

## Age in place and CAPS: what this that?

How long do you plan to live in your current home? If you're like the majority of Americans over the age of 45, you want to continue living in a familiar environment throughout your maturing years. According to the AARP, older homeowners overwhelmingly prefer to age in place, which means living in your home safely, independently and comfortably, regardless of age or ability level. How should you modify your home to make it more comfortable? To age in place, you will probably need to modify your house as you mature to increase access and maneuverability.

These modifications range from the installation of bath grab bars, wider doorways, and adjustment of countertop heights, to the creation of multifunctional first-floor master suites and the installation of private elevators.

Who can you rely on to modify your home? Builders



As the baby boomer generation reaches retirement, they often find themselves planning renovations to their homes that will allow them to "age-in-place" in comfort and safety.

should be licensed contractors with the state of Louisiana, which requires them to pass an exam and provide proof of insurance, or registered home improvement contractors. Some remodelers have taken

the step to become a Certified Aging-in-Place Specialist (CAPS) through the National Association of Home Builders, which requires additional education and testing. A Certified Aging-In-Place Specialist (CAPS) has been trained in the unique needs of the older adult population, aging-in-place home modifications, common remodeling projects and solutions to common barriers.

The CAPS designation is a

reliable way to identify a professional to modify your home. CAPS professionals have been taught the strategies and techniques for designing and building aesthetically enriching, barrier-free living environments, while adhering to strict codes and standards. They address common remodeling expenditures and projects, product ideas and resources needed to provide comprehensive and practical aging-in-place solu-



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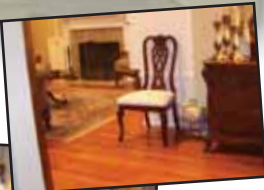
A walk-in shower with grab bars provide safety and security for aging homeowners.

tions. The NAHB Remodelers, along with its Research Center, Seniors Housing Council and the AARP, developed the CAPS program to address the growing number of consumers who will soon require these modifications.

*This information provided by the NAHBRemodelers® Council of Greater Baton*

*Rouge. For a listing of reputable, proven home builders in your area - including certified remodelers - visit their website at [www.capitalregion-ba.com](http://www.capitalregion-ba.com) or call 225-225-761-2800 or email [info@lhba.org](mailto:info@lhba.org). Contact the NAHBR of Greater Baton Rouge for a list of CAPS certified remodelers.*

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