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## **All About Aging in Place**

Aging in Place means living in one's home independently regardless of age or ability. **How big is Aging in Place?**

- 89% of people 50+ wish to remain in their own homes indefinitely (AARP).
- 75% of remodelers have seen an increase in requests for aging in place work (NAHB).
- 60% of remodelers already perform aging in place work (NAHB).
- Over half of all 55+ households rate their current home a 9 or 10 out of 10 (American Housing Survey).
- The aging population is the number two issue to affect the remodeling industry over the next five years, only behind the availability of skilled labor (NAHB).

### **What is the National Association of Home Builders doing to address the aging population?**

NAHB, in partnership with AARP and the NAHB Research Center, developed the Certified Aging-in-Place Specialist (CAPS) program – the only national educational designation designed to teach professionals how to modify homes for aging in place. Since 2002 more than 1,600 have completed CAPS, making it the fastest-growing education program at NAHB.

### **What should my home contain if I want to age in place?**

- A master bedroom and bath on the first floor.
- A low or no-threshold entrance to the home with an overhang.
- Lever-style door handles.
- No change in levels on the main floor.
- Bright lighting in all areas, especially places like stairways.
- A low-maintenance exterior.
- Non-slip flooring at the main entryway.
- An open floor plan, especially in the kitchen/dining area.
- Handrails at all steps.

### **What are some techniques CAPS-trained professionals use?**

- Lighting from multiple directions – reduces glare and shadows.
- Light sockets with more than one bulb – redundancy in case one bulb burns out.
- Stacking closets for a future elevator shaft.
- Contrasting colors for depth perception – use a different color counter (or edging around the counter) than the floor, staining the edge of the stairs a darker color than the rest of the steps.
- Convenience shelf at an entry way to place your grocery bag while getting your keys.

To learn more about aging in place, contact Kelly Mack at 202-266-8451 or via email at [kmack@nahb.com](mailto:kmack@nahb.com). Learn more about remodeling at [www.nahb.org/remodel](http://www.nahb.org/remodel).