

Holistic Home Improvement

What is aging in place? Aging in place is the act of remaining in our homes and communities as we get older, as opposed to moving in with family or entering a nursing home or assisted living facility.

I recently read an interesting report prepared by Marianne Cusato, Adjunct Associate Professor at the University of Notre Dame. Cusato discusses a study that aging in place should start with a holistic approach to home improvement.

Many homeowners don't directly relate how home improvements made today may affect their quality of life in the future. Every home project offers an opportunity to create a home that may allow the owner to live comfortably for years to come. Cusato states that people don't think of themselves as aging as there is no specific age at which people become officially "old". The stigma surrounding aging keeps most people in denial long past the point at which the process is clear.

So how do we prepare for aging in place when we don't admit we're aging? The first step involves performing regular maintenance and completing projects to keep our homes in good condition. By doing that, we can then add the aging related projects as aging specific needs become present. Cusato explains that taking a holistic approach to home improvement lays the foundation to help homeowners live better now and later, no matter their current age or objective. And they don't have to call it aging in place to reap the benefits!

Here is a planning pyramid that shows this approach.



By having a home in good working order and realizing how home improvements and technologies can work holistically to create a foundation for future needs, owners can work their way from the bottom to the top as needs become apparent.

To download the complete report, here is the web address.

<https://www.homeadvisor.com/r/wp-content/uploads/2017/11/DP3971-Print-AgingInPlace->