

# AGE-IN-PLACE DESIGN

## WHY LONG-TERM PLANNING IS CRITICAL

### living spaces

Courtesy of **Amy Lauerhass**, Bexley resident, owner of Lauerhass Architecture

Most people do not think about aging in place until it is too late. However, it is never too early to think about ways you can make your home more user-friendly. If you are a young couple, maybe you have aging parents that want to come and visit? If you're in middle age, do you have an impending knee surgery approaching? Perhaps there has been an accident, and a leg or ankle was broken. If you are in retirement, would you like to stay in your home as long as possible? These are questions we all ask ourselves as we move through our life journey. If you are considering renovations to your home, consider these ideas to make your home flexible for many years to come.

### FLEX SPACE

Consider a first floor room that can have serve multiple functions. Maybe it's a playroom early on, then becomes an office, and eventually a first floor bedroom. Having a flexible space that can change with your family is the best way to prepare your home for whatever comes next.

### BATHROOM

Having a full bath close by the flex space is important if you eventually want to use this space as a bedroom. Doing a first floor bath renovation, but don't need the shower right away? Do the rough plumbing now, and make the future shower space a closet until you are ready. Consider a zero-entry shower if you think a wheelchair may be in your future. Also during renovation, install solid blocking in the walls, so grab bars can be easily installed later.

### KITCHEN

If you are planning a kitchen renovation, make sure to include lots of pull-out shelves or drawers. They are much easier to use than regular base cabinets with fixed shelves.

### EXTERIOR

Hire a landscape architect to provide you with a low-maintenance planting plan. A professional designer can help you plan a beautiful garden that is easy to maintain over time.

### FALL PREVENTION

Falls are the number one cause of injuries in senior citizens. Taking some steps to prevent falls is a vital component to aging in place. Make sure your floors are non-slip. Use night lights with photocells for safely moving about after dark. Most



important: declutter! The less stuff you have, the fewer trip hazards there are.

All of us will eventually get to the point where we cannot care for our homes or ourselves, and it makes sense to move on. But until then, make your home ready for whatever comes next. For more detailed information, the National Association of Home Builders ([www.nahb.org](http://www.nahb.org)) offers a great "Aging-in-Place Remodeling Checklist."

## Isn't Your Home Worth It?



Lauerhass Architecture

*Specializing in Renovating Bexley Homes  
for over Twenty Years!*

*Amy Lauerhass - President*

614-371-3523 | [LauerhassArchitecture.com](http://LauerhassArchitecture.com)