby boomers will comprise about 25 percent of the total U.S. population, ranging in age from 61 to 79.
- This group, says a recent report from the Urban

The aging-in-place phenomenon will be a more dominant force during the first quarter of the 21st century. This will be a period when almost all communities will increase their older populations due to the aging of the huge baby-boom cohorts. (*Population Today*)

- Institute, “in general [has] done better than any previous generation in terms of income and education. Real median household income is 35 to 53 percent higher than in their parents’ generation, and about 25 to 30 percent of baby boomers have four or more years of college.”



U.S. Census Bureau projections indicate that between now and 2050, the population age 65 and older will grow in absolute terms, by over 230 percent, and in relative terms, from 12.7 percent to 20 percent of the total population (U.S. Bureau of Census 1997). That group is projected to have a life expectancy of 80 years.

Taken together, these factors promise a major opportunity for interior designers who understand how people’s needs change as they age and how to integrate features into today’s designs that will benefit them for years to come.

## **P**lanning for Now and Later

When dealing with this new generation of people who plan to age where they now live, you may need to broaden your approach to gathering useful information from them that will allow you to respond not only to their short-term desires but also to their long-term needs.

The study reveals that while homeowners are thinking about issues like safety, ease of access and mobility, they also value comfort and enjoyment.

For example, the study found that:

- Thinking about the home and how it factors into their future is as important to people we surveyed as planning for financial security or health care. Seventy-six percent plan for the way they want their homes to be, third only to planning for financial security (79 percent) and for health care (77 percent).
- Some 62 percent plan for social activities, which can influence design decisions if they intend to entertain or host guests.
- For nearly one-fifth of the respondents, the most convenient floor plan is having one level to navigate. Those who are not likely to stay in their homes

mentioned stairs as a concern more than those who are likely to remain (33 percent vs. 14 percent).

- People want a house that’s easier to maintain (57 percent) and easier to get around in (40 percent). Twenty-three percent felt that downsizing would make it easier to maintain and get around. Those choices impact selection of everything from floor, wall and counter surfaces to organizer-storage units.

At the same time, responses from participants reveal that:

- A significant number want upgrades and changes that enhance lifestyle. Appliances (from compact washer-dryer units to top-of-the-line refrigerator-freezers) and fixtures were high on the list. Three out of five of those who opt for changes said they would update appliances and fixtures.

Making the home easier to get around in and to maintain are high priorities for residents as they age.  
(ASID *Aging in Place Study*)

- Two in five people want their homes to be more luxurious. To do that, 37 percent would change the look, 27 percent would expand space and 31 percent would change the floor plan.
- Luxury means various things to different people. Luxury can mean a lounging-bath to some and a gourmet kitchen to others. For example, respondents were almost equally divided on whether they wanted to add a hot tub or whirlpool spa (15 percent) or to update appliances (14 percent).
- Eleven percent want to add a room. Responses were fairly equal among those who would add a bathroom, a porch/sun room or a bedroom. An almost equal number (10 percent) want to remodel, with bathrooms and kitchens equally important as makeover candidates.



In working with this population, you have an opportunity to help them understand the long-term impact of their decisions and to advise them on how to combine aesthetics and function. Interior designers

from around the country we spoke with made many useful observations about their work with clients. They mentioned the following features, which enhance access, mobility and ease-of-use without detracting from appearance.

- Locate the master bedroom and bathroom on the ground floor.
- Create good traffic flow with few step-ups or step-downs between rooms.
- Select furniture that is easy to move and to get in and out of.
- Reduce the amount of furniture to make it easier to get around.
- Use smaller kitchen appliances that are more lightweight and easier to grip.
- Eliminate soft padding under carpet. A hard commercial padding gives a more surefooted surface.
- Replace basement laundry rooms with smaller washers and dryers that fit into the bathroom or a utility closet.
- Install an elevator or stair lift.
- Employ color contrasts as an aid to visual acuity.

## Elders Care Prompts Home Modifications



Today the elderly are healthier and better off financially than at any time in history, and they are living longer. By various estimates, the number of Americans over the age of 100 by mid-century could be 800,000 or even as many as 4 million. Joining these folks will be a population of 90-somethings numbering at least 8 million and a population of 80-somethings numbering at least 20 million.

As longevity increases, so will the likelihood of chronic health conditions and the need for regular assistance. Studies show that elderly Americans are reducing their use of nursing home care, in part because they prefer home-delivered care or assisted living. They will need a suitable and accessible place to live, whether they remain in their own homes or live with a family member.



On this last point, expectations diverge. When we asked homeowners whether they expect an aging family member will live with them at some point, more than one-fourth either have or expect to have a family member living with them; six percent already do; another 22 percent say it is very or somewhat likely in the future. When the AARP study asked individuals if they expect to move in with a family member as they age, only 4 percent said they expect to move in with a family member if they were to need care, and 82 percent said they would prefer to remain in their home. This latter group, though, may still depend on family members for care.

Elders are using their own resources to express their preferences for non-institutional care. (National Nursing Home Survey, 1995)

It is estimated that relatives provide 70 to 80 percent of the care giving for older persons. Often they must make changes to accommodate the physical needs or limitations of a parent or older relative. In our study, one in four (26 percent) have or will have to modify their homes. Among the alterations they mentioned were:

- Improve access by installing ramps or railings or by widening doors and halls.
- Add grab bars to make baths and showers more accessible and to reduce the likelihood of falls. (Many respondents were not certain what modifications would be required, signaling a need for counsel and education in this area.)
- Set up a bedroom designated for the live-in.

In addition, the designers we interviewed made these suggestions.

- Chairs should have high seats and strong unpadded arms to make them easy to sit in and get up from.
- The quality and quantity of lighting in the design is especially important for persons with vision problems.
- Avoid installing whirlpools or spas if they are too difficult to get in and out of.
- Raise the level of toilet seats and place grab bars nearby.
- Use locks suitable for people with arthritic hands.
- Use paddle handles on doors and faucets in place of knobs.
- Use rocker light switches.
- Install walk-in showers without curbs on the shower pan that can accommodate a wheelchair.

## Safety First

The mature market wants modifications to their homes that increase efficiency, convenience and comfort. Safety doesn't appear to be a major worry among those who participated in our study. But in the AARP study, 70 percent of respondents who had made modifications to their homes cited safety as the primary reason.

According to the National Safety Council (NSC), falls are one of the most common and dangerous health problems for the elderly. NSC reports that falls are the leading cause of injury-related death among those 75 years and older. Almost without exception, falls can be linked to some deficiency in the immediate environment, with improper or inadequate lighting being cited by NSC as the most common element.

**Improper or inadequate lighting is most commonly linked to falls in the home. (National Safety Council)**

Other accident-causing culprits that designers should assess are slippery floor surfaces, improper piled or installed carpeting, throw or area rugs, steep or winding stairs, thresholds in doorways and showers, high tub sides, inadequate stair railings, roll-away furniture and hard-to-reach areas that require stepping on a platform, such as a ladder.

Designers we interviewed also mentioned the following safety measures.

- slip-resistant bathroom surfaces
- increased ambient lighting levels and the use of a brighter color palette
- hallways that can accommodate walkers or wheelchairs
- short-pile carpets to prevent tripping
- furniture with rounded corners
- sensors or other devices that turn lights on automatically

## TIPS

### For Working More Effectively With People Planning To Age In Place



## Gain knowledge of the aging process, lifestage needs and appropriate products.

- Help clients plan ahead; they may be young enough presently to overlook special needs later. Counsel them on the possibilities and how they can include features now that will prove more beneficial as they age.
- Understand the ergonomic needs of the frail or physically impaired.
- Assess special needs, such as diminished motor skills or mobility, infirmity, disability, a future live-in family member or caregiver.
- Research the changing needs of people as they age and of caregivers. For instance:
  - Color perception is altered with aging. It is like looking through an amber-colored filter. Thus, ambient and task lighting need to be increased. Color contrasts become more important. Color palettes need to adjust for “ambering out.”
  - Upper-arm strength diminishes with age, affecting reach, agility and getting in and out of furniture and bathtubs.
  - Cognitive impairments can affect memory and sense of orientation. Well-organized, easy-to-reach storage facilities and space plans, color-coding and affective use of color can assist recall and prevent injury.

## Focus on furniture with an eye toward mobility and agility.

- Remove unnecessary furniture, thereby creating more open space for easier mobility.
- Eliminate furniture that is too large, too deep, awkward or heavy to move around.
- Ensure furniture is properly scaled and of the correct firmness to aid in ease of movement. Appropriately scaled furniture will have an approximate seat depth of 20”, a seat height of 18”–20” and an arm height of 24”–25”.
- Consider furniture such as recliners or swivel chairs that assist mobility or provide additional comfort.
- Avoid furniture on wheels, which can easily roll away if someone leans against it.
- Select furniture with rounded edges to avoid bruises or injury from sharp corners.

## Increase light to aid diminished vision.

- Increase bulb wattage, if needed. Verify that selected lamps are rated to accommodate higher wattage. Avoid halogen-style torchieres or other high-heat lighting that could easily tip over and start a fire.
- Ensure that work areas, such as kitchen counters, sinks and stove tops, are adequately lit and that the lighting does not cast shadows.
- Arrange furniture and work areas to optimize the use of natural light.
- Consider floor lamps to increase ambient lighting, brighten dark corners or illuminate areas where table lamps are not feasible.
- Add remote controls to make it easier to turn lighting on and off.

- Assess permanent light fixtures in every room to determine the illuminating value they provide.
- Include nightlights.
- Install sensors or other mechanisms that automatically turn lights on when a door is opened in a bathroom, closet, kitchen, bedroom or stairwell.
- Use a brighter color palette for wall coverings. Accent contrasts at entryways, halls and exits.

## **E**nhance most-used rooms for ease of access and safety.

### ■ General considerations

- Consider flat, smooth surfaces for floors, such as cork or wood, instead of carpeting. When carpeting is used, avoid thick, soft padding; select short-pile carpet.
- Eliminate recessed floor levels, such as in living rooms, and avoid elevated entry halls and foyers.
- Select a convenient, stairless location for the washer and dryer.
- Add sufficient storage to reduce clutter and keep work areas open.

### ■ The kitchen

- Consider eliminating an island to provide more room to move around.
- Create a great room so the kitchen and a frequently-used ancillary area are close together.
- Use lighter colors to brighten the kitchen area.
- Install more floor cabinets and fewer upper cabinets. Upper cabinets should be no higher than 48" from the floor.
- Elevate dishwashers 12" above the floor to facilitate loading and unloading.
- Select durable, easy-to-clean counter tops.

- Set counter tops at varying heights to accommodate standing or sitting.
- Promote upgrading appliances that not only enhance the look and feel, but also provide easy access.
- Consider smaller appliances, if appropriate, that are lightweight and easier to grip.
- Use wide kitchen chairs with high seats and strong wooden arms and a kitchen table without corners.

### ■ The bathroom

- Ensure the bathroom is adjacent to the bedroom for fast, convenient access.
- Include seating in the bathroom to make it easier to undress/dress.
- Install a walk-in shower that is accessible to people in wheelchairs.
- Enclose the shower to serve as a steam room.
- Build in a large, wide seat in the shower and/or add a seat to the tub.
- Counsel clients that bathtubs can be difficult to get into and out of.
- Include an attachment to raise the toilet seat.
- Use slip-resistant floor tiles or smaller tiles with more grout lines to reduce chances of slipping.
- Select non-permeable floor materials.
- Install easy-maintenance vanity counters.

### ■ The bedroom

- Use lower beds. (Some bedding manufacturers offer reduced height on box springs.)
- Consider an electric bed that can be lowered for easy access.
- Place the television at the foot of the bed in a cabinet that can be raised and lowered.

- Install closet organizers that eliminate clutter and the need to bend down or reach up for items.

## **P**lan for special needs.

- Mobility (such as wheelchair access, walkers, canes, crutches)
  - Widen hallways, if needed. (Suggested minimum is 36".)
  - Eliminate door thresholds over ¼" that could impede access.
  - Widen doorways, if needed. (ADA guideline is a minimum of 32".)
  - Include easy-to-reach rocker wall switches.
  - If needed and affordable, consider adding an elevator.
  - Add access ramps, if needed. (ADA guideline is a minimum of 36" wide with slopes of 1:12 or less, but a more gradual slope may be needed for older persons.)
  - Situate the bed so there is at least 36" of clearance to allow for wheelchair approach.
- Agility (such as arthritis, frailty, injury)
  - Use paddle handles on faucets.
  - Install paddle handle hardware in place of knobs on doors and cabinets.
  - Install easy-to-manipulate door locks; avoid traditional thumb-activated mechanisms.

## **E**nsure safety.

- Increase the use of contrasting colors between adjacent surfaces and on control mechanisms to make them easier to see.

- Install support (grab) bars in the bathroom, especially in the shower/bath and near the toilet, and in other areas as deemed necessary.
- Eliminate throw or area rugs that may slip when stepped on.
- Eliminate any exposed cords or cables to prevent tripping.
- Ensure that work areas are properly lit and set at the appropriate height.
- Install electronic devices that warn when appliances are left on and ones to call for assistance.

## **C**ater to hobbies, activities and interests.

Although not directly relevant to the physical changes we go through as we age, many people want to add a sense of luxury to their home when they renovate. Some suggestions from designers are included below.

- Design bathrooms that are fun to lounge in, bathe in, steam in.
- Include an exercise room near the master bedroom–bath.
- Create a suite (bedroom and private bath) for guests.
- Design a kitchen for those who like to cook that will make them feel like graduates of a culinary school. Include the chef's stove, double ovens, commercial-style refrigerator–freezer, granite counter tops and storage pantry. Add a wet bar and/or wine storage unit. Avoid bar areas with recessed floors.
- Consider adding a home theater.
- Make space for a computer in the room of the client's choice or add a computer room.

# RESOURCES ON AGING AND DESIGN SOLUTIONS

The following is a selected list of easily accessible resources on aging in place. Many include additional resource lists.

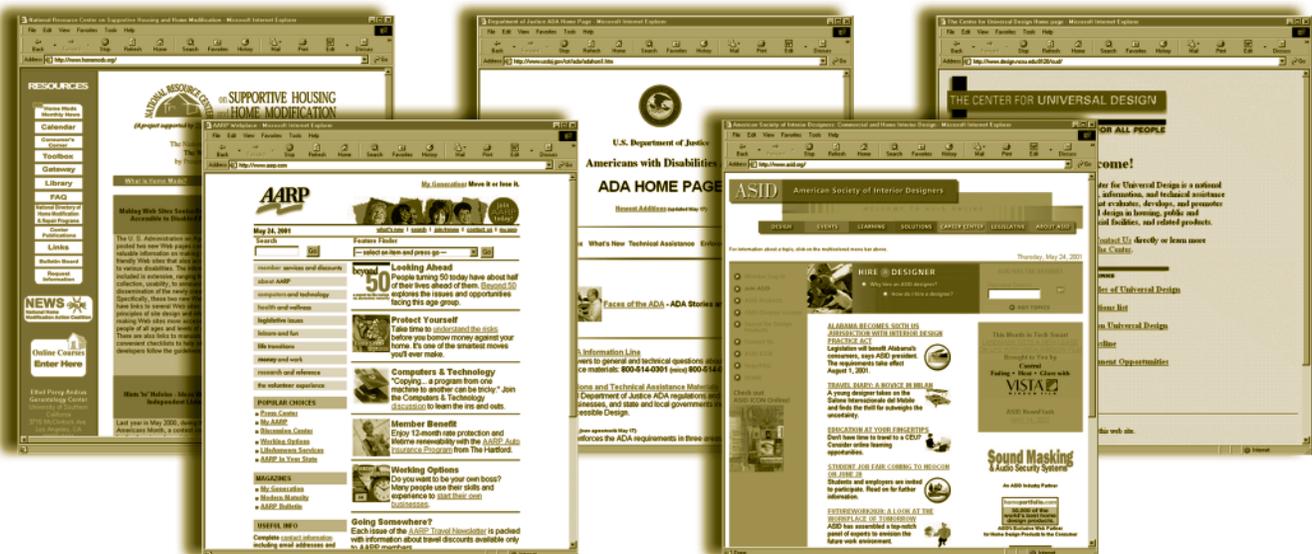
**[www.aarp.org](http://www.aarp.org)** AARP's Web site includes a wealth of information about aging, the mature market, aging in place, universal design, products and much more. You do not need to be a member to access the information on this site.

**[www.asid.org](http://www.asid.org)** ASID's Web site includes information about universal design (look under DESIGN/Design Specialties), with links to other resources and related professional organizations.

**[www.usdoj.gov/crt/ada/adahom1.htm](http://www.usdoj.gov/crt/ada/adahom1.htm)** Although the Americans with Disabilities Act (ADA) does not apply to residential buildings, this site, operated by the U.S. Department of Justice, contains technical assistance (including a checklist with guidelines and specifications) that can be useful to the residential designer.

**[www.homemods.org](http://www.homemods.org)** Operated by the Ethel Percy Andrus Gerontology Center at the University of Southern California, the National Resource Center on Supportive Housing and Home Modification conducts applied research and policy analysis; provides training, education and technical assistance; and maintains a clearinghouse of reports, guidebooks, newsletters and factsheets in the areas of supportive housing and home modifications for elderly persons who wish to remain in their homes.

**<http://www.design.ncsu.edu/cud>** The Center for Universal Design has information about improving accessibility and other issues, publications and a list of additional resources.

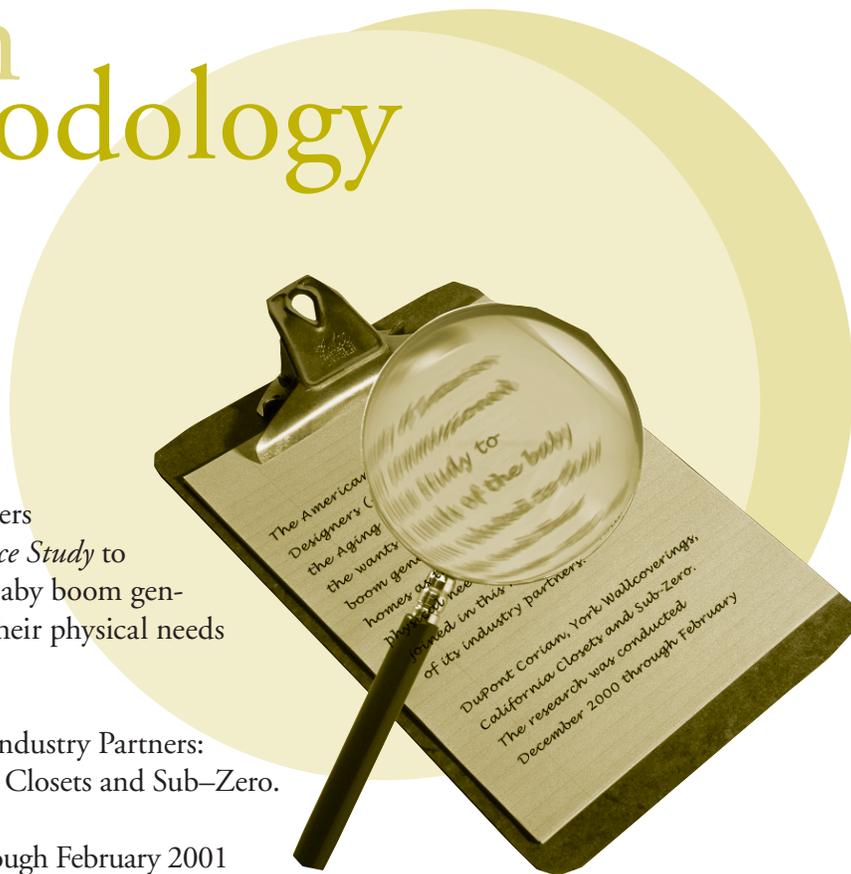


# Research Methodology

The American Society of Interior Designers (ASID) commissioned the *Aging in Place Study* to determine the wants and needs of the baby boom generation related to their homes as they age and their physical needs change.

ASID was joined in this research by four of its Industry Partners: DuPont Zodiaq, York Wallcoverings, California Closets and Sub-Zero.

The research was conducted December 2000 through February 2001 by L.C. Williams & Associates (LCWA), an independent research firm based in Chicago.



Two research methods were employed:

- An omnibus survey through which a representative sample of households across the U.S. were contacted by telephone. One thousand contacts were made using a Random Digit Dial (RDD) program. From those, 545 qualified and participated as contacts 35 years of age or older who currently own their homes. The number of interviews yields a statistical accuracy of a plus or minus 4.2 percent at a 95 percent confidence interval. This means that the results of the research accurately reflect the opinions of the entire universe of homeowners age 35 and over to within 4.2 percent, plus or minus.
- A qualitative survey among 20 interior designers to ascertain the key issues to investigate and to obtain insights on the research findings as they relate to solutions for clients. Feedback was obtained by completing a series of in-depth telephone interviews using a structured discussion guide. Answers provided were open-ended and captured the tone and tenor of the respondent's input.

The objectives of the research were to:

- Investigate the importance of interior design in meeting the needs of the baby boom population.
- Learn the extent to which people are, or are not, thinking about and anticipating their living needs as they age.
- Uncover what people plan to do to accommodate their changing needs in the home.
- Learn what current and potential caregivers are doing to make their homes a place that an elderly parent or family member can live in.

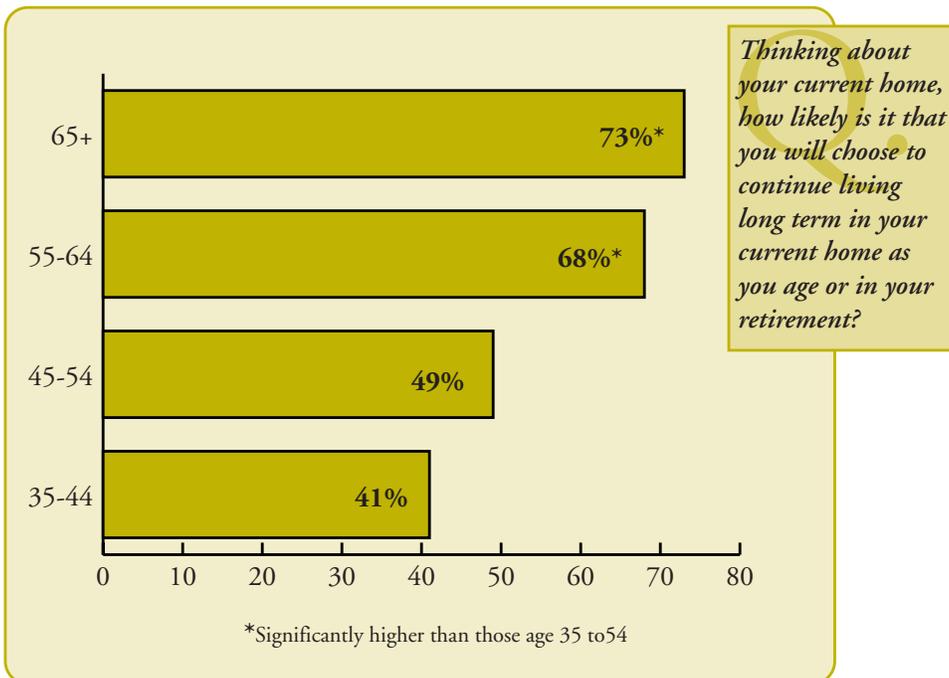
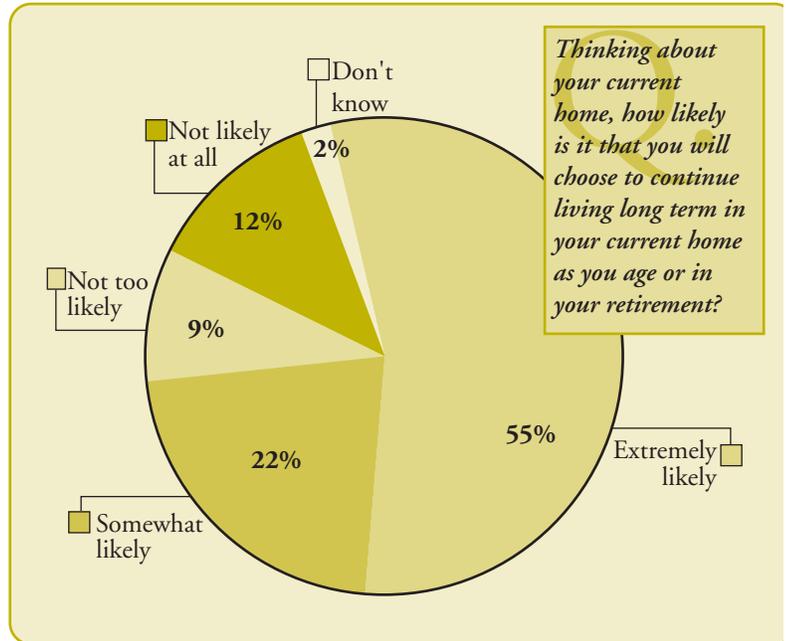
# DETAILED FINDINGS



## WILL PEOPLE STAY IN THEIR HOMES AS THEY AGE?

Given a choice, the majority of people will remain in their current homes as they age, even into retirement. More than three-quarters are extremely likely (55 percent) or somewhat likely (22 percent) to stay.

Of those respondents who stated they are extremely likely to remain, the majority were older: 73 percent of those over age 65 and 68 percent of those ages 55 to 64 plan not to move. Comparatively, about half (49 percent) of those ages 45 to 54 plan to stay, while the percentage drops to 41 for those who are ages 35 to 44 years old.

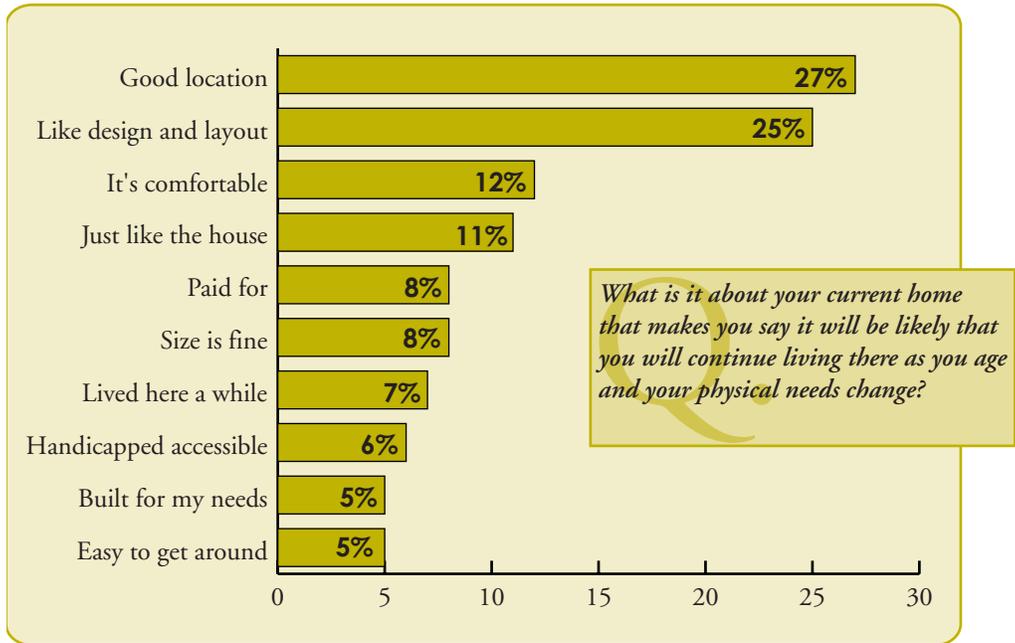


The variance may be because more of those in the older brackets already occupy a home that accommodates their expectations regarding long-term aging or have moved into their “dream home.” Younger people may have a vision of moving into a more desirable home when they have the financial resources to do so.

Among those not likely to remain, 12 percent were certain they would move, 9 percent were not too likely to remain and 2 percent were unsure.

## WHY THEY’LL STAY

The reasons people will likely continue to live in place as they age or as their physical needs change: 27 percent love the location in which they live; 25 percent have an affinity for the design and layout of their homes; 12 percent said their current homes were comfortable; 11 percent just like the house. 8 percent said they paid for it, 8 percent said the size is fine, 7 percent said they lived here a while, 6 percent said it is handicapped accessible, 5 percent said it was built for their needs, and 5 percent said it is easy to get around.



## Design and Layout Factors Influencing the Decision to Stay

Close to a fifth of all respondents (16 percent) say the most influential floor plan factor is having one level to navigate. Stairs are an issue with about one in five people who have concerns about their physical needs as they age.

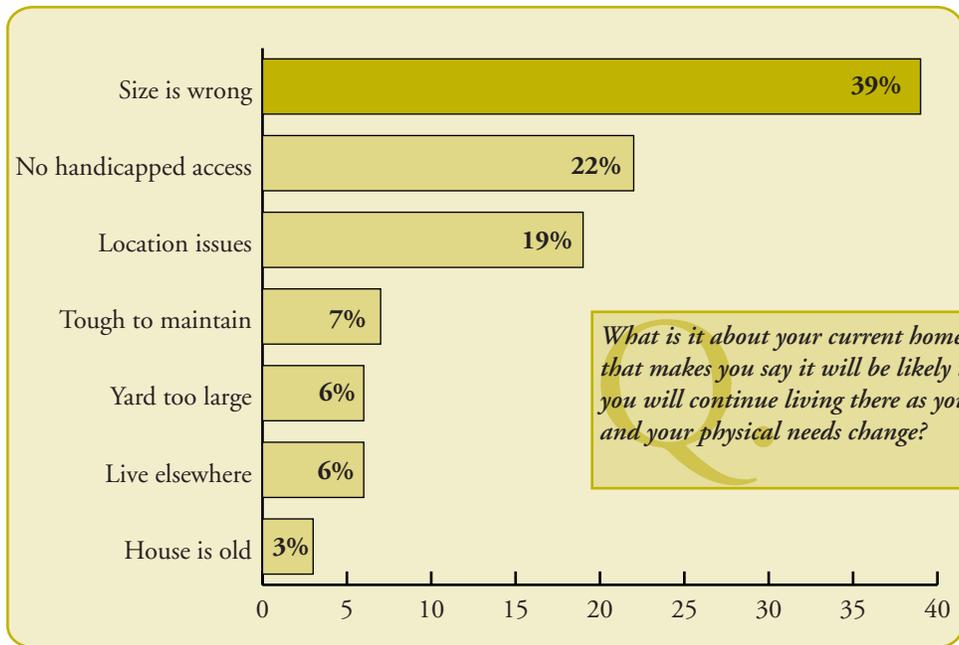
Specific "desgin and layout" factors they mention	
✓ <i>One floor or level</i>	16%
✓ <i>Good floor plan or layout</i>	3%
✓ <i>Accessible</i>	2%
✓ <i>Designed it myself</i>	2%
✓ <i>All other design and layout mentions</i>	3%



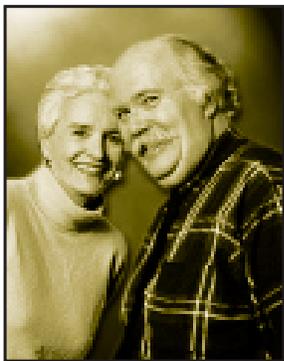
## WHY THEY WON'T STAY

For those who are unlikely to continue living where they do now, 39 percent said the size of the house was wrong and no longer will meet their needs. Nineteen percent felt their house was too large. Conversely, 11 percent said it was too small. Again, a preference for a single-level house was cited by 9 percent who said their current home has two stories.

Another major factor for moving from the current domain was the location of the house, cited by 19 percent. Fewer than 10 percent each felt the house was tough to maintain, the yard was too large or they simply wanted to live elsewhere.

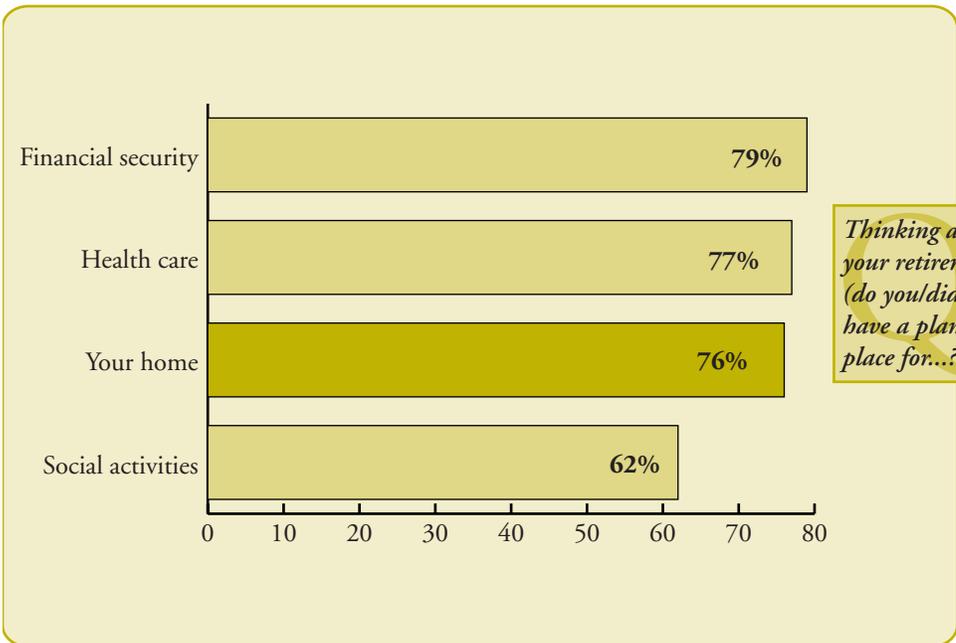


*What is it about your current home that makes you say it will be likely that you will continue living there as you age and your physical needs change?*



## PLANNING IS IMPORTANT

Thinking about the home and how it factors into one's future is as important to them as planning for financial security or health care: 76 percent plan for their home, third only to planning for financial security by 79 percent and health care by 77 percent. Some 62 percent also plan for social activities.



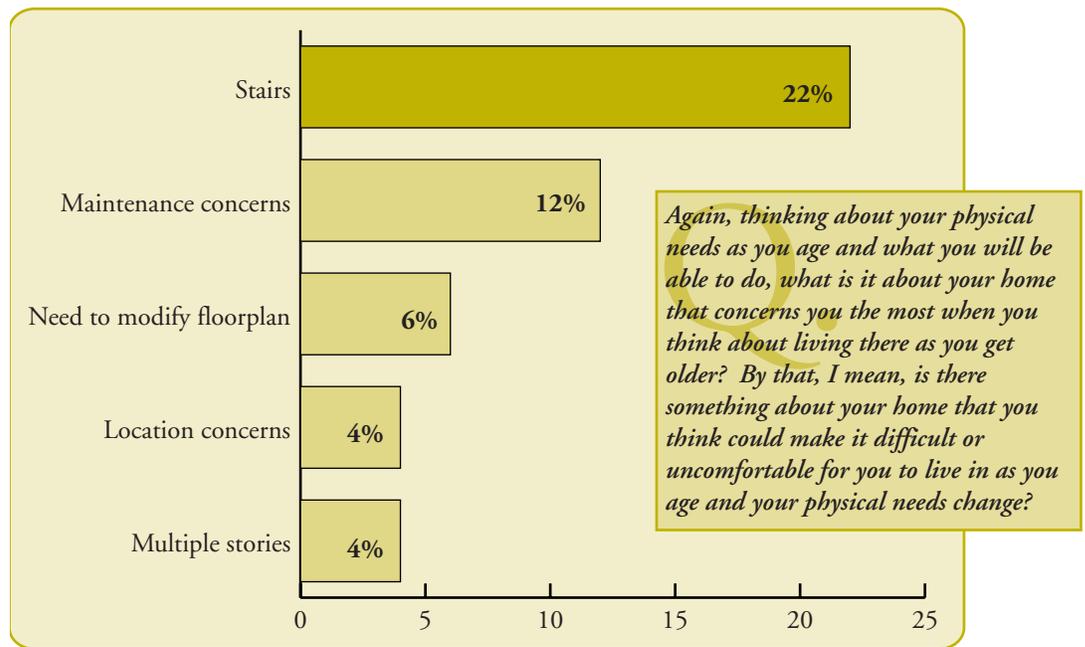
*Thinking about your retirement (do you/did you) have a plan in place for...?*

## AGING CONCERNS

Most people don't view their homes as posing any particular impediment to living there as they age. For those with concerns, stairs are the greatest worry.

Those surveyed were asked if there is something about their homes they think could make it difficult or uncomfortable for them as they age and physical needs change. Close to half (47 percent) have no concerns. However, 22 percent cited stairs as a concern.

Those who are not likely to stay in their homes mentioned stairs as a concern more than those who are likely to remain (33 percent vs. 14 percent).

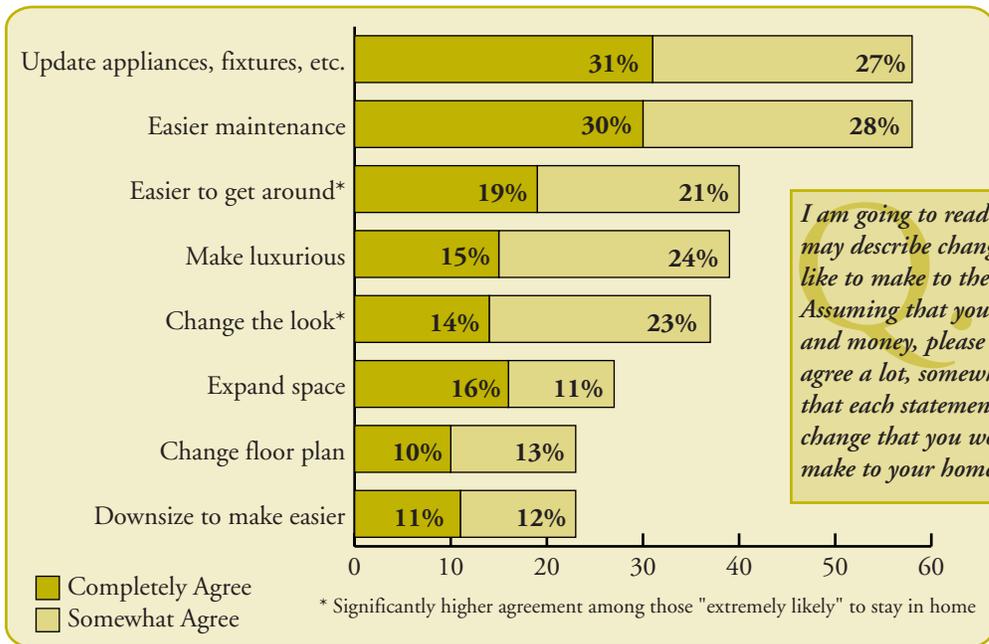


## MAKING A HOME AGE FRIENDLY

Given no limitations of time or money, 40 percent would make no changes to their homes as they age. Of those who responded “completely agree” or “somewhat agree” to a listing of possible changes, six in 10 said they would update appliances and fixtures.

Fifty-seven percent also want a house that's easier to maintain, and 40 percent want a home that is easier to get around.

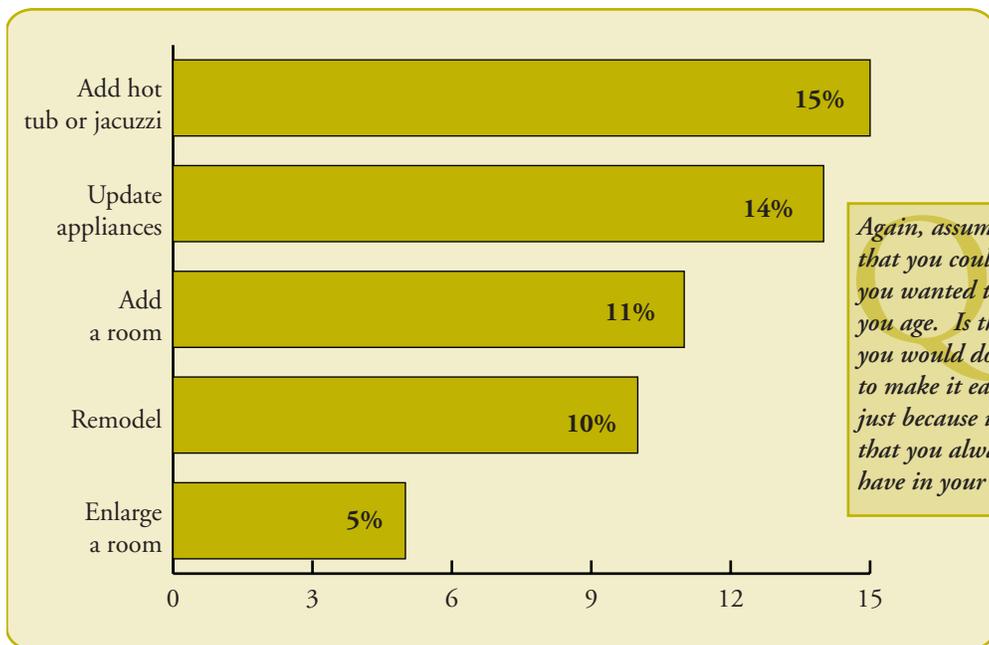
Two in five people want their homes to be more luxurious. To do that, 37 percent would change the look, 27 percent would expand space and 23 percent would change the floor plan. Twenty-three percent felt that downsizing would make it easier to maintain and get around.



Luxury means different things to different people. Respondents were almost evenly divided on whether to add a hot tub or jacuzzi (15 percent) or to update appliances (14 percent).

Eleven percent want to add a room. Responses were fairly equal among those who would add a bathroom, a porch/sun room or a bedroom.

An almost equal number (10 percent) want to remodel, with bathrooms and kitchens equally important as makeover candidates.



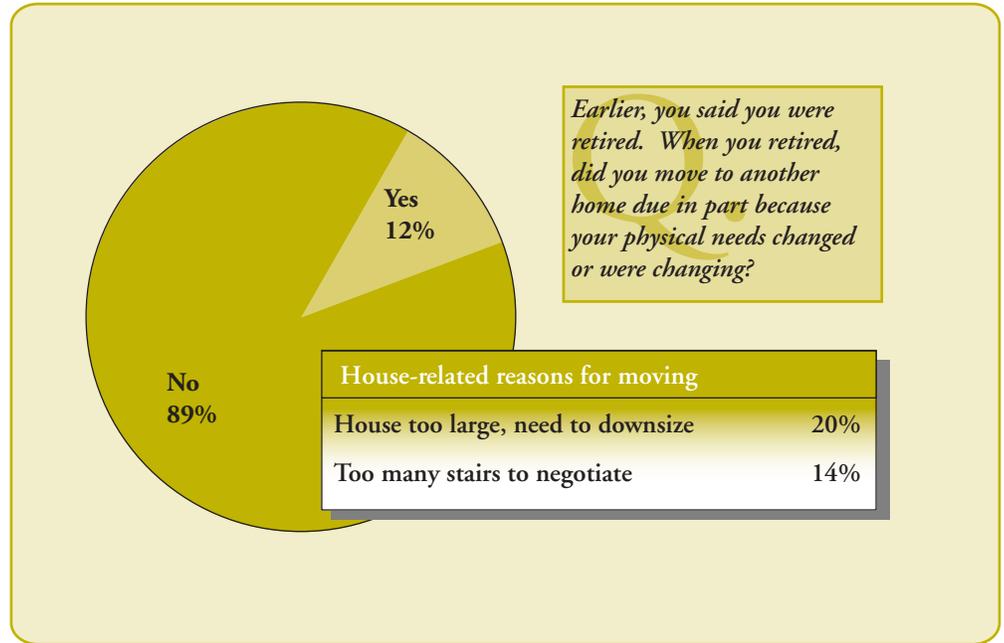
*Again, assume for a moment that you could do whatever you wanted to your home as you age. Is there anything you would do in your home to make it easier to live in, or just because it's something that you always wanted to have in your home?*



## TRENDS AMONG CURRENT RETIREES

Respondents who claimed they already were retired were asked if they moved to another home due, in part, to the fact that their physical needs changed or were changing.

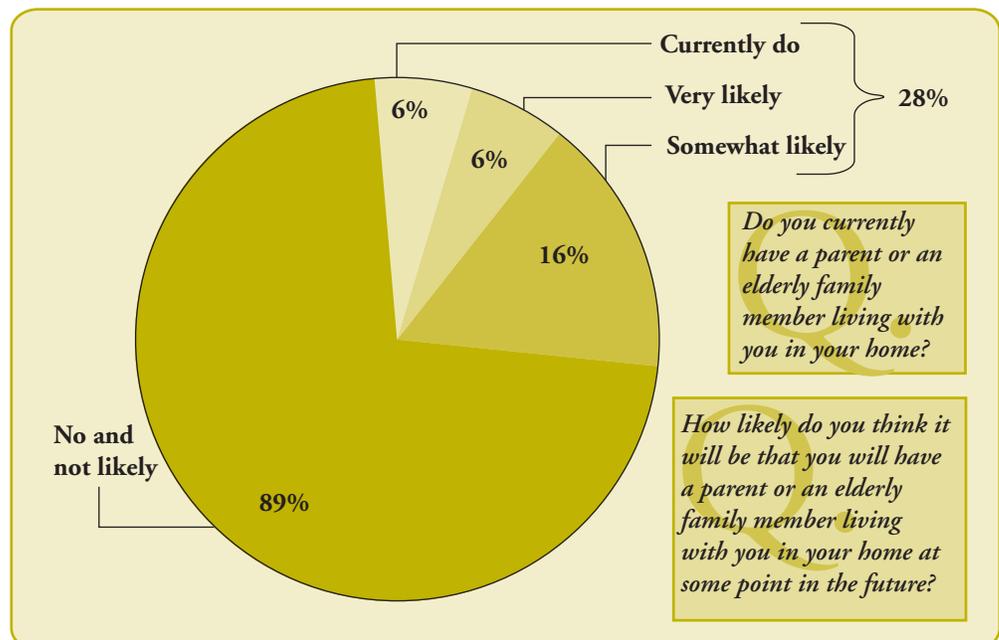
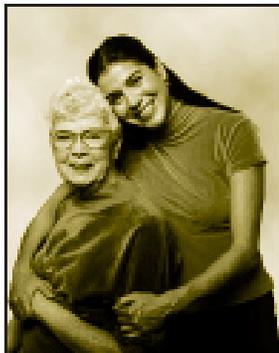
Only about one in 10 moved in response to changing physical needs. The reasons most often stated for moving were a house that was too large and a need to downsize (20 percent) and too many stairs to negotiate (14 percent).



## TAKING IN A PARENT

How likely is it that people will have a parent or an elderly family member living with them in the future?

More than one fourth either have or expect to do so. Six percent already do. Another six percent say it is very likely in the future, and 16 percent report it is somewhat likely.



## FOR FURTHER REFERENCE

The following reference materials were used to develop this paper and provide additional details.

“Are You Ready for 100?” *Money*, April 2001, Jon Gertner.

“Elderly Living Better, Longer,” MSNBC, Aug. 10, 2000.

“Exploring the Intergenerational Caregiver Market: A Study of Family Care Providers for the Elderly,” *Journal of Marketing Theory and Practice*, Summer 1999, George P. Moschis.

Fixing to Stay: A National Survey on Housing and Home Modification Issues, AARP, 2000.

“Hell No, We Won’t Go!” *Fortune*, July 19, 1999, David Stipp.

“Home Modification and Repair,” U.S. Administration on Aging, undated.

“Is This Retirement?” *Money*, November 2000, Penelope Wang.

“New Sun Belt Metros and Suburbs Are Magnets for Retirees,” *Population Today*, October 1999, William H. Frey.

“Retire to the Suburbs? Over My Dead Body,” U.S. News Online, June 28, 1999, Anna Mulrine.

“Time? Money? Both? The Allocation of Resources to Older Parents,” *Demography*, May 1999, Kenneth A. Couch, Mary C. Daly, Douglas A. Wolf.

“What Makes a House Feel More Like Home?” *Denver Post*, March 25, 2001, Barbara Hey.

“Where Are the Missing Elders? The Decline in Nursing Home Use, 1985 and 1995,” *Health Affairs*, July/August 1999, Christine E. Bishop.

## ASID American Society of Interior Designers

The American Society of Interior Designers (ASID) is the definitive resource for professional education and knowledge sharing, advocacy of interior designers' right to practice and expansion of interior design markets. As the largest organization representing interior designers, ASID has over 30,500 members.

ASID provides services to the interior design profession, the public and its membership. The Society promotes design excellence through professional education, market expansion, information sharing and the creation of a favorable environment for the practice of interior design. To learn more about ASID, visit [www.asid.org](http://www.asid.org).



### California Closets

California Closets creates customized storage solutions for every area in the home. Organizing homes for over 20 years, we firmly believe that... when you organize your home, you simplify your life and create more time to do the things that matter most in your life. Our philosophy was conceived by listening to our customers, understanding their needs, and working with them to achieve their goals. This is an essential part of who we are and the quality, beauty and function of what we offer. For more information on California Closets, visit [www.calclosets.com](http://www.calclosets.com) or call 800-2SIMPLIFY.



### DuPont™ Zodiaq®

DuPont™ Zodiaq® quartz surfaces, made almost entirely of pure quartz crystals, established a new brand and product category for DuPont. Zodiaq® provides bold and exotic aesthetics coupled with extraordinary strength and durability to enable architects, designers, builders and consumers to create distinctive looks in both residential and commercial environments. Zodiaq® provides a radiance, clarity, uniformity, depth and precision found in no other material. DuPont™ Zodiaq® quartz surfaces are durable and non-porous with scratch and stain resistant properties. For more information, please call the DuPont™ Zodiaq® quartz surfaces toll-free number (877) 229-3935, or visit [www.zodiaq.com](http://www.zodiaq.com).



### Sub-Zero

Offering you uncompromising quality and innovation, Sub-Zero allows you to choose the refrigerator to fit your needs. With four different storage solutions available.

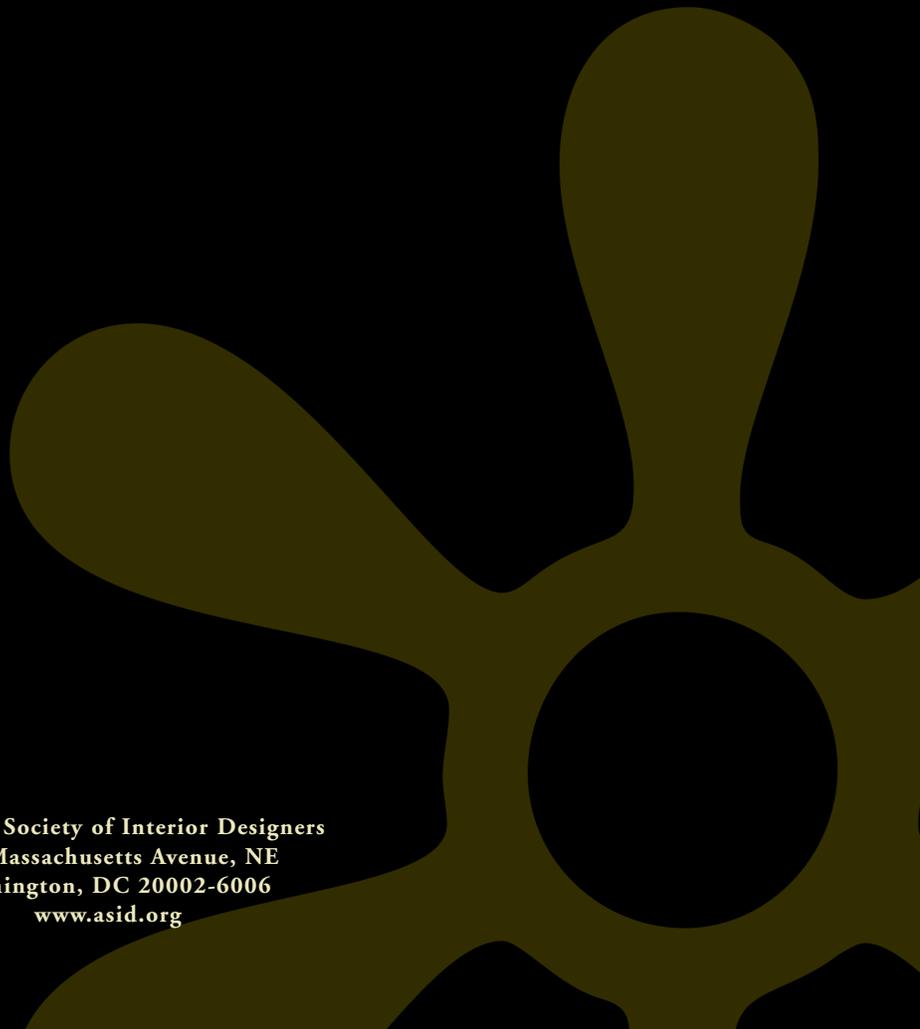
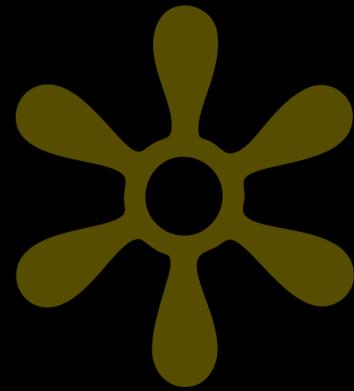
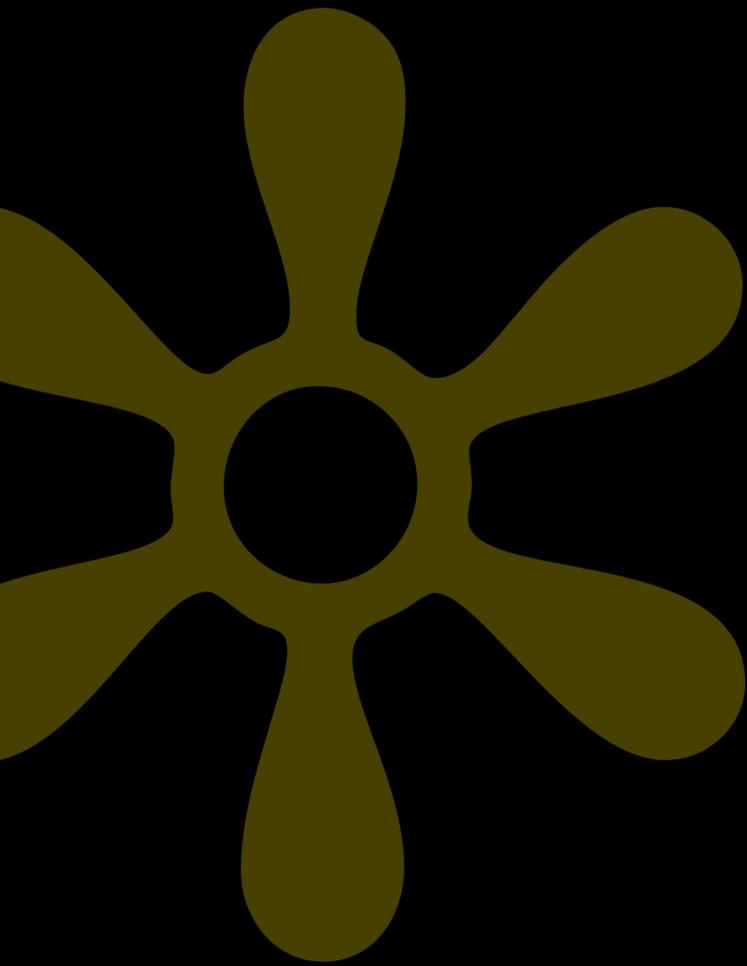
- OVER-UNDER: refrigerator on top and freezer on the bottom
- SIDE-BY-SIDE: two refrigerators next to each other
- ALL-IN-ONE: all refrigerator or all freezer
- UNDERCOUNTER, and the new WINE STORAGE SOLUTION

Whether you choose the 600, 700, 200 or 400 model you will be able to meet any design challenge with units that are both beautiful and functional. For more information on Sub-Zero products, visit [www.subzero.com](http://www.subzero.com).



### York Wallcoverings and Fabrics

Since 1895, York Wallcoverings has been providing wallpaper from the same factory location in the historic and picturesque Susquehanna Valley of Pennsylvania. Today, it's the oldest and largest privately owned wallcovering manufacturer in the United States, creating residential and commercial wallcoverings that can be found worldwide in more than 40 countries. Some of the company's original 100-year-old surface presses continue to produce beautiful, distinctive document designs alongside the newest state-of-the-art printing presses. And although some of the printing technology has changed over the past century, the pride and craftsmanship that existed back then still endures throughout this historic company. For more information on York Wallcoverings and Fabrics, visit [www.yorkwall.com](http://www.yorkwall.com).



American Society of Interior Designers  
608 Massachusetts Avenue, NE  
Washington, DC 20002-6006  
[www.asid.org](http://www.asid.org)