



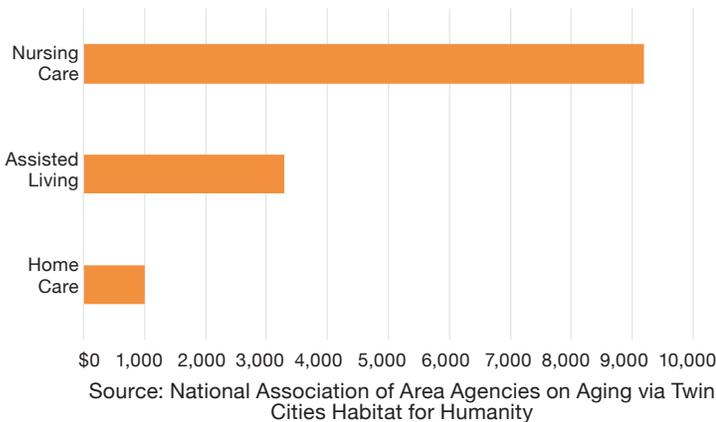
UFF-DA!

Useful Facts and Figures— Data for Affiliates

Age in Place – October 2018

Age in Place (AIP) is a nationally recognized Habitat for Humanity program that helps people ages 65 and older remain safely in their homes by completing affordable modifications or repairs. Most Age in Place programs offer both indoor and outdoor services including grab bars, improved lighting and flooring, ramps and other improvements for easy mobility. This program recognizes the benefits to both homeowner and community that come with keeping residents in their homes safely for longer.

Average Monthly Cost Comparison (Thousands of Dollars)



Why Age in Place?

When Twin Cities Habitat began the repair program A Brush with Kindness (ABWK), the goal was to fill a need: repairs for low-income homeowners. **Of those who have benefitted from ABWK, half are seniors**, many of whom wish to stay in their homes but cannot do so safely.

According to Wilder Research*, **16,400 houses in Minnesota (32% of low-income older adult homeowners) need home rehabilitation or improvement** to successfully age in place over the next five years. Many homes were not designed for safe aging: narrow doorways, steep stairs, poor lighting. Falls are the number one reason older adults need to leave their homes.

Habitat's AIP Program aims to combat these issues and keep older adults in their homes and contributing to their communities for longer.

*"An Assessment of Home Renovation and Rehabilitation Needs of Older Adult Homeowners in Minnesota" December 2016



Homeowners in Douglas County (Age in Place)

"My husband is able to be more independent. He can use the ramp to get outside without my help. He now gets more exercise with less worry about falling." — Douglas County Aging in Place homeowner

Increasing home safety to prevent falls and the related expenses is a goal of Age in Place programs.

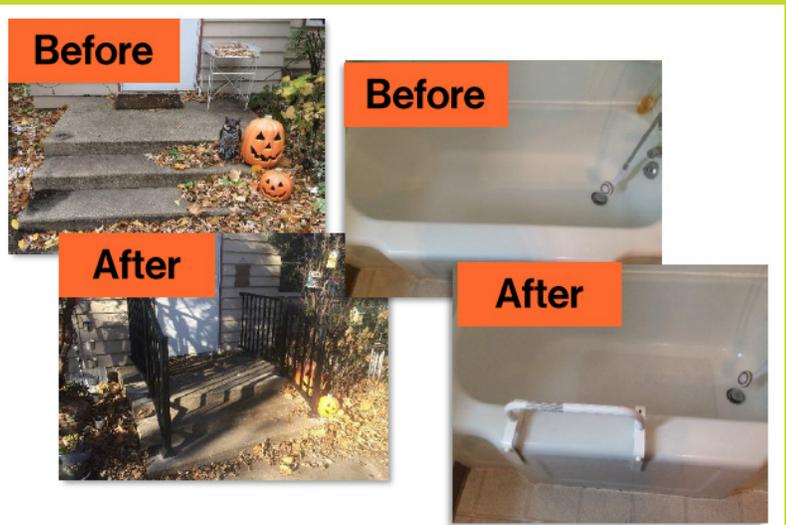
1/3 of older adults fall annually, resulting in approximately:

700K hospitalizations

\$34B in health care costs

2.5M emergency department visits ¹²

Source: Twin Cities Habitat for Humanity



"Before" and "After" shots from one of Douglas County Habitat's Aging in Place projects that required the installation of handrails and grab bars.

Twin Cities Habitat: Age in Place

The population over age 65 is growing rapidly, as is demand for preserving their homes. **Less than 5% of current housing is built to allow those with moderate mobility issues to navigate safely.** Twin Cities Habitat responded to the needs of aging Minnesotans by creating the Age in Place program. Modifications completed by Twin Cities Habitat include grab bars, hand-held showers, improved lighting, safer flooring, extra railings, and yard cleanup. The depth and scope of services will expand as the program grows. In addition, older people may still struggle to receive other critical services such as medical appointments and nutritious meals. Twin Cities Habitat will partner with critical agencies that provide food, health care, transportation, and companion services to increase the likelihood older homeowners can age in place longer.

Rochester Habitat: Aging in Place

Rochester Habitat's Aging in Place/Critical Home Repair Policy was approved in August of 2018. The program originated as a 2017 Home Preservation Initiative, in which most families served were people ages 55 and older. Realizing this, the program evolved. **AIP will serve at least 15 families in 2019**, with plans to increase that number in the future. The program focuses on enhancing the health, safety, and livability of homes. Potential repairs include, but aren't limited to, roof replacements, decks, wheelchair ramps, platforms, major plumbing fixes, and extreme weatherization. **Empowering families to stay in their homes not only saves thousands of dollars on institutional care, but keeps homes livable**, improving neighborhoods and keeping the homeowner and home a viable part of the community.

Western Lake Superior Habitat: Aging in Place

Western Lake Superior Habitat pursues Aging in Place projects in clusters, bringing in volunteers and community members to complete several projects in a few days. The goal is to keep seniors in their homes as long as they want and as safe as possible. Work can include, but isn't limited to, stair and deck rebuilding; installing ramps or steeper steps, railings, and siding; window repair; painting; and landscaping.

Sweat Equity: the recipient(s) of the work give back to the community in one of many ways, such as writing thank you notes, hosting volunteer sign-in, participating in a neighborhood watch, starting or maintaining a community garden, or volunteering at the Habitat ReStore.

Douglas County Habitat: Aging in Place

Douglas County Habitat serves **37,000+ residents in Douglas County, 23% of whom are 65 years or older.** This group will have the largest growth rate in population in the next 30 years, and their homes will need repairs that may be deferred, as seniors cannot afford them, don't know how to complete them, or don't know who to call for completion of the repairs.

The organization's AIP program creates an environment where older adults can continue to learn and contribute, live independently, and receive community-based health care and support services. Improvements in safety, accessibility, or energy-efficiency in homes are the main focus; projects include installing grab bars, ramps, railings, raised toilet seats, smoke/carbon monoxide detectors, secure door locks, weather stripping, and stair gates.

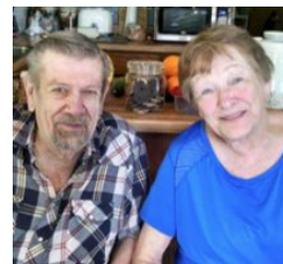


Volunteers work on an Age in Place project, building stairs for a home in Two Harbors.

What's Next?

Twin Cities Habitat is working to partner with other critical agencies. Their first partnership is with Allina Health, working with older patients who need but cannot afford home modifications. This partnership is based on a CAPABLE study by Johns Hopkins University, which shows dramatic improvement in daily living activities of older adults who worked with a nurse, occupational therapist, and maintenance person. Twin Cities Habitat is one of 5 US affiliates piloting CAPABLE, working with Habitat International to create an impactful, sustainable, replicable model.

Age in Place is still a new program. As affiliates who implemented it have data and information to share on its value, other Habitat organizations may follow the example of the four discussed above.



"The most cost-effective way to provide homes that are affordable for Minnesotans is to maintain and preserve the homes and apartments we already have."

Source: Prosperity's Front Door goals and recommendations

Learn More!

At the 2019 Habitat Affiliate Conference, held in Atlanta, a panel including Pat Lund (Twin Cities Habitat), Kevin Worden (Rochester Habitat), and Sara Gronholz (Douglas County Habitat), will speak about the Age in Place program. Find information about the conference [here](#).

Other Age in Place Resources:
[Douglas County Habitat](#) [Twin Cities Habitat](#)
[Western Lake Superior Habitat](#)
[Habitat International](#)



"After" shot from a home in Douglas County where a ramp was added for better accessibility.