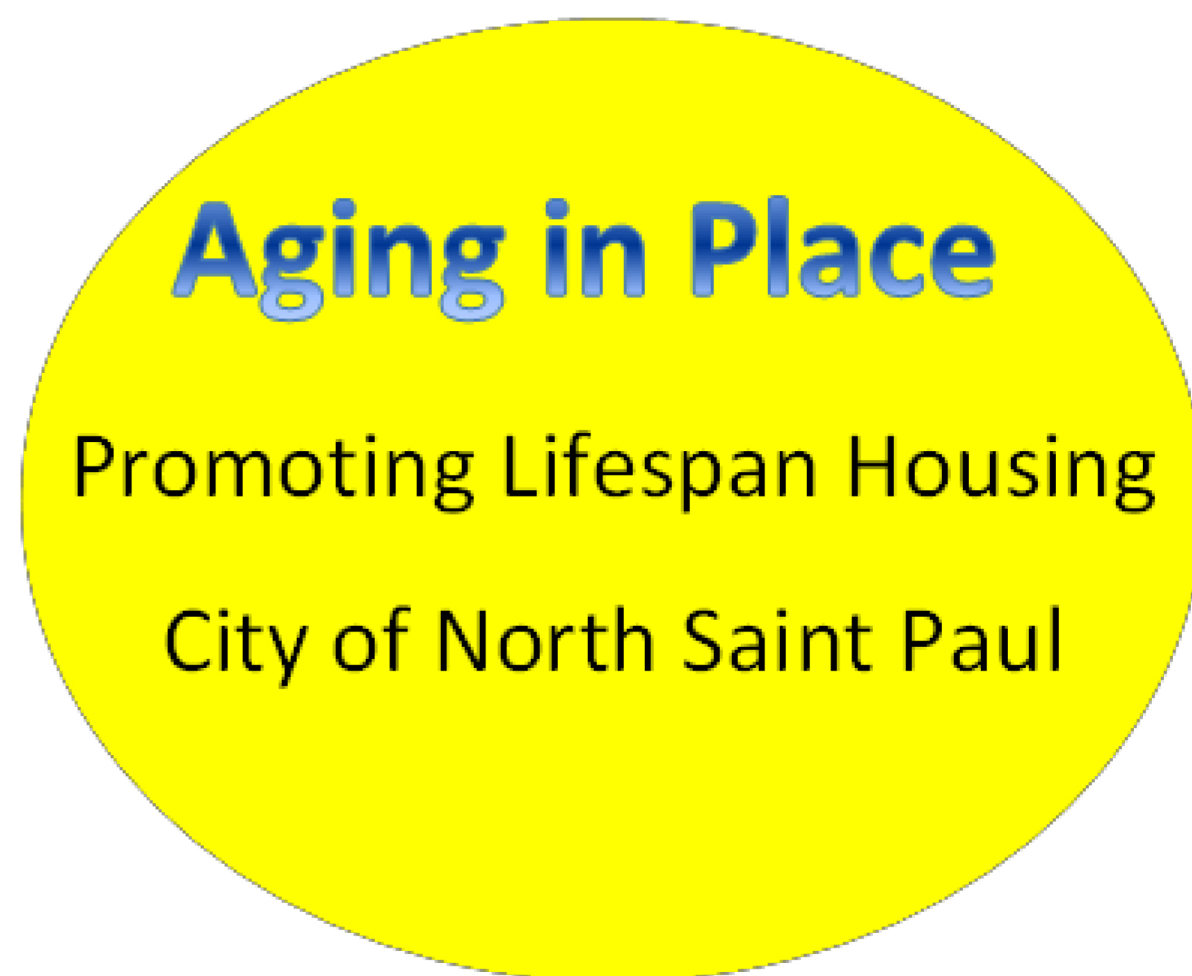


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Course HSG 5481 Fall 2013
Promoting Independence in Housing and Community
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Research question:

- Are aging homeowners preparing their homes to support independent living?
- What do they need from the city to age in place?

“Aging in place is the process through which older adults continue living in their own homes for as long as possible without relocating to a living environment designed for aging”

- Henry Cisneros, former Secretary of HUD

Methodology:

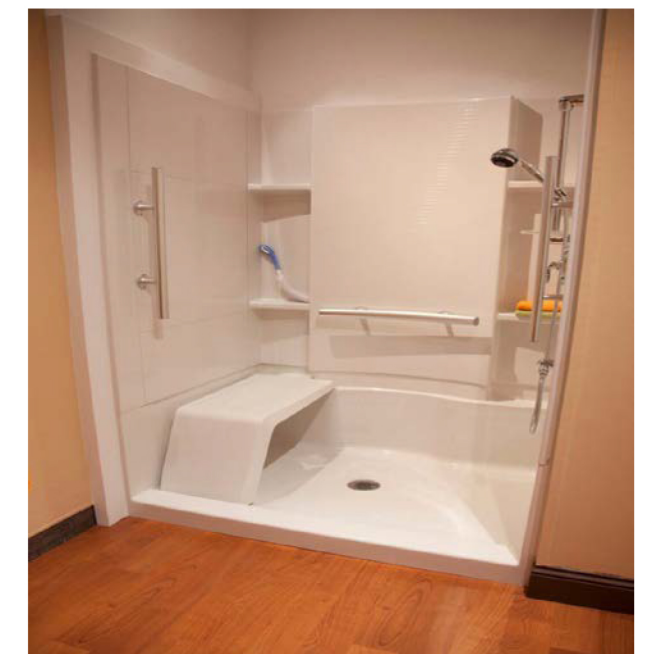
Scan of demographics and housing conditions	<ul style="list-style-type: none"> a. Resident presentation and neighborhood tour b. Census and trend data c. North Saint Paul Comprehensive Plan
Qualitative interview survey of North 23 St. Paul seniors	The qualitative data were analyzed to identify themes which were compared to information from a literature review.
Literature review	<ul style="list-style-type: none"> a. Human Changes with aging b. Useful home modifications c. Universal Design d. Gero-technology
Interviews with Key Informants	<ul style="list-style-type: none"> a. Best practices of loan programs b. Best practices of contractors

Findings:

- Senior citizens in North Saint Paul resemble the nation; 90% of those interviewed intend to stay in their home as they age. They identified needs for sidewalks, street lighting and help to adapt homes.
- Home modifications utilizing gero-technology and Universal Design principles can create adaptable, accessible, smart homes to decrease ~~rate of~~ functional decline, prevent falls, improve activity patterns, and increase equity values.
- The City of North Saint Paul can preserve and protect housing stock and promote quality of life through strategies that help homeowners age well in their own homes and remain active in the community.

Recommendations:

- Encourage walkability with sidewalks and lighting
- Gero-technology – assistive devices
- Universal Design principles
- Home modifications resources including contact information for specialized trades



Example of Universal Design zero step shower

Acknowledgments

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Reference:

Cisneros, H., Dyer-Chamberlain, M., & Hickie, J. (2012). *Independent for life: Homes and neighborhoods for an aging America*. Austin, TX: University of Texas.