



UFF-DA!

Useful Facts and Figures— Data for Affiliates

Age in Place – October 2019

The vision of Age in Place (AIP) is that everyone deserves the opportunity to age with dignity in their own home and community. AIP is a nationally recognized Habitat for Humanity program that helps people ages 65 and older remain safely in their homes by completing both indoor and outdoor affordable modifications or repairs. This program recognizes the benefits to both homeowners and communities that come with keeping residents in their homes safely for longer.

Only 3.8% of housing units in the US are suitable for individuals with moderate mobility difficulties.*

*Center for Disease Control and Prevention

Why Age in Place?

- In the state of Minnesota, the population of **those 65 and older will more than double by 2035.***
 - Close to **90% of seniors want to remain in their homes** as long as possible.
- The unprecedented growth in the baby boom generation will create an **unsustainable strain on Social Security, Medicare, and especially housing.**
- **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.**

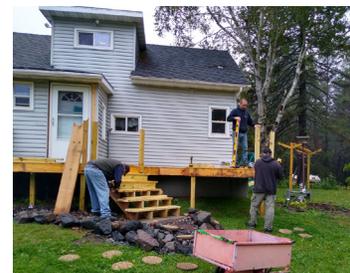
Habitat’s AIP Program aims to combat these issues and keep older adults in their homes and contributing to their communities for longer.

*[Wilder Research](#): “An Assessment of Home Renovation and Rehabilitation Needs of Older Adult Homeowners in Minnesota” December 2016

Background

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. Twin Cities Habitat began Age in Place as a way to support these seniors, and several other Habitat affiliates in Minnesota have recognized the same need in their communities. Four Minnesota affiliates have official Age in Place programs:

- Twin Cities Habitat
- Douglas County Habitat
- Western Lake Superior Habitat
- Two Rivers Habitat



Western Lake Superior Habitat: Volunteers from Stanley LaBounty install handrails and steps for a deck on a home near Two Harbors.

“Habitat’s Aging in Place work has allowed me to live independently in a safe environment without fear of falling. To be able to live in my home means so much to me and gives me a positive attitude every day” –Douglas County Aging in Place homeowner

1/3 of older adults fall annually, resulting in approximately **700,000** hospitalizations **\$34 billion** in health care costs **2.5 million** emergency department visits

Source: Twin Cities Habitat for Humanity

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



Douglas County Habitat: Improvements made to help older homeowners safely move about their homes



No-step door threshold

CAPABLE: Community Aging in Place - Advancing Better Living for Elders:

An evidence-based, holistic model from Johns Hopkins for Aging in Place projects, showing dramatic improvement in daily living activities of older adults who worked with a nurse, occupational therapist, and maintenance person.

Twin Cities Habitat: Age in Place

• Program kicked off October 2018 after years of research and served 35 homeowners so far
Allina Home Health Partnership: Habitat and Allina are the first organizations in Minnesota to replicate CAPABLE, which connects healthcare and home modification organizations to create a healthier patient and safer home environment to help older homeowners more effectively age in place. Many older adults have a strong connection with their healthcare provider. This bond laid the groundwork for Habitat to build on a trusting relationship and successfully complete prescribed modifications. Habitat and Allina staff work closely to listen and understand the needs of their patients/homeowners and together develop a plan that helps them accomplish goals of functioning better, being healthier and navigating their homes more easily. Both Habitat and Allina Health understand that creating a safe, stable home is critical to creating a healthy, stable life. **Because of the tremendous success of this initial partnership with Allina Health, Twin Cities Habitat is looking to expand Age in Place healthcare partnerships in 2020.**

Douglas County Habitat: Aging in Place

• Program launched September 2017 with a grant from the Alexandria Community Foundation and has completed 16 projects so far
Live Well at Home and CAPABLE: In 2019, Douglas County Habitat was awarded a grant from the Minnesota Department of Human Services for their AIP program, allowing them to implement the CAPABLE program. Douglas County is excited for the opportunity to expand their Aging in Place program to include the holistic approach of CAPABLE.

Need: The Douglas County 65+ population is the largest growing segment in the area and will be for the next several years, so the need for Aging in Place is great. Douglas County Habitat has worked hard to create awareness—47 presentations in 2018! Many projects have been in the rural parts of Douglas County. “Many seniors are willing to pay; they just don’t know who to call and can’t do the work themselves. They are so great to work with,”—Sara, Douglas County Habitat



Western Lake Superior Habitat: Volunteers from RAM Mutual Insurance help install handrails and level the deck on a home in Proctor.

“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.”*
**Prosperity’s Front Door goals and recommendations*



Western Lake Superior Habitat: A St. Matthew’s (Esko) volunteer removes brush from a home in Cloquet.

Learn More!

[Douglas County Habitat](#) [Twin Cities Habitat](#)
[Western Lake Superior Habitat](#)
[Habitat International](#)

Questions about Aging In Place? Contact AIP@habitat.org to get in touch with Habitat International staff.

[Frequently Asked Age in Place Questions](#)

What’s Next?

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. Several Habitat affiliates also serve older homeowners as part of their A Brush of Kindness program.

Two Rivers Habitat: Aging in Place

• Program began in 2017 as a Home Preservation Initiative, evolving to an Aging in Place/Critical Home Repair program and 6 projects were completed from April 2018-April 2019
Recent key projects: Fixing a leaky roof; fixing a leaky roof, damaged floor, plumbing leak, and front entrance railing; adding a ramp to a homeowner’s back entrance as his health disallows the use of stairs

“Simply put, empowering families to stay in their ‘forever homes,’ even just a few years longer, can save tens of thousands of private and public dollars that would otherwise need to be spent on institutional care.”—Kevin, Two Rivers Habitat

Western Lake Superior Habitat: Age in Place

2019 Highlights

- Over 550 hours of volunteer labor on 14 projects
- Projects in four communities: Proctor, Silver Bay, Two Harbors, Cloquet
- Projects included installing railings on decks and stairs, repairing sidewalks, removing hazardous branches, and weatherizing porches and house skirting

Program Goals: Continue to complete high-quality repair projects, hopefully growing the number to continue to affect lives of older adults in the area. Continue to partner with local organizations, businesses, and congregations so the program will keep growing and being successful with local ownership of its success.