

You'll go farther with aging in place



JOMA
CONSTRUCTION
ATHENS ★ GEORGIA

aging in place

the consideration of how one will stay living at **home** with comfort and safety in mind.

Aging in Place is not an installation of generic safety apparatus that just reminds you that you are “old.” Nor should it be a simulation of a care facility meant to alienate you from the familiar feel of home.

Aging in Place reviews every aspect of your home to create a better quality of life, now and forever. It means eliminating small annoyances before they become hazards as you or your loved one experience changes in ability.

You will go farther with Aging in Place. That is, by avoiding injury and fatigue where you spend the most time, you will have the strength and health to follow your dreams where ever they may take you.

Simple solutions for you to start today.

- Place a small table or surface near your main entrance to place things that go with you when going in and out of the doorway. Grocery bags and coffee mugs can create a clumsy situation.
- Display clearly visible street numbers for simplified emergency response.
- Don't use scatter rugs or layered rugs that could be a trip hazard. Do use non-slip anti-fatigue mats in bathrooms and kitchen. Make sure floor coverings are firm and low pile for a confident step.
- If your mobile phone is not with you at all times, add phones to multiple rooms in the home.
- Add a fire extinguisher to an easily accessible place. Test your smoke and CO² detectors regularly.

JOMA Construction serves Athens as
National Association of Home Builders
Certified Aging in Place Specialists





the checklist

Use this checklist to begin assessing your home.

Living

- Doorways are all at least 32" wide throughout house. 42" hallways or greater are ideal.
- Primary living area on main floor of home.
- Levered door handles for easy grip.
- Light switches Located at entry of rooms. Use rocker style switches. 2+ bulb fixtures.
- Rails on both sides of stairs, even on small sets of steps.

Bath

- Thermo-static or anti-scald plumbing fixtures. Hot water heater adjusted below 120°F.
- A vanity to sit while doing your morning routine. You may have to remove or remodel bath cabinets to allow leg room underneath.
- Walk-in curb-less shower with seating and hand held shower head.

Kitchen

- Workspace lighting in kitchen and bath. Under cabinet lights, vanity lights.
- Multiple counter heights. One as low as 32".
- A food prep station you can sit at with leg room.
- Cabinets and drawers with easy-to-grab handles and pull out/down shelving.

Exterior

- Low maintenance exterior.(cement siding, brick)
- Walk-up surfaces no shorter than one inch below the door threshold if they are wood. (impermeable surfaces may not qualify)
- At least one No-Step entry with flush threshold.
- Motion activated light near entrance. Well-lit walkways and steps.

These 16 simple points are just a small part of the 150+ Aging in Place checks that JOMA is certified to assess and consider in your home's design.

**Universal design, safety, longevity, and beauty
are already in your plans with JOMA Construction**

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for your
comprehensive
assessment.

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