



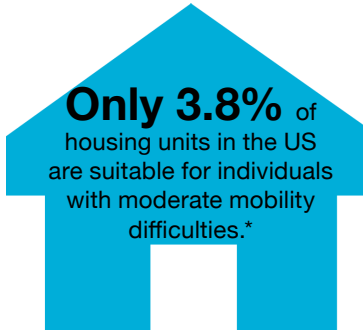
# UFF-DA!

## Useful Facts and Figures— Data for Affiliates

Age in Place – October 2020

**“Everyone deserves the opportunity to age with dignity in their own home and community.”**

10,000 Americans turn 65 every day, making it one of the fastest-growing age groups in the US. About 19 million of these older adults are living in homes that are inadequate for their needs or in disrepair, and they are unable to access resources to make these places safe and livable. These statistics guided the creation of Aging in Place, a nationally recognized Habitat for Humanity program that helps people ages 65 and older remain safely in their homes. The program completes both indoor and outdoor modifications or repairs, made affordable for the homeowner.



\*Center for Disease Control and Prevention

### 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. Some affiliates continue to serve older homeowners through their repair programs, while others have created specifically named programs:

- Twin Cities Habitat: Age Well at Home
- Douglas County Habitat: Aging in Place
- Western Lake Superior Habitat: Age in Place
- Two Rivers Habitat: Critical Home Repair/Aging in Place

### 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 Age in Place programs aim to combat these issues and keep older adults in homes, contributing to their communities longer.

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

### Cost Comparison of Strategies to Meet Older Adults’ Needs

Estimated monthly cost of:

Aging in place (home rehab/home and community-based services): **\$3,346**

Assisted living: **\$4,357**

Skilled nursing facility: **\$7,567**

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

Increasing home safety to keep homeowners safe in their own homes for longer is a goal of Age in Place programs.



Twin Cities Habitat: Homeowner Linda shows new safety modifications to her shower



Twin Cities Habitat: Homeowner Fred poses with his new safety ramp outside his home.

**“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

# Minnesota Projects & Updates

## Twin Cities Habitat: Age Well at Home

This program, originally called Age in Place, began in October 2018 after years of research. Age Well at Home has served 75 homeowners so far. All clients are now referred by healthcare partners Allina Home Health and Hennepin Healthcare. Habitat has been able to build on the trusting relationship older adults already have with their healthcare provider.

**“We are seeing some amazing outcomes through this housing/healthcare partnership in the lives of older adults we’re serving. They feel safer, more comfortable and feel that they are more successful staying in their home because of our work with them.”**

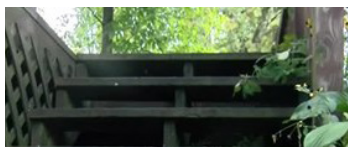
Twin Cities Habitat measures outcomes during the projects and checks back in with homeowners 4 months, 1 year, and 3 years after service to understand impact and needed improvements.

“Most of the time it is much more beneficial and cost effective for the homeowners, caregivers and communities to make changes to a home than to move someone and make changes to their address.” —Pat Lund, Age Well at Home founder

Twin Cities Habitat: 3M Volunteers work on an Age Well at Home project



Two Rivers Habitat: Before and after photos of stairs replaced by a ramp for a disabled Byron veteran



## Two Rivers Habitat: Aging in Place

The program began in 2017 as a Home Preservation Initiative, evolving to an Aging in Place/Critical Home Repair program. Two Rivers is increasingly partnering with other nonprofits and service providers to better serve the community.

Recent projects include replacing old-style “knob-and-tube” electrical wiring that was a fire risk. Many projects are roof repairs and ramp installations. Roof projects protect homes that are in jeopardy of becoming unlivable after significant deterioration. Ramps help homeowners get in and out of their homes safely and quickly. **“In all cases, we want to get to the root of the problem and fix it, and not just repair damage.”** —Kevin Worden, President/Executive Director

## Douglas County Habitat: Aging in Place



“Having railings to help me get down steps safely is terrific! I don’t worry about falling anymore and have peace of mind. My kids are very happy with the work and think the program is just great!” -Pat, Douglas County Aging in Place homeowner. This project was completed in June 2020.

This program launched September 2017 with a grant from the Alexandria Community Foundation and has closed 25 projects so far. New staff member Aaron Johnson was hired in February 2020 and is a Certified Aging in Place Specialist.

Recent projects include installing a grab bar in the bathroom, while having occupational therapist visits and nurse visits over 3-4 months as part of a Community Aging in Place - Advancing Better Living for Elders (CAPABLE) project. CAPABLE is an evidence-based, holistic model from Johns Hopkins, showing dramatic improvement in daily living activities of older adults who worked with a nurse, occupational therapist, and maintenance person. Other projects include adding a ramp to a mobile home, a new deck to improve structural safety, and adding railings and levered door handles (see photos on left). Past projects have included ramps, stair gates, grab bars in bathrooms, railing in front entries, and new storm doors for energy efficiency. With the increase in lumber prices, project price maximums have increased. Repayment is determined on a sliding scale based on homeowner income to ensure affordability, similarly to other Age in Place programs. —Denise Schapekahn, Homeowner Services Coordinator

every one

has the right to age in their home with dignity.

### Learn More!

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

Questions about Aging In Place? Contact [AIP@habitat.org](mailto:AIP@habitat.org) to get in touch with Habitat International staff. Aging in Place Resources: [habitat.org/stories/12959](https://www.habitat.org/stories/12959)

