

Simple Home Modification for Aging in Place

Leader's Guide

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Agent

Introduction

There are many factors why people want to stay in their homes longer as they age, including the sense of freedom, the need to be surrounded by familiar possessions and loved ones, as well as memories and the financial advantages associated with living at home. Aging in place has become a universal term.

As a universal term, some use “aging in place” in reference to never moving again. Retirement communities use the term to describe how buying into their housing, they will be able to meet your needs as you age and you will never have to leave the “community,” although you might have to switch “apartments.” Cities across America use the term to describe neighborhoods and how the populations in those neighborhoods are getting older and the difficulty that the residents might have as their neighborhoods age with them.

For this lesson, we will use the definition by the National Association of Home Builders. Aging in place is “remaining in one’s home safely, independently, and comfortably, regardless of age, income, or ability level. It means the pleasure of living in a familiar environment throughout one’s maturing years, and the ability to enjoy the familiar daily rituals and the special events that enrich all our lives. It means the reassurance of being able to call a house a ‘home’ for a lifetime.”

Objectives

After the lesson, participants should:

- have a better understanding of what it means to “age in place,”
- recognize the cost associated with aging in place versus residential living,
- be able to complete simple home modifications to help people age in place,
- know where to find more information on simple home modifications, and
- be able to assess living space for aging in place.

Intended Audiences

This lesson is written for individuals who would like to learn more about simple, cost-effective changes that can be made in homes to allow people to live longer in their homes comfortably and safely.

Before the Lesson

Review the materials in this leader’s guide and the fact sheet (MF3058). A PowerPoint presentation will also be available by email request from Carol Ann Crouch at ccrouch@ksu.edu. The slide show gives a table to show the difference in the cost effectiveness of making simple modifications verses living with assistive care or in a residential home. It will also have color photos of sample products available through retail outlets to assist in home modifications. Make copies of the evaluation on the back page for participants.



References and Resources

Eldercare of Kansas

<http://www.eldercareks.org/>

ElderCare, Inc.

P.O. Box 1364

1819 11th St.

Great Bend, KS 67530-1364

Home Services

620-792-5942

877-792-5942

Friendship Meals

620-792-1241

1-800-530-5068

Kansas Department on Aging:

www.agingkansas.org

Kansas Department on Aging

New England Building

503 S. Kansas Ave.

Topeka, KS 66603-3404

KDOA Telephone Numbers:

785-296-4986

1-800-432-3535 (in KS only)

TTY Number: 785-291-3167

Fax: 785-296-0256

E-mail KDOA:

wwwmail@aging.ks.gov

Please include your name, address and phone number in your e-mail so we can be sure to get in touch with you to answer your questions.

Public Record Requests:

To request any public record from the Kansas Department on Aging, please call the Freedom of Information Officer at 1-800-432-3535.

Southwest KS Area Agency On Aging:

www.swkaa.org

SouthWest Kansas Area Agency on

Aging, Inc.

P. O. Box 1636

Dodge City, Kansas 67801

U.S. Department of Housing and Urban Development (HUD)

http://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens

U.S. Department of Housing

and Urban Development

451 7th Street S.W.

Washington, DC 20410

Telephone: 202-708-1112

TTY: 202-708-1455

Introduction Suggestions

To assist the audience in becoming involved in the topic, ask them a few of these questions:

- What do you want for yourself for the future? Do you want to age in place (in your own home) or move as you age?
- Do you currently live in a place you feel is adequate for aging in place?
- Do you feel you can afford to make changes to your home to make it easier to remain in it as you age?
- Do you know where you can find more information on simple home modifications?

To Share With the Community

- Place a display at community health fairs or county health clinics.
- Place information at the local senior sites.
- Have materials available with links on your local K-State Research and Extension office website.

Why Modify Homes?

1. Cost of Care

As people are living longer, there is a greater need for them to live where they are familiar with their surroundings. As the costs associated with assisted care, assisted living, and nursing homes increase, people are starting to realize that many cannot afford residential living.

Nursing Homes

Daily private-pay rates for long-term (custodial) nursing home care were obtained for private and semi-private rooms in licensed facilities throughout the United States.

National average rates for a private room increased by 4.4 percent, from \$229 daily or \$83,585 annually in 2010, to \$239 daily or \$87,235 annually in 2011. National average rates for a semi-private room increased by 4.4 percent, from \$205 daily or \$74,825 annually in 2010, to \$214 daily or \$78,110 annually in 2011.

Assisted Living Communities

Monthly private-pay base rates, which are defined as room and board and typically include at least two meals per day, housekeeping, and some personal care assistance, were obtained for one-bedroom apartments or private rooms with private baths in assisted living communities.

National average assisted living base rates increased by 5.6 percent, from \$3,293 monthly or \$39,516 annually in 2010, to \$3,477 monthly or \$41,724 annually in 2011. In Kansas, this cost averaged \$3,188 a month or \$38,256 per year. If the facility has individually assessed levels of care, additional cost will be applied and will vary. There may be charges for other miscellaneous needs, such as parking, personal care, and additional meals.

Kansas City Regional Office

400 State Avenue, Room 200
Kansas City, KS 66101-2406
Derrith Watchman-Moore
Regional Administrator 913-551-5462
Fax: 913-551-5469
Email: ks_webmanager@hud.gov
Region VII, Kansas City KS

AbleData

Premier source of assistive technology products
They do not sell products, but can help you locate
companies that do.

<http://www.abledata.com/abledata.cfm>

AbleData

8630 Fenton Street, Suite 930

Silver Spring, MD 20910.

Phone: 800-227-0216 or 301-608-8998

Fax: 301-608-8958

TT: 301-608-8912

Email: abledata@macrointernational.com

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K-State Research and Extension – Stevens County

Home Care Services

Hourly private-pay rates were obtained for home health aides from licensed agencies and for agency-provided homemaker/companion services. The 2011 national average private-pay hourly rates for home health aides and homemaker/companion services remain unchanged from 2010 at \$21 and \$19 respectively.

Adult Day Services

Private-pay daily rates were obtained for adult day services. Adult day services national average daily rates increased by 4.5 percent, from \$67 in 2010 to \$70 in 2011. In the state of Kansas, the average cost is \$89. If an older person attended an adult day care service care facility 250 times per year at the average cost of \$89, the annual cost would be over \$22,250.

So, as you can see, being able to modify a person's home can be beneficial for a person's financial stability as well as well being.

2. Independence

If people are allowed to stay in their homes, they maintain a certain amount of independence. They can decide for themselves when to sleep, what to eat, and what to watch on television. They can also entertain guests when they choose. They will also be less limited in many of their day-to-day decision making opportunities.

3. Safety

Making small changes in the home can increase the safety of those who reside there. These safety elements are often easy and inexpensive to do and can prevent many of the accidents that might occur in the home. Accidents can also present financial strains. Review the home safety checklist on the fact sheet.

Simple Home Modification for Aging in Place — Evaluation

Thank you for participating in our program! To help us improve this program further, we would like to gather your responses to the questions below. Your participation is voluntary, and you do not have to respond to any questions you do not want to answer. This information will only be used for program evaluation purposes, and you will not be identified in any way by the information you provide.

Date: _____ Program County: _____ Instructor: _____

ID Number (Agent Use Only): _____

1. Because of your participation in this program, did you learn anything new?

Yes No

If yes, what did you learn?

2. Gender: Female Male

3. Your Age: _____

4. Marital Status (check one): Married Single Widowed

Single, living with partner Separated or Divorced No Response

5. Do you provide care for someone else? Yes No

6. Because of this program, I understand that home modification can be cost effective in certain instances.

Strongly Agree Agree Neutral Disagree Strongly Disagree

7. Because of this program, I understand that home modifications may be fairly simple to implement.

Strongly Agree Agree Neutral Disagree Strongly Disagree

9. Because of this program, I understand options related to home modifications.

Strongly Agree Agree Neutral Disagree Strongly Disagree

10. Because of this program, I understand that home modification products or services may be available in my community.

Strongly Agree Agree Neutral Disagree Strongly Disagree

11. Please provide any additional comments you may have:

12 May we contact you later to talk with you about this program? Yes No

If yes, please leave your contact information.

Name: _____

Address: _____

Phone: _____

Email: _____

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Kansas State University, August 2012.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

MF3059

August 2012

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