



Age-Friendly
INNOVATORS

*We will change the way
you think about aging*

Aging-in-Place in Southern Oregon

Should we stay, or should we go?

Sharon and Howard Johnson

Who We Are

- **Sharon (age 68)**
 - Retired educator (OSU associate professor emeritus)
 - Syndicated columnist (Healthy Aging)
 - Certification in gerontology
 - NAHB Certified Aging-in-Place Specialist (CAPS)
 - Executive Director, Age-Friendly Innovators
- **Howard (age 72)**
 - Retired marine conservation consultant
 - Purpose Prize Fellow
 - NAHB Certified Aging-in-Place Specialist (CAPS)
 - Age-Friendly blogger
 - Deputy Director, Age-Friendly Innovators



- 501(c)(3) nonprofit founded in November 2013
- Mission is to promote greater awareness of aging-in-place issues and develop creative and innovative solutions to enable older adults to lead safe, healthy and independent lives in a home of their own
- Projects include:
 - Educational outreach to builders, remodelers and REALTORS® regarding Lifelong Housing. Funded by Oregon Department of Human Services
 - Design of intergenerational “grandparents” park in Southern Oregon funded by AARP Oregon and Carpenter Foundation
 - Fall Prevention and In-Home Safety Assessment App design funded by Chaney Foundation

What is this all about?

- **The Goal – “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.

- **The Process – Universal Design**

Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.

- **The Yardstick – Lifelong Housing Certification Standard**

“Peter Pan” Housing

Most homes are what I call “Peter Pan Housing”....designed for people who are never going to age nor grow old. They do have stairs. They often have inaccessible bathrooms. Some of them have inadequate lighting. They don’t necessarily have safety features that will help avoid falls.”

John Pynoos – Director, National Resource Center on Supportive Housing & Home Modification

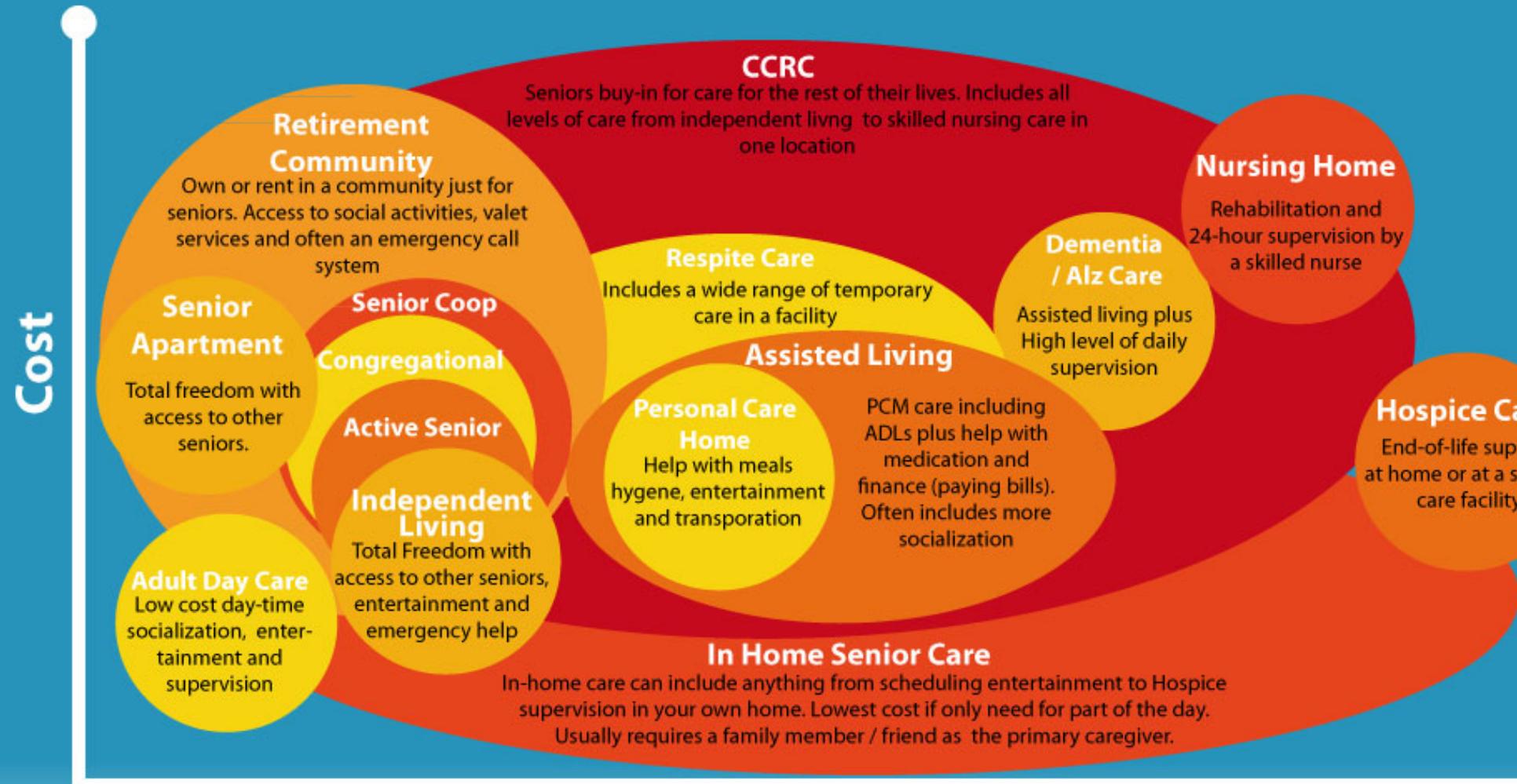


The Demographics of Aging

Each day 10,000 people in the United States turn 65 and that trend will continue for the next 19 years.

- **Demographic Impacts**
 - Increased demand for “age-friendly” new and remodeled homes
 - Increased demand for alternative housing models
 - Increased demand for caregiver services
 - Increased demand for products and services that help maintain active lifestyles and activities

The Senior Living Spectrum



Level of Care And Supervision

This bubble graph shows how different types of senior care overlap and the relationship between the level of care and the cost.

Older Adult Care Costs

Category	Rate Bases	Medford	Portland	USA
Assisted Living Facility	Median Monthly Rate	\$4,640	\$3,837	\$3,500
Nursing Home (Private Room)	Median Daily Rate	\$262	\$268	\$240
Nursing Home (Semi-Private Room)	Media Daily Rate	\$207	\$268	\$240
Adult Day Health Care	Median Daily Rate	\$72	\$110	\$65
Home Health Aide Services	Median Hourly Rate	\$21	\$26	\$20
Homemaker Services	Median Hourly Rate	\$20	\$26	\$19

Source: Genworth 2014 Cost of Care Survey Oregon

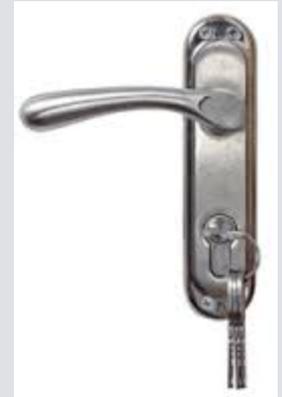
What Features Will Become Essential for Older Residents?

- The five most important “universal design” features according to Harvard University are: no-step entries, extra-wide hallways, living spaces on the ground floor and accessible light switches and door levers
- The Harvard report cites survey data showing only one percent of housing units in America have all five of these features

Source: Housing America’s Older Adults, Meeting the Needs of an Aging Population, Joint Center for Housing Studies of Harvard University

Universal Design

Universal design is the design of products and environments usable by all people, to the greatest extent possible, without the need for adaptation or specialized design. In-the-home examples include levered handles on doors and faucets, open floor plans, wider doorways and halls and step-free entrances.



The Big Decision

Should We Stay or Should We Go?

- **Factors to consider**
 - **Will current home meet your future needs?**
 - **Accessibility**
 - **Fall risk**
 - **Future maintenance**
 - **Desire to stay within community**
 - **Remodel cost versus alternative living costs**
 - **Alternative living options**

Our Home of 14 years

- Built on a hill
- Victorian two story
- Multiple yard levels
- Steps to front porch
- Steps to upper yard
- Stairway to upper floor
- Narrow kitchen



Our Decision

- Why we decided to move
 - Remodel for accessibility not economically viable
 - Yard maintenance a factor
 - Future upkeep an issue
 - Walking the walk
 - Piece of mind



Our New Home

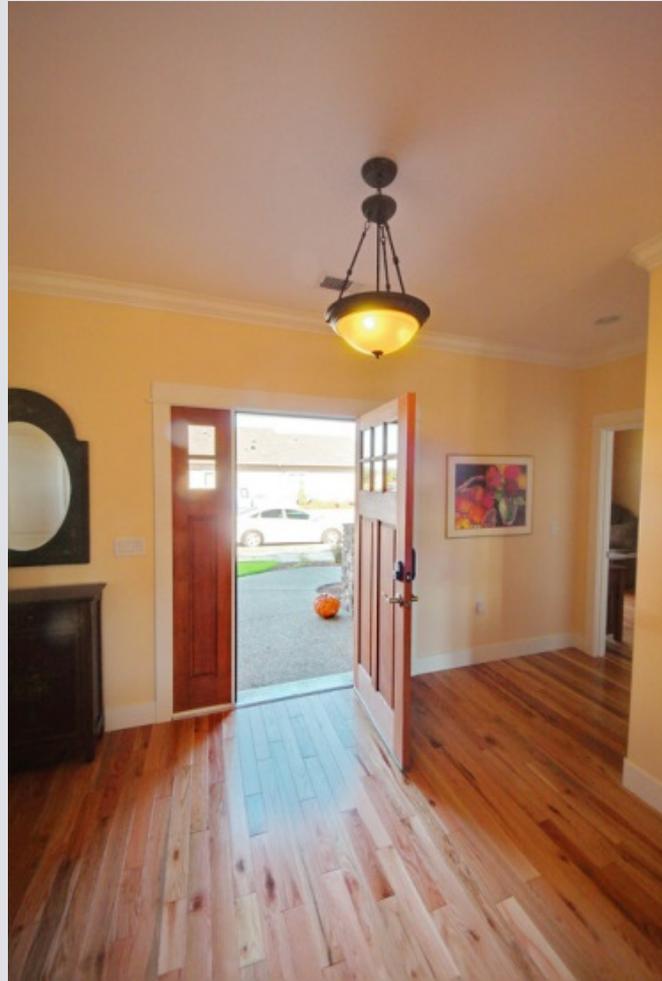
- **Single story**
- **No step entry**
- **Open floor plan**
- **Wide doors (36")**
- **Accessible bathrooms**
- **ADA appliances**
- **Levered handles**
- **Bathroom grab bars**
- **Lifelong Housing Certified**



Wheelchair Accessible Walkway



No Step Entry



Open Floor Plan



Wide Hallways



Accessible Kitchen



Accessible Guest Bathroom



Rogue Valley Council of Governments Lifelong Housing Certification



What is Lifelong Housing Certification?

- Voluntary process for evaluating the accessibility and/or adaptability of homes (new and remodel).
- Designed to help meet the growing market demand for accessible housing in our region and to enable older adults and people with disabilities to age in place safely and independently.



Levels of Certification

- Level 1: Basic Accessibility
 - Accessible/adaptable to accommodate visitors with disabilities
- Level 2: Full Accessibility
 - Ground floor fully accessible including bedroom and kitchen
- Level 3: Enhanced Accessibility
 - Levels 1 & 2 requirements plus special needs modifications

Lifelong Housing Certified Homes In Southern Oregon

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Lifelong Housing Certified Homes

The first three Lifelong Housing certified homes in Southern Oregon range in size from 1,652 sqft to 1,788 sqft and sold for \$165 to \$171 per square feet. Non-Lifelong Housing homes across the street are listed at \$165 to \$168 per square feet.



The Barbie Aging-in-Place Remodeled Dream House



- Adapt main floor of the home for one level living
- Widen doorways
- Install hand-held shower head & grab bars
- Use lever handles on doors and plumbing fixtures
- Use “comfort height” toilets

Lessons Learned to Date

- Older homeowners are in denial
 - Unwilling to plan for aging-in-place
- Remodeling for accessibility is an economic challenge for many older homeowners
- Builders are reluctant to change
 - Easily selling what they currently build
 - Not anticipating future demand for accessibility

Thank You



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