

Why Hire a Certified Aging-in-Place Specialist (CAPS)?

As an Architect and CAPS professional, Lynda Mong has the resources, expertise and design experience to answer your questions. She has learned the strategies and techniques for designing and building aesthetically enriching barrier-free living environments. With parents in their 80's and family members with mobility impairments, Lynda has gained insight and understanding on a personal level with those who would benefit from these design concepts.

The CAPS program goes beyond design to address the codes and standards for new construction and remodeling expenditures and projects, including product ideas and resources needed to provide comprehensive and practical aging-in-place solutions. CAPS graduates pledge to uphold a code of ethics and are required to maintain their designations by attending continuing education programs and participating in community service.



Who Can You Rely On to Modify Your Home?

A Certified-Aging-in-Place Specialist (CAPS) has been trained in:

- The unique needs of the older adult population
- Aging-in-place home modifications
- Typical remodeling projects
- Solutions to common barriers

When you hire a Certified Aging-in-Place Specialist, you are buying a service rather than a product. Each CAPS professional draws from a different knowledge base and will approach your project differently. No matter where you start in the process, you will eventually need to hire a professional remodeler to actually make the modifications to your home.

My name is Lynda Mong. I am:

- An Architect
- A "Baby Boomer"
- An Occasional Assistant to my Octogenarian Parents
- A Certified Aging-in-Place Specialist

My goal is to assist you in improving your home to ensure you live safely and independently as you are

*"Aging in Place...
Aging with Grace"*

Contact me for an In-Home Assessment:

By Phone: 509 • 582 • 9116

By Email: llmong@architemp.net

Or review the information on my website:
www.architemp.net



Your Aging-in-Place Specialist



*Opening Doors
For Homeowners
Like You*



Certified
Aging-in-Place
Specialist

What is Aging-in-Place?

“Aging-in-place” refers to living where you have lived for years using services, products and conveniences which allow you to remain at home as your circumstances change. CAPS professionals’ mission is to assist you in evaluating your current living situation and suggest modifications to ensure your home remains comfortable, safe and convenient and gives you tools to maintain your independence as you mature.

How Long Do You Plan to Live in Your Current Home?

An AARP study found that desire to remain living in the same home increases with age: 83% of homeowners age 65 and over said they were “Very Likely” or “Somewhat Likely” to stay in their current homes the rest of their lives, compared to 78% of those ages 55 to 64, and 69% of those aged 45-54. Homeowners give many reasons for wanting to stay: convenient location, pleasant neighborhood, design and layout of the home, comfort and familiarity.

How Should You Modify Your Home to Make it More Comfortable?

To Age-in-place you may need to modify your home to increase access and maneuverability. These modifications could include:

- Installing bath and shower grab bars
- Adjusting countertop heights
- Adjusting toilet seat heights
- Replacing door knobs with lever handles
- Creating a multifunctional first floor master suite
- Installing a private elevator

What is an In-Home Assessment?

An important tool for evaluation of the home and it’s adaptability for current or future needs is the Initial In-Home Assessment. This assessment is a check list detailing potential problem areas of the home. Typically this might include general concerns such as:

- Steep sidewalks, entryways or requiring navigation to enter the home.
- Poor lighting – interior and exterior.
- Narrow hallways which do not allow easy maneuverability by a person using a walker, cane or wheelchair.
- Living spaces on multiple levels.
- Unsatisfactory floor materials: throw rugs, heavy shag carpet, etc.
- Limited space for maneuverability within individual rooms such as a toilet room, kitchen and bedroom.
- Narrow doorways.
- Need for grab bars alongside the toilet or tub to ensure safety when rising or sitting.
- Confined washing facilities: no knee space below sink, bathtub too difficult to climb into, etc.

This checklist is compiled by Ms. Mong, and a report identifying areas of concern is given to the Client. The Initial Assessment Report is reviewed by the Client and other involved parties - such as adult children, Health Care Professionals and social workers, etc.

What Happens After the Assessment?

Clarifications and possible solutions to the areas of concern are discussed, and a determination is made by the Client whether or not to proceed with a more Personal In-Home Assessment.

This Personal Assessment is conducted in collaboration with HCP’s and the Client and may require disclosure of specific medical conditions for which accommodations need to be made. This Assessment will be specific to the Client, their home, lifestyle, medical conditions and future concerns. It is geared toward evaluation of the Client’s (I)ADL - (Instrumental) activities of daily living, and also takes into account range of motion, mobility, visual acuity, hearing loss, etc.

Drawings of the home are made, with dimensions, details and structural elements shown as required. Ms. Mong evaluates the existing conditions to determine what modifications can reasonably be made (within agreed-to constraints) and will provide documentation of these options to the Client.

A plan of action acceptable to the Client and other involved parties will then be developed based on all identifiable criteria. This action plan could range from a simple list of items for a “handyman” to take care of, to a partial or complete home renovation.

