

Our 2 part workshop will be Thursdays, May 17 and 24, from 6—8 pm. It is titled, *Home Sweet Home or Is It?* The workshop is free and sandwiches and beverages will be served.

The presenter, architect Deborah Pierce, is an expert and her published book has won praise from the Christopher Reeve Foundation as well as noted architect, Michael Graves.

The attached file was developed some time ago and illustrates the kind of assessment people will do on their current homes. We'd love to attract some empty nesters thinking of renovating their kitchens, baths, etc. so that they might incorporate changes they may need later.



STAYING PUT

A Guide to Aging in Place

by Fiorente Media
with Deborah Pierce, AIA, CAPS

STAYING PUT

Enjoying Your Home for Many Years to Come

How fortunate we are to be able to live longer! We have made great strides in disease prevention and treatment. Our reward is a longer, more vital life. Given a choice, most of us would want to stay right in our own homes as we age – close to family, friends, and a familiar community.

However, living longer presents us with new challenges. We may not want to admit it to ourselves, but our bodies will change as we age. After age 60, 1 out of every 8 men and 1 out of every 12 women report arthritis in at least one knee. One out of 6 older adults have some type of vision impairment. One out of 4 have impaired hearing.

These are not life-threatening conditions, yet they present challenges that older adults need to confront each day. More concerning, if older adults do not adapt their living environment to the needs of their changing bodies, they are more likely to have accidents. A sudden fall may jeopardize the high quality-of-life most people desire for their years in retirement. Falls account for 80% of disability (excluding

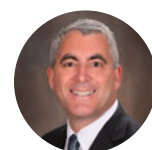
automobile crashes), and the home is where these falls are likely to happen.

Fortunately, there is a solution. With a little planning, you can adapt your home for your needs. You should start with an assessment of how well your home can be adapted to your changing needs. To help you make this assessment, we have partnered with architect Deborah Pierce, AIA, CAPS, Principal of Pierce Lamb Architects and author of *The Accessible Home* from Taunton Press.

Deborah is a renowned expert in the specialized field of Universal Design. She has worked with us at Fiorente Media to put together this very practical guide to help you evaluate your home for your changing needs. In the following pages, Deborah has broken down the home into different functional areas and listed key adaptations for each area. You will be able to calculate a score for each functional area in your home and then prioritize areas that may need to be adapted.

At Fiorente Media, we are using the power of media to improve your health and the health of your loved ones. If this guide helps you anticipate and plan changes to your home that reduce the risk of injury and improve the quality of your life as you age, then we will have fulfilled our mission.

To your good health and happiness,



Craig S. Ross, PhD, MBA

Founder, Fiorente Media, Inc.



csr@fiorentemedia.com



*Kathy Tarantola Photography
Janis Herman, Designer
(New York, NY)*

YOUR HEALTH AND YOUR HOME



Our physical health is inextricably tied to Place. So it's no surprise that so many injuries occur in the home. Slippery floors and raised thresholds make falls unavoidable, as do showers without grab bars and stairs without handrails. High bathroom humidity levels foster mildew growth and a host of breathing problems. Most people see a doctor when injury and illness occur. But with a house-call from an accessibility expert, you can avoid the pain, expense, and inconvenience of medical treatment.

When Fiorente Media asked me to collaborate on this Resource Guide I was delighted. There is a natural affinity between health care and design

professions. Architects need a clear prognosis for the processes of both aging and healing to proscribe appropriate environments. We all need homes that are safe, comfortable, and user-friendly – in other words, accessible.

The World Health Organization defines “Disability” as a mis-match between a person and the environment. In the right setting, then, disabilities actually disappear. One may still use a walker, cane, or wheelchair, but if he/she can get around the house, there is only Ability.

The US Census predicts that, by year 2035, there will be more people over-65 than under-15 in this country. The impact of this

Today's homes were built for another era – growing young families of baby-boomers. The places that sheltered children no longer work for the adults they've become.

prediction is staggering! This means fewer caregivers for a larger elderly population. Prolonging independence is not an option – it's a necessity!

There's no time like the present to begin planning for an age-friendly home! After many years in one place, though, change can be daunting. We hear about remodeling projects run amuck – endless construction and runaway budgets. We wonder if the effort and disruption is justified. The answer is a resounding “yes!” Renovation increases property value, accessible homes widen the pool of prospective buyers, and a happier you is priceless.

Around the country, homeowners are taking a second look at the building that houses so many memories. Some choose to downsize, move closer to family, or enter a senior living facility. But many are taking the plunge into renovation projects.


The design process begins with an inventory of your home. For a week, keep

a list of what you like, what's a problem, what's broken, and what could be improved upon. Having a clear description of your needs puts you squarely on track to getting them met. The next step is to seek out solutions. That's where this Resource Guide comes in. In reading through the pages that follow and doing the exercises, you'll develop a prioritized list of the activity centers that could use some improvement. With a clear set of goals, you'll be ready to put your project in motion and find the helpers who can make your dreams a reality. Relax and embrace the challenge of transforming your home. You'll be rewarded with a home that reflects who you are and all you can be. Enjoy!



Architect Deborah Pierce, AIA, CAPS

Principal Pierce Lamb Architects, Newton, MA

 csr@fiorentemedia.com

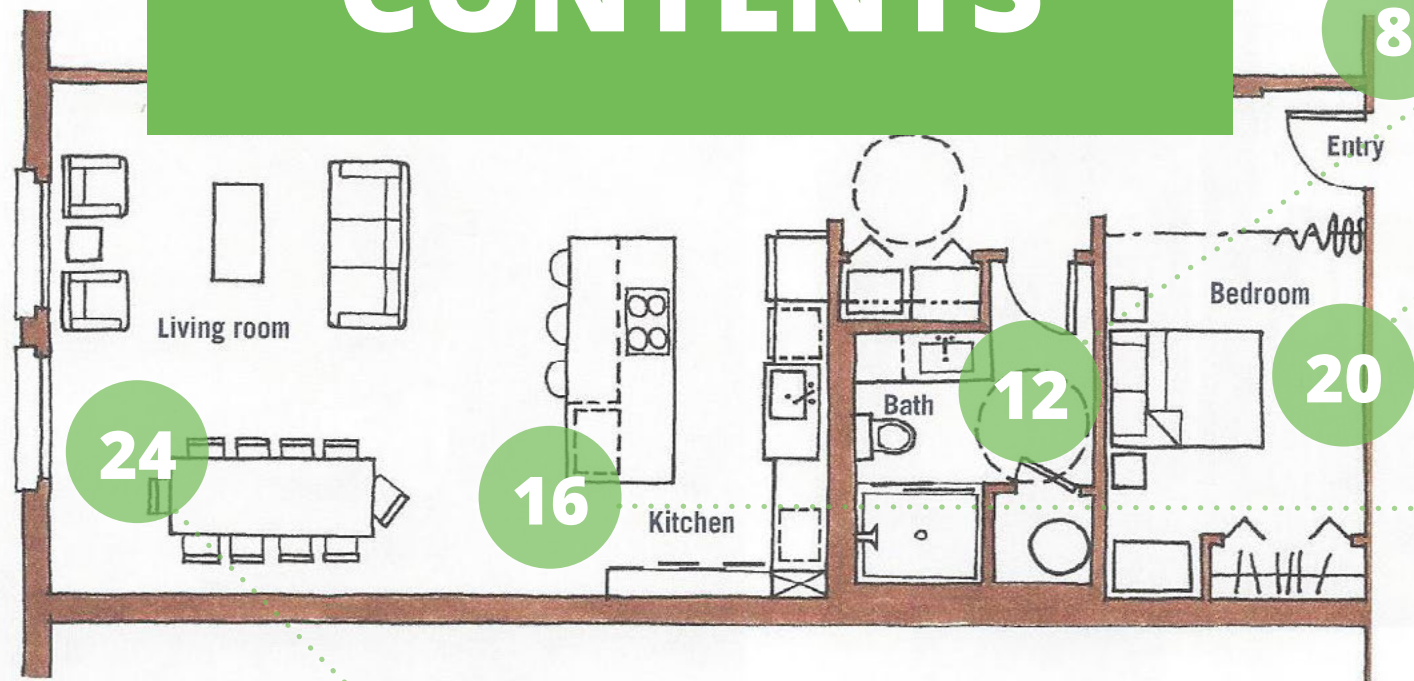
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Resource Guide

ARRIVING HOME

Your home is your sanctuary.
It's a great feeling to arrive home.

Take a moment to stand in front of your home and try to imagine yourself as an older adult walking through the door. Imagine you have more difficulty moving, you are using a walker, your eyesight is poor. Your hands are stiff and your grip weak. How will these changes in your body affect the experience of arriving home? Consider these questions.

What is the lay of the land? Do you have a wide, gently sloping path to your door? How many steps are there and are they well-lit? Is there a sturdy handrail?

Take a close look at stairs leading up to the house. The steps should be evenly spaced with treads that are at least 11 inches deep and risers no more than 7.5 inches high. The handrail should be a comfortable height and solidly anchored.

Picture your approach to the house in bad weather. Is there a shelter at your front door to protect you and a friend or helper from the elements? Does the front door have a levered latch instead of a doorknob?

When you step into your home, do you have a transition space for sitting down to take off boots, hang up a coat, and stow a walker? Is there a convenient place to put down packages, keys or a purse? Is the floor space clear without mail dropping through a slot or loose rugs?

Use the table on the next page to score how easy it may be to approach and access your home as you age. You will be able to use this score as part of an overall assessment of your home as a place to stay as you age and your needs change.

An accessible entry doesn't need to be complicated: a level walkway and landing, a roof, a view, and lighting.

*Kathy Tarantola Photography
John Gordon Architect
(Bucksport, ME)*

A gently-sloped pathway complements the stairs in this Bungalow.

*Kathy Tarantola Photography
B.H. Bocook Architects
(Palo Alto, CA)*

Keyless entry systems make it easier to gain access to your home.

Yale



CHECK ONE BOX PER ROW

ARRIVING HOME SCORE	Not at all like my home	Somewhat like my home	A lot like my home
PARKING Parking or drop-off area is flat, with minimum slope for drainage, near entry to home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
APPROACH Pathway to home is well-lit, has level surfaces, with 3 low steps or fewer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ARRIVAL Landing is large enough for a few people, covered with a canopy or roof.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ENTRY Door is easy-to-use, has lever-type hardware. Mailbox rather than door slot to keep floor areas clear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TRANSITION SPACE Mudroom/foyer with a shelf (for keys, handbag) or bench, window/sidelight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUMBER OF CHECKED BOXES IN THE COLUMN

POINTS

x1x2x3

NUMBER OF CHECKED BOXES x POINTS

+ + =

subtotal

BONUS

Add 1 point if your home has any of the following:

Zero steps from public way to interior of home

Handrails at both sides of each ramp or stairs

Elevator or lift, either to enter or within home

PENALTY

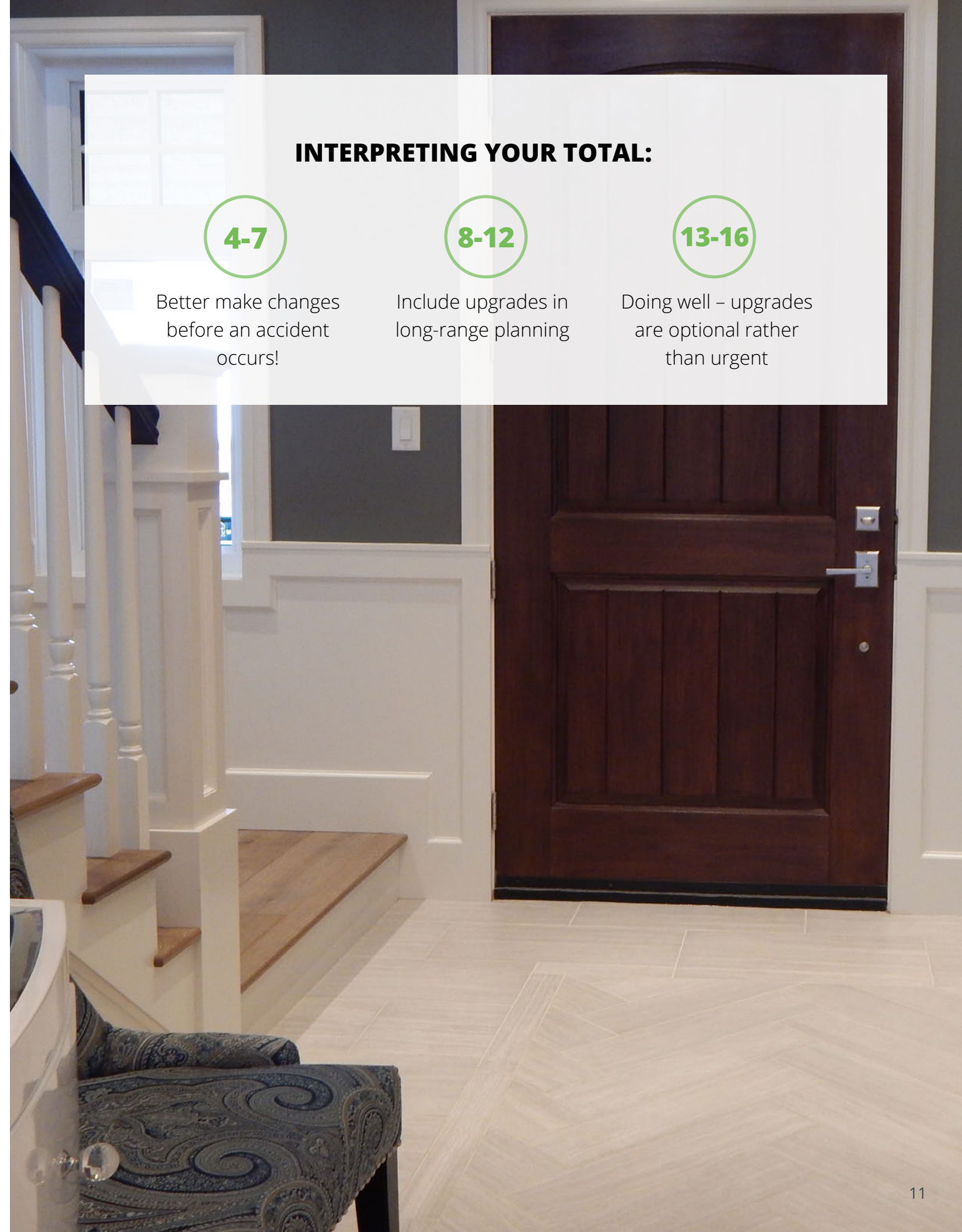
Subtract 1 point for any of the following:

Peephole in door, no window in or beside door.

Address not visible from public way

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total



BATHING AND TOILETING – SAFETY FIRST!

The bathroom is the most dangerous room for older adults. Consider these adaptations to avoid an embarrassing visit from your local paramedics.

BATHING AND SHOWERING

Think about replacing your bathtub with a zero-threshold shower stall with solidly anchored grab bars. Add a shelf to move shampoo and other items off the floor. Install a handheld shower-head with a separate temperature mixing valve. Add a shower chair or bench. Two things to consider about tub conversions: (a) older adults find it difficult to get in and out of a low tub and (b) walk in tubs with a raised seat are an option, but you may feel cold waiting for the tub to fill or drain before you can open the door.

TOILETING

Toilets should be 18 inches from the wall – accessible from the front and side. Consider a tankless toilet, which saves space and can be set to the perfect height for you. If not using a tankless toilet, purchase a “comfort height” toilet 17-19 inches high. A washlet or bidet is very

convenient for hygiene. Have storage near toilet for wipes, extra toilet paper, catheters or other medical products.

HAND WASHING/DENTAL HYGIENE

Consider a wall-hung sink and set at a height where the sink can be used comfortably from a sitting position. The sink should be shallow and the sink rim should be low-profile. Countertop edges should be rounded without any sharp corners. Use a lever-type faucet mounted to the side rather than the back of the sink. The mirror should be usable from a seated position.

SAFETY

Make sure you have good lighting. Porcelain or smaller tiles and larger grout lines make for a better slip-resistant surface. Resilient flooring may be cheaper than tile and can be made of non-slip materials.

A design accommodating two sinks at different heights

*Karen Tarantola, Photography
Rom Architecture Studio and Studio Pacifica, Architects (Seattle, WA)*



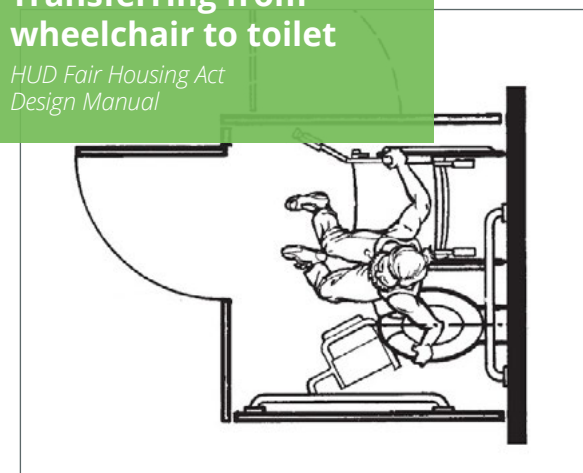
A well-designed bathroom with transfer space beside toilet

*Kathy Tarantola Photography
Architect: Burks Toma Architects
and Min/Day, Joint Venture
(Berkeley, CA)*



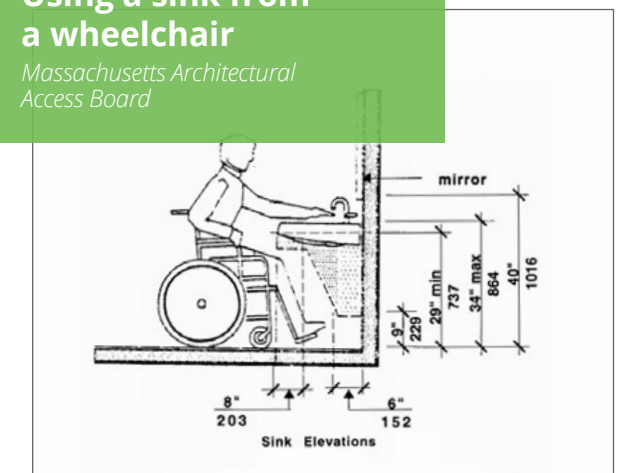
Transferring from wheelchair to toilet

*HUD Fair Housing Act
Design Manual*



Using a sink from a wheelchair

*Massachusetts Architectural
Access Board*



Visit www.fiorento.tv for a video tour of an adapted bathroom.

CHECK ONE BOX PER ROW

BATHING AND TOILETING SCORE	Not at all like my home	Somewhat like my home	A lot like my home
BATHING/SHOWERING Easy entry/exit at tub/shower areas, grab-bars, hand-shower, thermostatic mixing valve.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOILETING Comfort-height toilet, space for assisted use, flush-valve and paper dispenser within reach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SINK AREA Comfort height sink with space for personal care items, lever-type faucets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STORAGE Dedicated areas for medicines, health and hygiene products, first aid, dental and hair care products, toilet paper.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ACCESSORIES Mirror, medicine cabinet, robe hooks, toilet paper dispenser all within seated reach, grab bars, easy-to-use shower enclosure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUMBER OF CHECKED BOXES IN THE COLUMN	_____	_____	_____	
POINTS	x1	x2	x3	
NUMBER OF CHECKED BOXES x POINTS	_____	_____	_____	= _____
				subtotal

BONUS

Add 1 point if your home has any of the following:

- Bidet or self-washing toilet _____
- Space under sink for seated use _____
- Non-slip, non-trip flooring _____

PENALTY

Subtract 1 point for any of the following:

- Tub-only, no shower _____
- Plumbing controls requiring a twisting/gripping motion _____

total

INTERPRETING YOUR TOTAL:



Better make changes before an accident occurs!



Include upgrades in long-range planning



Doing well – upgrades are optional rather than urgent



PREPARING MEALS AND CLEANING UP

Functionality and flexibility are keys to adapting a kitchen space for people to enjoy into their senior years.

LAYOUT

Your kitchen layout should feature a U-shaped or L-shaped configuration with a work island or peninsula. There should be room for two people to work comfortably together in the space. All work and storage areas should minimize bending and stretching motions.

COUNTERS AND WORK SURFACES

Counters should be set at different heights to facilitate working while standing or sitting. A total of 6 feet of counter space is a comfortable minimum, with special attention to space near the sink and cooktop. Plan space for coffee-makers, toasters, and other small appliances.

CABINETS AND STORAGE

Storage cabinets and shelves should be accessible from seated and standing positions (9-54 inches above the floor).

Plan for at least one base cabinet that can be easily removed to accommodate a wheelchair. Consider cabinets with pull-out drawers and shelves to avoid the need to reach in to access items. Use “D-pull” hardware instead of knobs on cabinets.

APPLIANCES AND FIXTURES

The sink should be shallow with space underneath to use from a seated position and faucets should have lever controls. Lighting should illuminate cabinets and travel paths. Countertops should be lit with under-cabinet lighting. Refrigerator should have freezer below or to the side. Consider a countertop cook-surface with knee-space below to use from a seated position. Cooktop controls should be to the front or side of the heating elements. A separate wall oven should be set to a comfortable height for seated and standing use.

An accessible kitchen doesn't have to be big – just smart

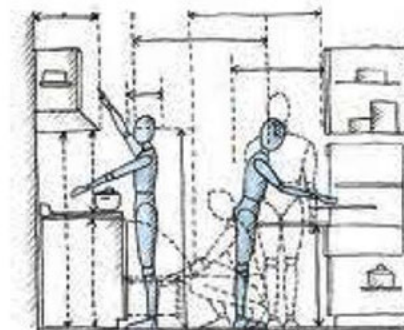
*Kathy Tarantola Photography
Janis Herman, Designer
(New York, NY)*

High and low storage makes for easy access in the kitchen

*Dale Christopher Lang, Photographer
Röm Architecture Studio and Studio
Pacifica, Architects
(Seattle, WA)*

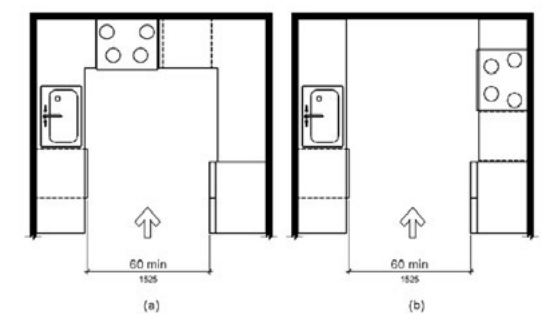
Measure your body, not just your space for ergonomic design

ADA Accessibility Guidelines



Sample U-shaped kitchen layouts

ADA Accessibility Guidelines



CHECK ONE BOX PER ROW

PREPARING MEALS AND CLEANING UP SCORE	Not at all like my home	Somewhat like my home	A lot like my home
LAYOUT Wide passageways, room for two chefs, space at major appliances for comfortable access and use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
APPLIANCES Side-by-side fridge doors or bottom-freezer, lever faucet at sink, oven and microwave within reach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COUNTERTOPS Counters at varied heights, adequate workspace beside sink and cooktop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CABINETS Storage within easy reach, base cabinets with drawers, corner lazy susans, D-looped pulls.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ADAPTABILITY At least one work area can be converted for a seated user, with easily removable cabinet and flooring that extends under cabinets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUMBER OF CHECKED BOXES IN THE COLUMN	_____	_____	_____	
POINTS	x1	x2	x3	
NUMBER OF CHECKED BOXES x POINTS	_____	_____	_____	= _____
				subtotal

BONUS
Add 1 point if your home has any of the following:
Separate cooktop and wall-oven _____
Tactile/visual/audible controls at major appliances _____

PENALTY
Subtract 1 point for any of the following:
Sink and cooktop in separate areas of the kitchen _____
No under-cabinet lights _____
Cooktop controls at back edge (not front/side) _____

total



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INTERPRETING YOUR TOTAL:

4-7

Better make changes
before an accident
occurs!

8-12

Include upgrades in
long-range planning

13-16

Doing well – upgrades
are optional rather
than urgent

LIVING AND SLEEPING

Open living spaces offer flexibility and improve communication and functionality for visually or hearing impaired older adults. Quiet sleep spaces devoid of televisions and other screens improve sleep quality.

LAYOUT

An open floor plan for dining and socializing provides best maneuverability. If hallways connect spaces, make sure they are wide enough for 2 people, with doors that have at least 32" clear openings in case mobility devices are needed. Avoid changes in floor levels, or gently ramp or bevel floor surfaces. Consider a lift or elevator to link living areas vertically.

DINING

Formal dining rooms are falling out of fashion as people create casual eating areas around the TV or in the kitchen. If space allows, consider an island or peninsula snack bar space for meals with family and friends.

SOCIALIZING

Configure furniture arrangements for both large and small groups. Allow enough clear space for people to maneuver with walkers or wheelchairs

SLEEPING

Insomnia is common among older adults. Create quiet sleeping spaces with sound

absorptive materials such as curtains and carpets, wall hangings, or acoustic construction details such as double-layer drywall on resilient clips. Isolate mechanical noise by mounting attic equipment on neoprene pads and insulating ductwork. Research has shown that computer screens and television may interfere with sleep, so plan for a radio or music system instead of a screen in your bedroom.

DRESSING

Consolidate all clothing in one area to dress from a single spot - near a bench or chair with a solidly anchored grab bar. Install built-in bureaus with low drawers and higher shelves for easy access, seated or standing. Install closet rods at double height to hang clothes in easy reach. Modular closet systems make efficient use closet space. Measure and organize clothing to make sure you have the right amount and types of storage and give away items that you no longer need. As with all living areas, adequate even illumination is an important safety feature to minimize the chance of injury.

Armoires and built-in bureaus can be customized to the reach-range and clothing needs of the user

*Kathy Tarantola Photography
Janis Herman, Designer
(New York, NY)*



Eliminating walls between living areas effectively enlarges each space and makes more room for maneuvering

*Kathy Tarantola Photography
Ross Chapin, Architect
(Seattle, WA)*



Plan the furniture arrangement to allow space for people using mobility devices to move about and join a social gathering

*Kathy Tarantola Photography
Pierce Lamb Architects
(Newton, MA)*



CHECK ONE BOX PER ROW

LIVING AND SLEEPING SCORE	Not at all like my home	Somewhat like my home	A lot like my home
LIVING/DINING Home has a variety of appealing spaces for being alone or with others, active and passive recreation, indoors and out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PATH OF TRAVEL Generous halls, doorways, aisles between furnishings, comfort-height stairs and handrails.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SLEEPING Quiet area of home, generous space beside bed for wheelchair or assisted access, near bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DRESSING Sufficient storage to avoid clutter, with drawers and shelves for clothing, closet rod, adequate lighting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SENSORY ISSUES Noise-reducing materials, visual links between activity areas, generous lighting, glare-free surfaces and fixtures, electrical outlets and controls within reach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUMBER OF CHECKED BOXES IN THE COLUMN

POINTS

x1

x2

x3

NUMBER OF CHECKED BOXES x POINTS

+

10

+

subtotal

BONUS

Add 1 point if your home has any of the following:

Open plan living (combined living/dining areas)

Bedroom and bathroom on main living floor

Built-in storage

PENALTY

Subtract 1 point for any of the following:

Narrow doorways (less than 32-in.)

Tripping hazards: steep stairs, doorway thresholds.



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INTERPRETING YOUR TOTAL:

4-7

Better make changes
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8-12

Include upgrades in
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13-16

Doing well – upgrades
are optional rather
than urgent



WORKING AND CARETAKING

Older adults today are more active than ever, and many wish to stay that way, even if they face some physical impediments. Planning for adaptable workspaces makes these wishes come true.

HOBBY AND PHYSICAL ACTIVITY AREAS

Provide appealing, well-lit areas for reading, doing arts and crafts, writing, exercising, and yoga. Place craft areas near a water source and provide for good ventilation, for convenient cleanup or odor control. Work surfaces should accommodate seated use, so install low storage with pull-out drawers. Exercise areas near a bathroom are convenient for post-workout showers. Use durable finishes with non-slip flooring.

PET AREAS

Pets provide companionship and may help soothe anxiety, provide security and peace of mind. Service dogs are being used to assist people with a variety of physical and emotional challenges. Provide space for feeding pets and storing pet food in bulk.

LAUNDRY

The laundry should be located near living spaces, ideally near sleeping and dressing areas, to minimize travel distances. Choose a side-by-side washer and dryer if space

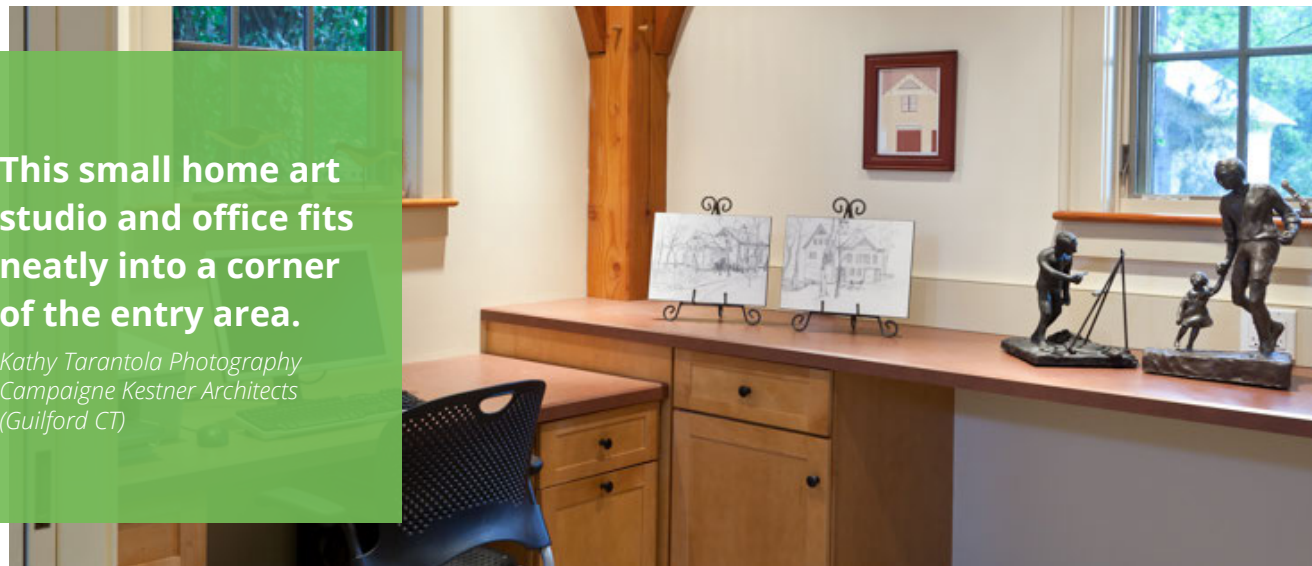
permits and install on a base or platform for easier access. Choose machines with easy-to-use controls with clear displays. Put supplies such as detergent or bleach on easily-reachable shelves. If space permits, provide a counter for folding laundry with kneespace below for a seated user.

STORAGE

Plan storage to be in easy-to-reach heights (typically 9-54 inches from the floor) and locate it near areas of use. Keep items off the floor. Plan storage for luggage, seasonal clothing, holiday decorations, and specialized activity gear such as golf bags, skis, or tennis rackets.


HEATING/ELECTRICAL SYSTEMS

Purchase thermostats that are easy to use. Radiant in-floor heat makes bathrooms and living areas comfortable and allows radiators to be eliminated. Consider a generator or battery backup to provide power for any specialized medical equipment.




This small home art studio and office fits neatly into a corner of the entry area.

*Kathy Tarantola Photography
Campagne Kestner Architects
(Guilford CT)*



Lining the wall with books makes a hallway more functional, and window seats add a welcome respite to the journey

*Kathy Tarantola Photography
Ralph Rorem Architect (Kankakee IL)*



Washer and dryer are within easy reach when placed side by side with a laundry-folding surface above

*Kathy Tarantola Photography
Campagne Kestner Architects
(Guilford CT)*

CHECK ONE BOX PER ROW

WORKING AND CARETAKING SCORE	Not at all like my home	Somewhat like my home	A lot like my home
LAUNDRY Near living/sleeping areas, front-loading easy-to-use appliances, space for hamper, and folding clothes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HOBBY/WORK AREAS Enjoyable areas for reading, arts, crafts, study, computer-use, yoga, exercise, with appropriate surfaces and plumbing/electrical services.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STORAGE Space for everyday and seasonal items, easy to reach and use, hazardous areas locked or isolated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TECHNOLOGY Comfortable indoor climate/temperature, easy-to-use controls, convenient electrical outlets/switches.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
UTILITY AREAS Durable non-slip floors and walls, easy care without self-injury, adequate light and power.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUMBER OF CHECKED BOXES IN THE COLUMN

POINTS

x1

x2

x3

NUMBER OF CHECKED BOXES x POINTS

+

100

+

$$=$$
subtotal

BONUS

Add 1 point if your home has any of the following:

Radiant heat in at least one room.

Built-in storage systems

Electricity generator

PENALTY

Subtract 1 point for any of the following:

Pet feeding and elimination intrudes on living areas.

Hard to clean surfaces and spaces



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INTERPRETING YOUR TOTAL:

4-7

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PROJECT PLANNING AND COST

GETTING ESTIMATES

Now that you know what you’d like to do, it’s time to consider cost and priorities. Find people who have done similar projects and reach out to general contractors. Remember that estimates can be low, in the absence of a detailed work plan with drawings and product selections, so allow for a hefty contingency of 30% to 50% this early in the process. (The contingency gets reduced as the project nears completion.)

CURRENT CONDITIONS

The current condition of your home is an important factor affecting construction cost and design. Renovations can trigger requirements for building code upgrades, or simply replacing damaged building materials such as rotted framing or mildewed drywall.

ECONOMIES OF SCALE

Small bathrooms require all the same tasks and trades as larger bathrooms, which means there’s an economy of scale to consolidating several areas into one bigger job.

MATERIALS

Materials can have a large influence on total project costs. Consider balancing style and novelty with purchasing overstock products or gently-used appliances. If you purchase certain big-ticket items such as cabinets or fancy tile yourself, you’ll avoid the builder’s markup. Of course, saving money requires time, so you’ll need to consider whether the savings are worth the extra effort.

SOFT COSTS

In addition to “hard” costs of construction, most projects also entail “soft” costs for design services such as architecture, engineering, interiors, and landscaping. If you’re planning an addition, your town may require a site survey and, depending on the location or nature of your project, additional approvals such as historic, conservation, zoning variances or special permits. And of course that new room will need new furniture!

FINANCING

You’ll need to balance costs with financial resources. Talk with banks about loan amounts and terms. Check out construction loans and home equity lines of credit. Explore grants and low-interest loan programs, which may be available in many states (for an example, see the Massachusetts Home Modification Loan Program). When renovations are medically-based, your insurance may cover part of the costs. Talk with your accountant as well, for such expenses may be tax deductible and should be itemized by the builder and designer.

The chart below illustrates how to prioritize projects to adapt your home for your future needs. Just write the topic area in the first column next to its score and add any additional comments. For example, if your score for “Arriving Home” was a 10 and the major issues you noted were lack of handrails and poor lighting, then you would write “Arriving Home” in the row labeled “10” and write “handrails/lighting” under comments.

	SCORE	PROJECT AREAS	COMMENTS
URGENT	4		
	5		
	6		
	7		
LONG-RANGE	8		
	9		
	10		
	11		
	12		
OPTIONAL	13		
	14		
	15		
	16		

FINAL WORDS



Your home is filled with memories and your neighborhood is likely home to many of your closest friends. Staying put is often people's first choice when expressing a preference for a place to enjoy into their senior years. We hope this guide has provided you with valuable information about adapting your home to your changing needs so that your home remains a sanctuary, and not a trap, as you age.



You have other options for your senior years. You may find that your home has too many urgent projects and that the cost of adapting your home to your changing needs is too high. You may also consider that many of the people with whom you have shared the neighborhood for all these years may choose to move somewhere else to enjoy their senior years.

Fiorente Media will be producing additional guides for other senior living choices. If you wish to receive any of these guides, you can email us at: **info@fiorentemedia.com** with the subject line: SENIOR LIVING CHOICES.

To provide us with any feedback about this guide, please send an email to: **info@fiorentemedia.com** with the subject line: STAYING PUT GUIDE.

We have included a resource guide in the following pages for your convenience. The resource guide lists companies that provide products and services that you may find valuable as you adapt your home.



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 www.twitter.com/FiorenteMedia



RESOURCE GUIDE

Sources for faucets, toilets, and other adapted bathroom fixtures



www.shop.ferguson.com

Boston, MA 400 Lynnway Rt 1A 781-592-1200

Newton, MA 56 Ramsdell St 617-630-0100

Marlboro, MA 405 Maple St 508-481-4221

Franklin, MA 22 National Drive 508-528-0006

Manchester, NH 293 Abby Rd 603-669-8100

Portsmouth, NH 126 Bridge St 603-436-3550

Mashpee, MA 106 Falmouth Rd 508-539-8704



www.us.kohler.com/us

Natick, MA Kohler Signature Store 323 Speen St
508-720-3820

Newton Upper Falls, MA Splash 244 Needham St
617-332-6662

Waltham, MA Bath Showcase 290 2nd Ave
781-487-2211

Westborough, MA Ultimate Bath Store 74 Otis St
508-768-0365

Burlington, MA Kohler Signature Store 19 Third
Ave 781-365-0168

Worcester, MA Spritzo 660 Lincoln St
508-853-5912

Roslindale, MA Threthewey Brothers 4280
Washington St 617-325-3283

Sources for bathtub and shower conversions



www.bathfitter.com

Nationwide 888-724-6173



www.operationindependence.net

Watertown, MA 325 School St 617-923-4545

info@operationindependence.net



www.rebath.com

Nationwide 1-800-BATHTUB

Manchester, NH 61 Elm Street 603-625-0303



massachusettswalkinbathtubs.com

Massachusetts 617-209-2881



www.safesteptub.com

Nationwide 800-810-5811



bostonwalkinbath.com

Massachusetts 781-229-0072



[americanstandard-us.com/bathroom/
walk-in-tubs](http://americanstandard-us.com/bathroom/walk-in-tubs)

Nationwide



www.hydrotherapybathing.com

Nationwide 888-323-4405



www.baystatebath.com

Pembroke, MA 55B Corporate Park Drive

508-534-2262



www.ameriglide.com

Nationwide 800-347-9076



www.cleancutbath.com

Nationwide 877-882-7837



Miracle Method®
SURFACE REFINISHING

www.miraclemethod.com

Nationwide 888-271-7690



www.bathplanet.com

Woburn, MA 2 Gill St Suite J 617-202-3422



stepthroughstore.com

Nationwide 866-400-4084



freedomshowers.com

Nationwide, 877-947-7769



www.bathwraps1day.com

Nationwide 877-727-7920

Advocacy and Community Organizations



www.ageinplace.org

Boston Chapter Ryan Cook, Chair
ryan@ExpectFirstClass.com



www.mcoaonline.com

Easthampton, MA 413-527-7138



www.livinginplace.institute

Nationwide, 888-467-3220



www.nahb.org/en/learn/designations/certified-aging-in-place-specialist.aspx

Certified Aging-in-Place Specialists (CAPS)

Nationwide, 800-368-5242

Bathroom remodeling Contractors



www.colonyhome.com/our-services/bathroom-remodel

Needham, MA 280 Hillside Avenue 781-917-3090

Wellesley, MA 781-235-7799

Norwood, MA 781-278-9977



www.custombathremodeling.com

Boston, MA 855-228-4863

Metrowest Boston, MA 508-202-0017



seniorbathroommakeover.com

Nationwide 888-364-5949



www.coreremodelingservices.com

Oxford, MA 9 Malden St MA 888-959-2673



safety-care.com/bathroom_kitchen_accessible.html

Woburn, MA 781-933-7205



www.accessibleconstruction.com

Nationwide, 866-902-9800

Medical supplies



www.medicalsupplydepot.com

Nationwide, 888-476-6545



www.byrnemedicalsupplies.com

/medical-supplies/2702782

Natick, MA 16 Main St 508-545-3494



www.fdimedical.com

Natick, MA 17 South Ave 888-300-6057



www.discountmedicalsupsplies.com

Nationwide, 888-444-6741



www.hdsupplysolutions.com

Nationwide, 877-694-4932

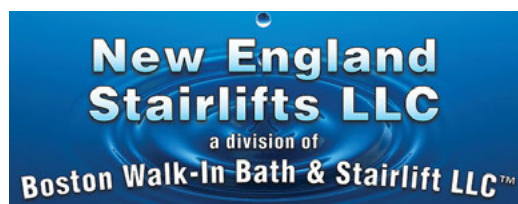
Stairlifts



www.stannah-stairlifts.com

Franklin, MA 20 Liberty Way

888-663-8401



www.nestairlifts.com

Boxborough,

MA 781-229-0072



www.liftandcaresystems.com/bruno-stair-lifts



H.D. BENNETT
Enterprises LLC

www.mobilityservicesworchester.com/stair_lift.html

New Braintree, MA 781-570-8014



www.mobilityandmore.com

Newburyport, MA 978-463-3640



www.operationindependence.net

Watertown, MA 325 School St 617-923-4545

info@operationindependence.net



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www.freedomliftsonline.com

Connecticut: 860-774-0736

Massachusetts: 508-669-7969

Rhode Island: 401-348-2033



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