





WHO ARE WE REFERRING TO?

Aging in place begins at birth, and

Occurs throughout the lifespan.

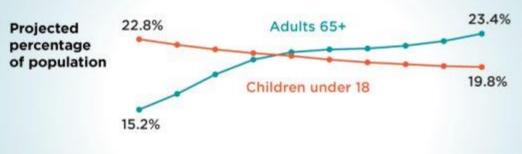
Today's focus-65 years and up.

Why is AIP relevant?





For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2034





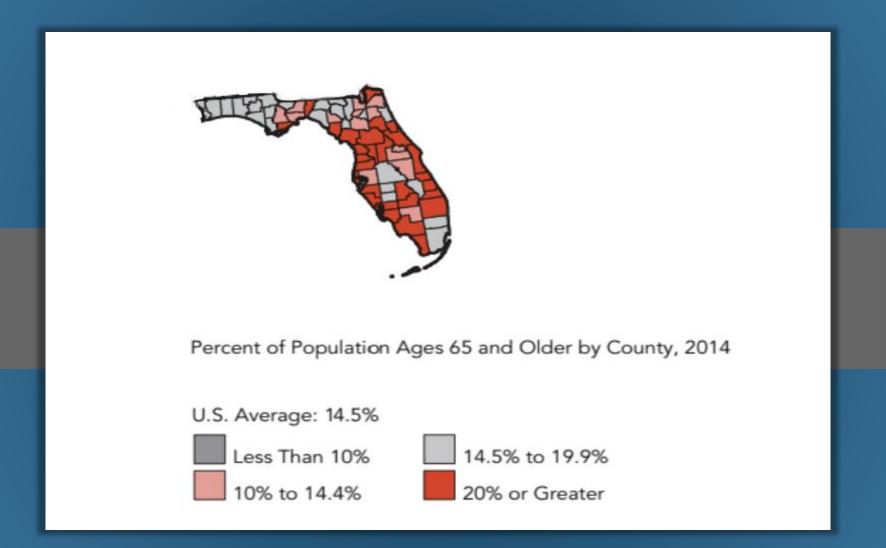
Note: 2016 data are estimates not projections.



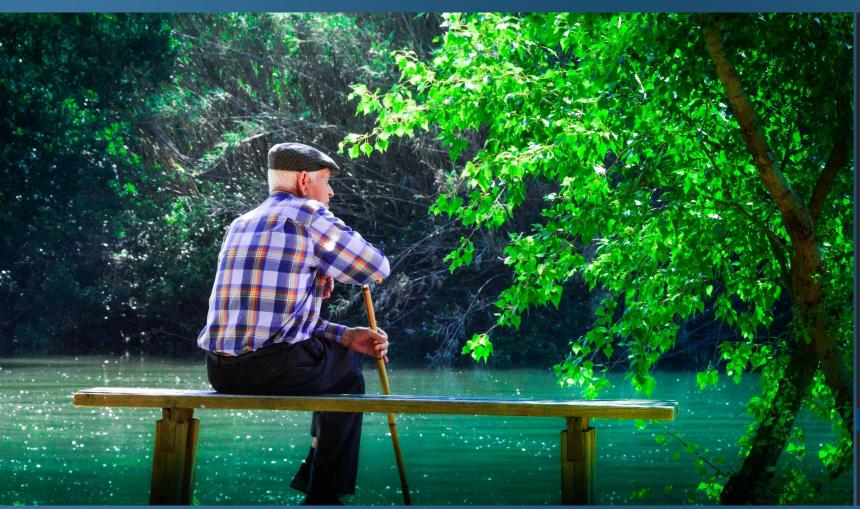
number

U.S. Department of Commerce U.S. CENSUS BUREAU census.gov

Source: National Population Projections, 2017 www.census.gov/programs-surveys /popproj.html



WHAT IS AGING IN PLACE?



The ability to live in one's own desired residence & community:

- safely,
- independently, and
- comfortably,
 - regardless of age, income, or ability level.

AIP = Prevention

- ❖ Not rehabilitative intervention.
- ❖ Will not fix new issues.



Why Occupational Therapists?

OT addresses needs across the lifespan.

- > Explicit focus on participation
- > facilitate optimal occupational performance



Why OT's?



Activity Analysis Expertise.

- > skills required
- demands and barriers
- > environmental effect
- > cultural meaning

3 TYPES OF CLIENTELE

- Those without urgent needs
- Those with progressive conditions
- Those dealing with an abrupt or traumatic health-related change





1. THOSE WITHOUT URGENT NEEDS

Key Barriers:

- Reject the need
- > Uninterested in progressive home design
- > Deny their changing physical condition
- > Trouble understanding needs of a loved one

1. THOSE WITHOUT URGENT NEEDS

- > Visual demonstration is key for this demographic.
- ➤ Universal Design (UD)
 - usable by all people, to the greatest extent possible, without the need for adaptation.













- ➤ Alternative to UD:
 - o Adaptable design.
 - Prepares for change over time.
 - ✓ Wall blocking
 - ✓ Reinforced ceiling
 - ✓ Rough-in



3 TYPES OF CLIENTELE

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2. THOSE WITH PROGRESSIVE CONDITIONS

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- > Require home modification
- > Aware of their needs
- Acceptance, denial, urgency influence decisions
- > Experience working around barriers
- ➤ Have specific modification ideas

- Visitability / Visitable design
 - Lived in or visited by those with mobility issues
 - 3 basic requirements:
 - ✓ one zero-step entrance.
 - ✓ doors with 32 inches of clear passage space.
 - ✓ one bathroom on the main floor must be accessible by wheelchair.

Also consider:

- Liveable design
 - Vistitable design to include accessible bedroom and full bath.





3 TYPES OF CLIENTELE

- Those without urgent needs.
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3. THOSE DEALING WITH AN ABRUPT OR TRAUMATIC HEALTH-RELATED CHANGE

- > Immediate accommodating modifications
- > Available finances may be an issue
- > Wish to maintain their current lifestyle









3. THOSE DEALING WITH AN ABRUPT OR TRAUMATIC HEALTH-RELATED CHANGE

- > Accessible Design
 - Primary concern is function.
 - Little or no concern for market appeal.
 - Highly regulated.



CONSIDERATIONS FOR ALL AGING IN PLACE HOME DESIGN

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- > One-story living.
- ➤ No step entry.
- ➤ Doorways, 32-36 inches wide.
- ➤ Hallways, 36-42 inches wide.
- > Open floor space.
- > Furniture sturdy and secure.
- > Floors and bathtubs non-slip surfaces.

COMMON AGING RELATED SITUATIONS

- Diminished vision
 - > Increased Lighting
 - > Ambient light-
 - General lighting provided by an overhead source.
 - > Task light-
 - concentrated when focusing on something specific.





The Lighting Research Center (LRC) at the Rensselaer Polytechnic Institute recommends:

- Ambient light- At least 300 lux (lx) or 30 footcandles (fc).
- Task light- At least 1000 lx (100 fc).



TIPS TO SUPPORT VISION LOS

- > Touch-activated lamps
- Rocker-style light switches
- Night lights
- > High-quality fluorescent lamps
- > Utilize contrast











COMMON AGING RELATED SITUATIONS

- > Diminished Physical and Mental Endurance
 - Aerobic Exercise
 - Facilitates blood vessel development
 - Reduces risk of CV diseases
 - Reduces depression
 - Enhances sleep

Parameters for Aerobic Exercise:

- > 56-61% Heart Rate Maximum
- > 150 min per week
- > Rate of Perceived Exertion 4-5 / 10





COMMON AGING RELATED SITUATIONS

Diminished Driving Safety:

In 2016: 42 million licensed older drivers. A 56% increase from 1999.

In 2016: 20 older adults (65+) killed in crashes every day

Impairments in vision, mobility, range of motion, and hearing manifest in increased risk for accident.

 OT's assess the sub-skills required for safe driving

OT- DORA (Driver Off-Road Assessment)

- Sensory assessment
 - Visual acuity (Snellen Chart or equivalent)
- > Physical Assessment
 - > Berg Balance Scale
 - Right Heel Pivot Test
- Cognitive Assessment
 - Road Law
 - Mini Mental Status Examination (Not included, needs to be obtained separately)
- > Further assessments if clinically indicated
 - Range of Motion
 - > The Whispered Voice Test





CarFit

educational program offering:

- Education on safety features
- Optimal person-to-vehicle fit

COMMON AGING RELATED SITUATIONS



Decreased Socialization

- Reduced contact with former work colleagues
- death of friends and family
- relocation of loved ones
- decreased community mobility

The loss of social contacts can have a direct impact on mental and physical well-being.



- ➤ OTs assist with accessing the community to promote social participation.
 - Facilitating transportation to volunteer or social activities
 - Facilitating access to technology for social participation
 - Computer training
 - Cell phone training
 - Management of technology in the home

FINAL THOUGHTS

- > Bathrooms.
- > Appropriate cooling and heating.
- Social connectedness.
- > Transport alternatives.
- > Caregiver education.

➤ Older adults have unique perspectives on what is considered independent vs what kinds of activities or changes in routine are considered dependent. Listen.

Financingwww.n4a.org or www.eldercare.gov

www.Benefitscheckup.com by the National Council on Aging

US Dept of Veterans Affairs offers grant programs of up to \$50,000 based on need.

www.benefits.va.gov/benefits/factsheets/homeloans/sahfactsheet.p df

Federal Income Tax deductions-

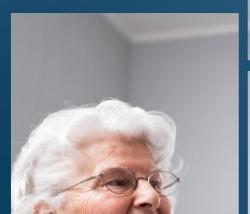
You can include the medical expense amount you pay for equipment being installed in the home for you, spouse, or dependent because they usually don't increase the value of your home. May include: ramps, Widening doorways, Modifying hallways, Installing railings or grab bars, Lowering or modifying kitchen cabinets, Modifying electric outlets and fixtures, Modifying fire alarms, smoke detectors and other warning systems, Modifying stairways, Modifying door hardware, Grading the ground to provide access.

Private State Grants for AIP www.Taubfoundation.org/programs/aiging-in-place

Rural Housing Grants www.rd.usda.gov – 504 loans

Public / Private agencies:

Easter Seals, United Cerebral Palsy, United Way, Muscular Dystrophy Association, Epilepsy Foundation, MS Association













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BASEMENT

□ Are the basement stairs stable and well lit?□ Is there any storage of combustible materials?

Safe AT HOME Checklist

Created in partnership with the Administration on Aging and the American Occupational Therapy Association Rebuilding Together 1899 L Street NW, Suite 1000 Washington, DC 20036 800-473-4229 www. rebuildingtogether.org

Rebuilding Together has long recognized that greater attention must be given our elderly population, so they may age-in-place and safely in their homes. We have also built lasting national partnerships with Area Agencies on Aging, AARP, American Occupational Therapy Association, National Association of Home Builders, National Council on Aging, and others.

Use this list to identify home safety, fall hazards and accessibility issues for the homeowner and family members. Home safety, fall prevention and accessibility modification interventions on the reverse side of this page can help prioritize your work. Underline or use a highlighter to note. problems and add comments.

	EXTERIOR ENTRANCES AND EXITS	8.	TELEPHONE AND DOOR
1	Note condition of walk and drive surface; existence of curb cuts		Phone jack location near bed, sofa, chair?
1	Note handrail condition, right and left sides		Able to get phone, dial, hear caller?
1	Note light level for driveway, walk, porch		Able to identify visitors, hear doorbell?
1	Check door threshold height		Able to reach and empty mailbox?
]	Note ability to use knob, lock, key, mailbox, peephole, and		Wears neck/wrist device to obtain emergency help?
	package shelf		Is there an answering machine?
1	Do door and window locks work easily?		Is there a wireless phone system?
1	Are the house numbers visible from the street?		
1	Are bushes and shrubs trimmed to allow safe access?	9.	
1	Is there a working door bell?		Able to reach closet rods and hooks, open bureau drawers?
			Is there a light inside the closet?
	INTERIOR DOORS, STAIRS, HALLS		NAMES COMES
1	Note height of door threshold, knob and hinge types; clear width		WINDOWS
	door opening; determine direction that door swings		Opening mechanism at 42 inches from floor?
1	Note presence of floor level changes		Lock accessible, easy to operate?
1	Note hall width, adequate for walker/wheelchair		Sill height above floor level? Are storm windows functional?
1	Determine stair flight run: straight or curved	ы	Are storm windows functional?
]	Note stair rails: condition, right and left side		ELECTRIC OUTLETS AND CONTROLS
1	Examine stairway light level	<u></u>	Sufficient outlets?
1	Note floor surface texture and contrast		Are there ground fault outlets in kitchen and bathroom?
1	Note if clutter on stairway		Light switch at the entrance to each room
		_	Outlet height, wall locations
•	BATHROOM	_	Low vision/sound warnings available?
]	Are sink basin and tub faucets, shower control and drain plugs		Extension cord hazard?
	manageable?		Are there any uncovered outlets or switches?
1	Are hot water pipes covered?		,
]	Is mirror height appropriate, sit and stand?	12.	HEAT, LIGHT, VENTILATION, SMOKE, CARBON
1	Note ability reach shelf above, below sink basin		MONOXIDE, WATER TEMP CONTROL
1	Note ability to step in and out of the bath and shower		Are there smoke/CO alarms and a fire extinguisher?
1	Can resident use bath bench in tub or shower?		Are Thermostat displays easily accessible and readable?
ı	Note toilet height; ability to reach paper; flush; come from sit to stand posture		Note rooms where poor light level exists
	Is space available for caregiver to assist?		Able to open windows; slide patio doors?
•	is space available for caregiver to assist:		Able to open drapes or curtains?
	KITCHEN		Note last service date for heating/cooling system
	Note overall light level, task lighting		Observe temperature setting of the water heater
	Note sink and counter heights		
1	Note wall and floor storage shelf heights		
]	Are under sink hot water pipes covered?		
,	Is there under counter knee space?		
1	Is there a nearby surface to rest hot foods on when removed		
	from oven?		DMMENTS:
1	Note stove condition and control location (rear or front)	CC	MANAIEIA I 2:
1	Is there adequate counter space to safely prepare meals?		
	LIVING, DINING, BEDROOM		
]	Chair, sofa, bed heights allow sitting or standing?		
]	Do rugs have non-slip pad or rug tape?		
]	Chair available with arm rests?		
]	Able to turn on light, radio, TV, place a phone call from bed, chair,		
	and sofa?		
	LAUNDRY		
	Able to hand-wash and hang clothes to dry?		
	Able to safely access washer/dryer?		
	Total to surely access washerful yer.		

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