



BUILDING A FRAMEWORK FOR HEALTHY HOUSING

Changing Our Homes as We Age: Results from Formative Research

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Changing Our Homes As We Age

- Personal concerns as one ages
- Attitudes and perceptions toward home modification
- Modifications...and willingness to make them
- Modifications...and terms to describe them



Personal concerns as one ages

- Physical and financial health: two most critical elements
 - For persons over 65, it's about avoiding conditions that limit independence and mobility
 - For persons under 65, it's being prepared to live a full and active life before and during retirement



Attitudes and Perceptions

- Older participants have already had the experience of caregiving and/or making changes to a friend or family member's home.
- Younger participants have not made changes...and don't plan to anytime soon.



Modifications...and willingness to make them

- Low-to-modest cost changes
 - Maintenance check lists
 - Weatherizing
 - Having fire extinguishers
 - Having appropriate lighting
 - Removing/fastening floor coverings



Modifications...and terms to describe them

- Upgrades / fix-ups / changes
- “comfort and safety”
- We need to develop a new vocabulary for talking about these issues and for getting individuals to make the small, incremental changes important to maintaining independence.



Some Modest Suggestions

“My swing is as strong as ever, but everyone needs a little help carrying in the groceries” [identify with a celebrity]



Some Modest Suggestions

“Put in better outdoor lighting...so you can see when your daughter gets home from her date”
[intergenerational notion]



Some Modest Suggestions

- “I’m widening my doorways...to make room from my new wide-screen television” [for active aging]

