

Universal Design Coalition:



Enhancing Your Living Environment

Universal Design Coalition:



The UDC=Sarasota professionals

Purpose: Educating the public on the beneficial aspects of creating Universal Design features in Homes.

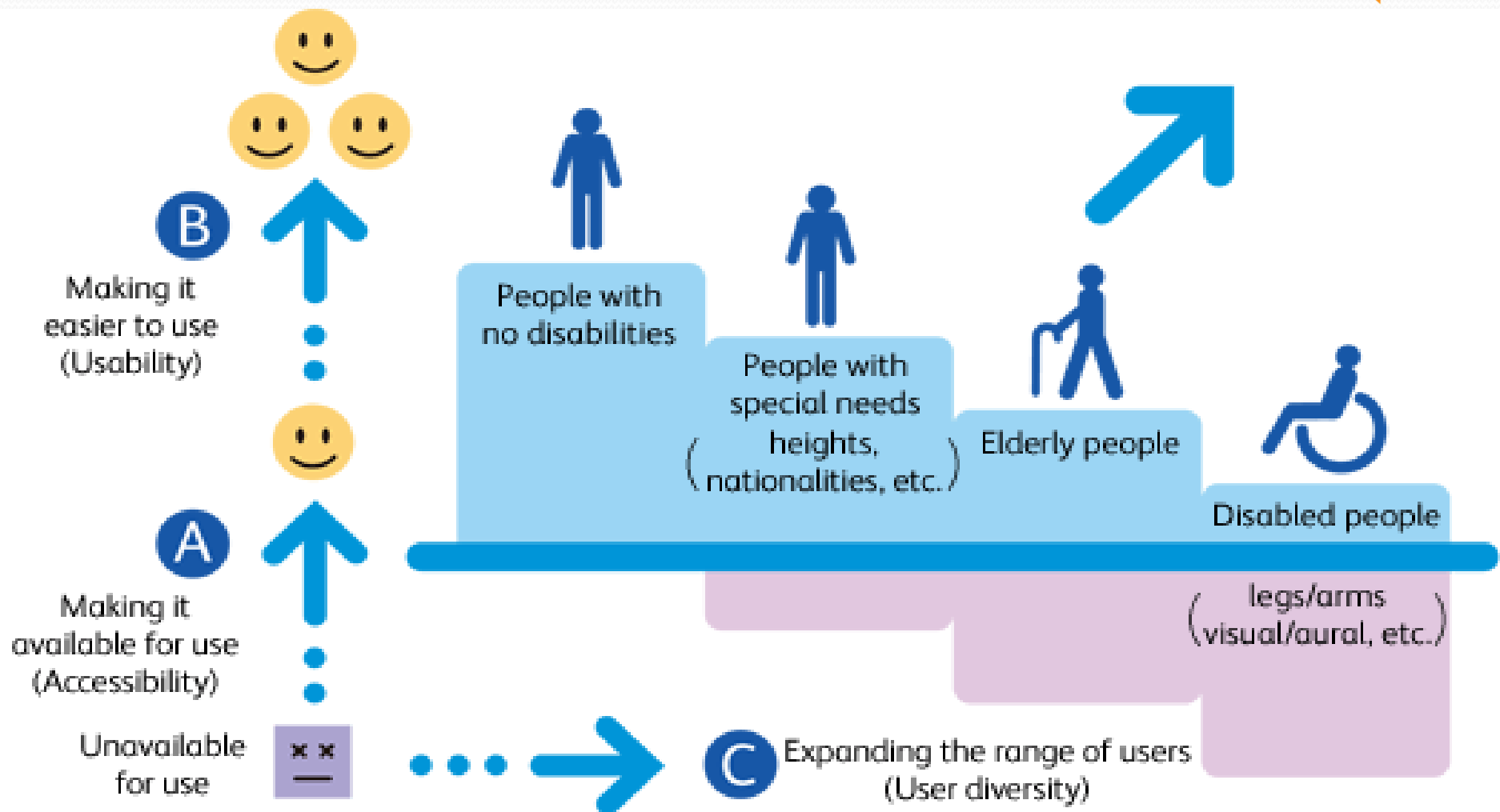
Universal Design: Allows any and all age groups to have accessible housing
Allows our mature population to Age-in Place.



Universal Design is Design for ALL People



Universal Design: Usable by ALL people



UD & Sustainable Design Move:



From:



To:

- Short-term Thinking
- Economy Outside of Nature/Humanity
- Linear flow of Resources
- Keeping Score with a Gross Cash Flow
- Seeing Environmental, Challenges as Separate and Competing

- Long-term Thinking
- Integration with Nature/Humanity
- Systems flow of Resources
- Whole Systems Balance Sheet
- Seeing Challenges as Totally Interconnected



Universal Design vs. ADA



Americans with Disabilities Act of 1990 (ADA)

- A Law for Commercial Design – Minimum codes.
- Requires barrier-free access **only** to State & Local Government Projects, Commercial Facilities, and Public Accommodations- **Not for Homes**
- Barriers that impede access must be removed

VS

UNIVERSAL DESIGN
A Voluntary Solution for
Proper Design for ALL





Universal Design-What is in it for Me?

As a Large or Small Contractor/ Remodeler/ Designer

You will be able to:

- 1) Differentiate yourself from others in the Market
- 2) More people are aware of Universal Design and requesting it. You can say
“YES, I understand UD and can help you with adding UD aspects to your home”.

DEMOGRAPHICS

- The average human lifespan was in **1900** was **47** years.
- **Today- 1 in 4 Americans are over 50**
 - **40.3** million over age 65
 - **5.5** million over age 85
- **1 in 5** (56.9 million) of all Americans (**20%**) are **Disabled**
- **10,000** Americans turn **65 Every Day**
- An American turns **50 every 7 seconds-or 12,500 people every day** (U.S. Census).



CHARACTERISTICS OF OLDER ADULTS

- **14** million have some level of disability
- **15%** live in poverty
- **4%** live in a nursing home
- **7.8** million children are being raised in grandparent headed households
- **5.3** million have Alzheimer's
- **10-20%** of 65 +y/o have Mild Cognitive Impairment



CHARACTERISTICS OF OLDER ADULTS

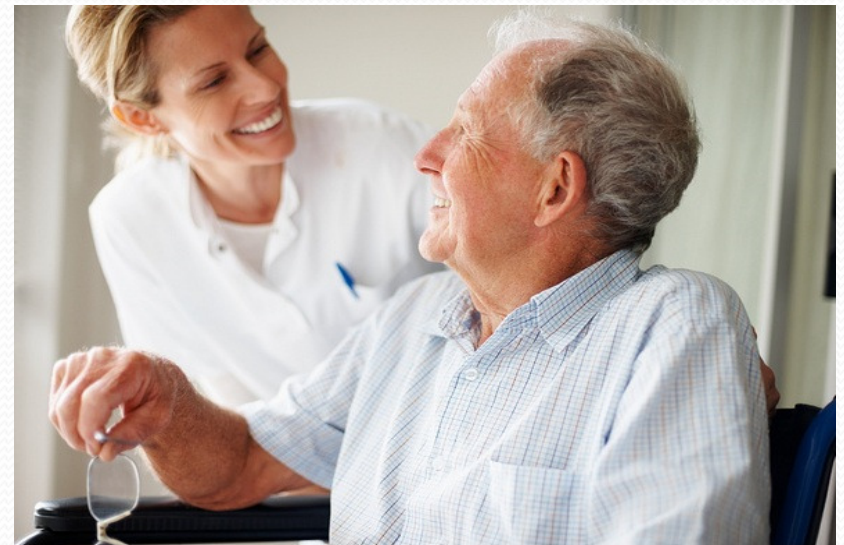
- 20-27% have some kind of mental health disorder
- The number who need long-term care (including in-home care) is expected to increase by 30% in the next 15 years

83% of people with long-term care needs live in own home



CAREGIVING OF OLDER ADULTS

- Majority is provided by unpaid family members.
- Family caregivers will inevitably be replaced by nonrelative, paid home care workers
 - Number of people using paid long-term care is expected to increase to 27 million in 2050
- **Direct care workforce has grown 25% in the past 12 years**

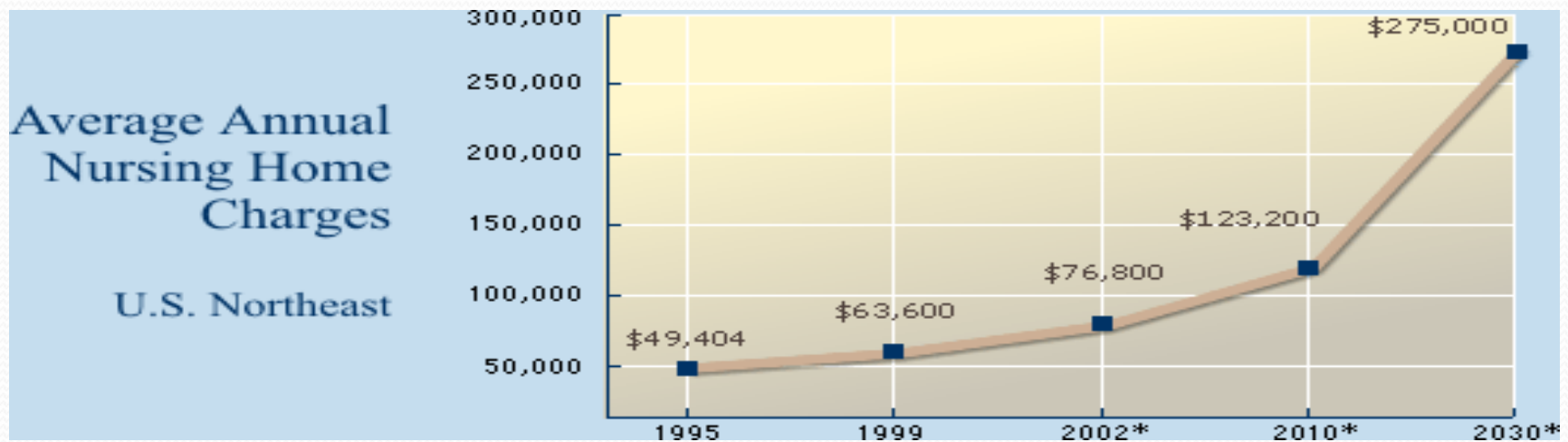


CARE COSTS

- \$80-100,000/YEAR - Nursing Home Care Costs
- \$35-60,000 / YEAR - Assisted Living Facility Costs
- \$20- 45,000/ YEAR - In Home Assistance

VS

\$ 1- 5,000/YEAR- Possible Costs, amortized over 10 years, to upgrade a Home with Universal Design Principles



ISSUES Specific to Aging in Place

- Social Isolation, Depression & Anxiety
- Limited Resources to keep homes safe & maintained
- Risk to be Unsafe or Unhealthy at home
- Risk for Falls, Malnutrition, Dehydration, Infestations
- Low Involvement in community
- Difficulty maintaining Self-esteem & Community Connections



ISSUES Specific to Aging in Place



- Fear of crime
- No sense of solidarity
- Access to a narrow range of community-based services
- Health services are not accessible in part because of costs of delivery
- Need more support from local organizations
- Limited transportation

General Principles of Universal Design



Equitable
Supportive
Adaptable/Flexible
Accessible
Safe
Simple
Visit-able



Universal Design is Equitable

- Same Means of Use:
Identical where possible
- Avoids Segregating or Stigmatizing
- Privacy, Security, and Safety equally available
- Design appeals to most users.



Universal Design is Supportive

The environments work for the individual

with ease of use

& maintenance.



Universal Design is Adaptable

Serves a wide range of users whose needs change over time.



Adaptable Examples: Kitchens

Low Microwaves ►

▼ Raised dishwashers



Adaptable Examples:

Kitchens

Electronically adjustable
kitchen sink cabinet ►

Ironing
board
cabinet
can be
used at a
variety of
heights ►



Adaptable Examples: Throughout the House

- Replace round doorknobs with lever handles or Knob adaptors ►
- Install off-set hinges to Enlarge doorways ▼



Automatic Door Openers



Universal Design Is Accessible

The everyday comforts and conveniences that regular individuals enjoy.... are provided to all.

Accessible to all Visitors too!



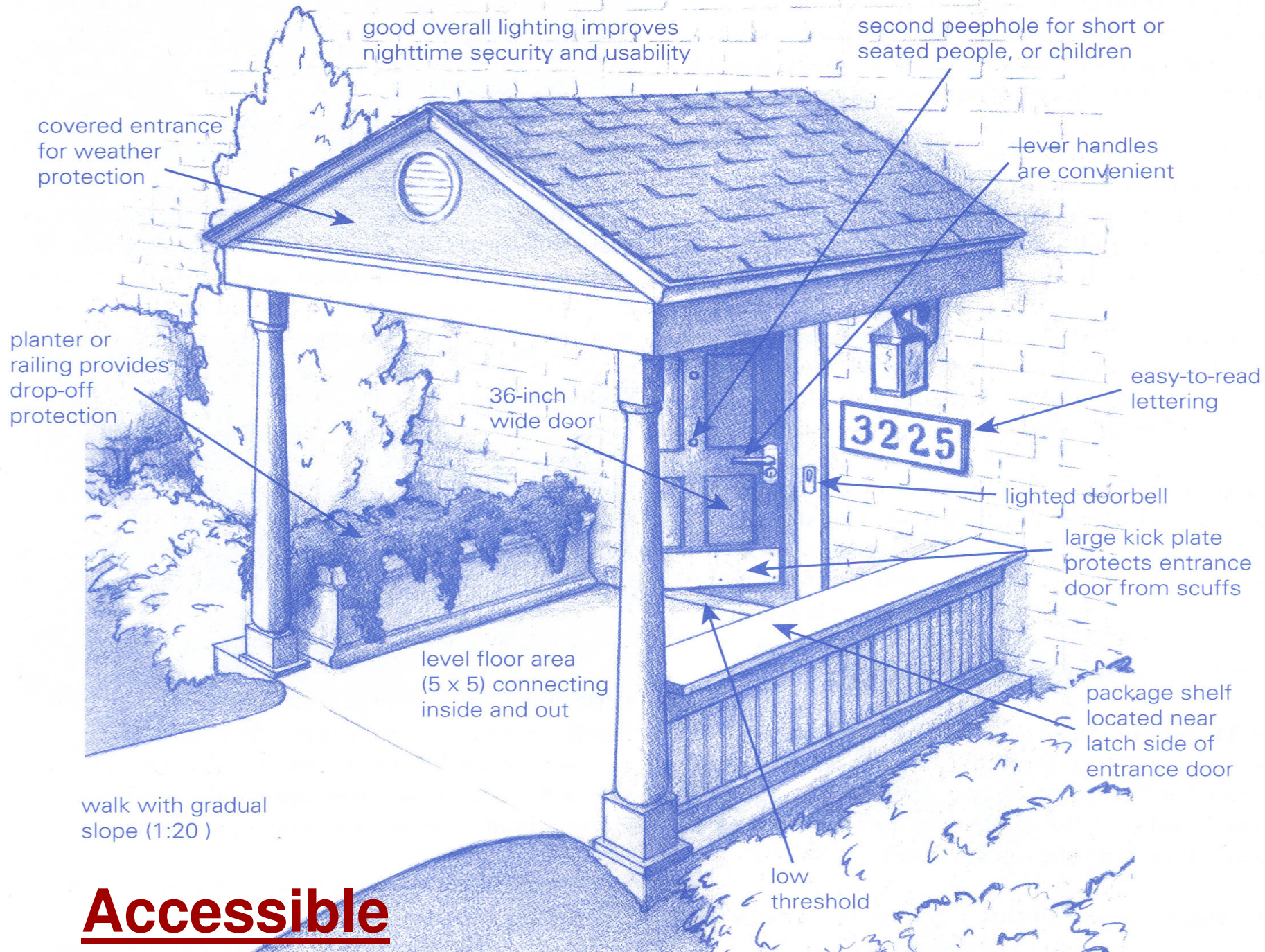


Figure 1. No-step entrance

Accessible

“No step” entrances:



- Entry Door- 36” min. width
- Hallway widths of 42” min
- Interior doors of 32” clear

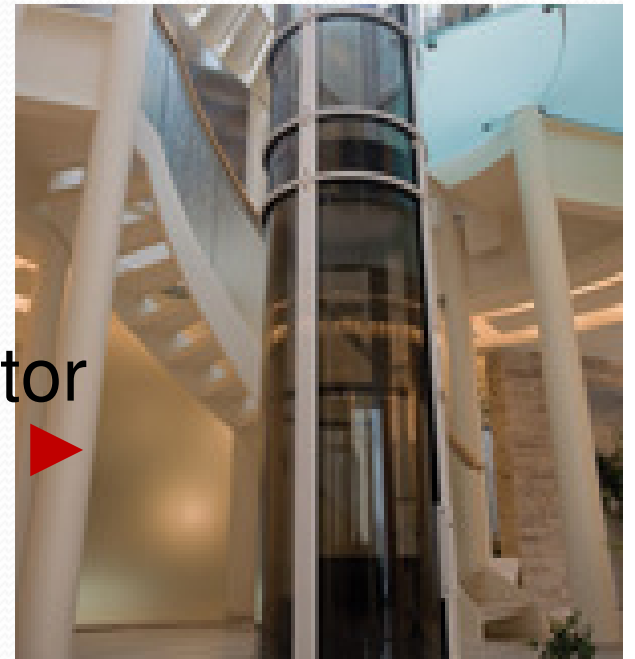


STEPS & STAIRWAYS

Solutions for Universal Access

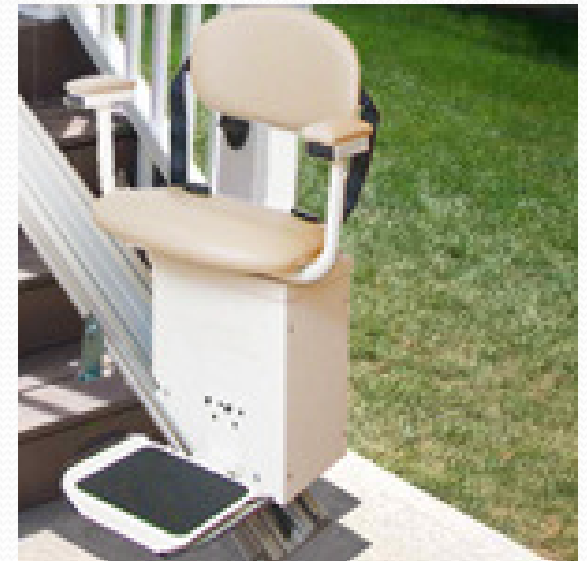


Vacuum
Elevator



STEPS & STAIRWAYS

Stair Lifts are a good way to solve access problems



Universal Design Is Simple



Windows:

- Easy to Operate & Clean



36" Maximum
sill height-
24" preferable



Universal Design Is Simple

Convenient!

Doors:

- Easy to Operate & Clean
- Double Doors allow easy access
- Lever handles



Convenient for All



Convenient



- Rocker/ Light switches at waist level
- Accessible Space in front of Elevators or Doors-wider hallways-42"



❑ Outlets 18" from floor

Convenient Laundry

Raised Front loading Washer & dryer

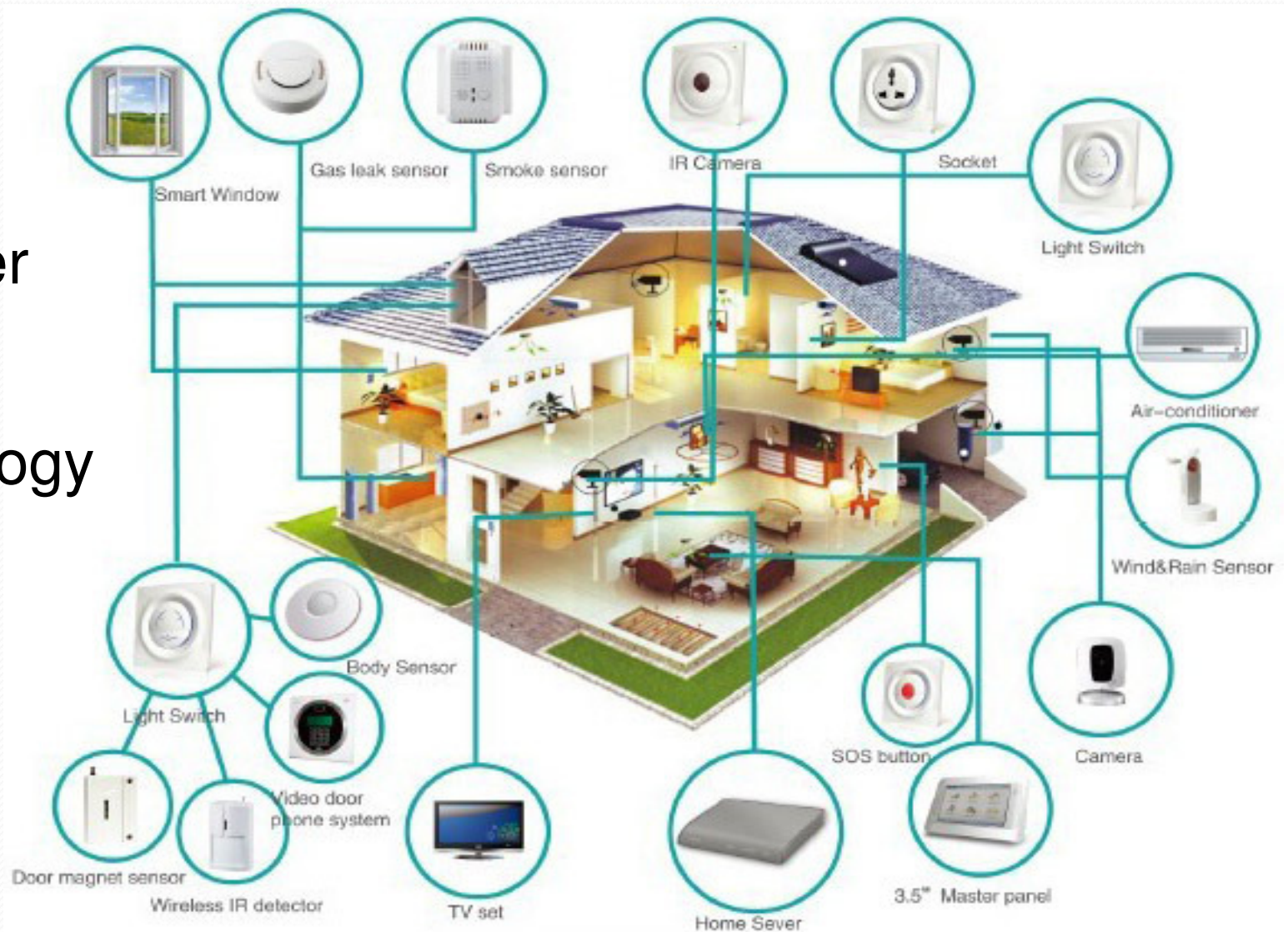
Plenty of Space provided
for: **Approach,**
Reach,
Manipulation &
Use
regardless of user's body
size, posture or mobility



- Ideally located on the main floor, near bedroom & bath
- Controls that are easy to reach and operate
- Work surface nearby

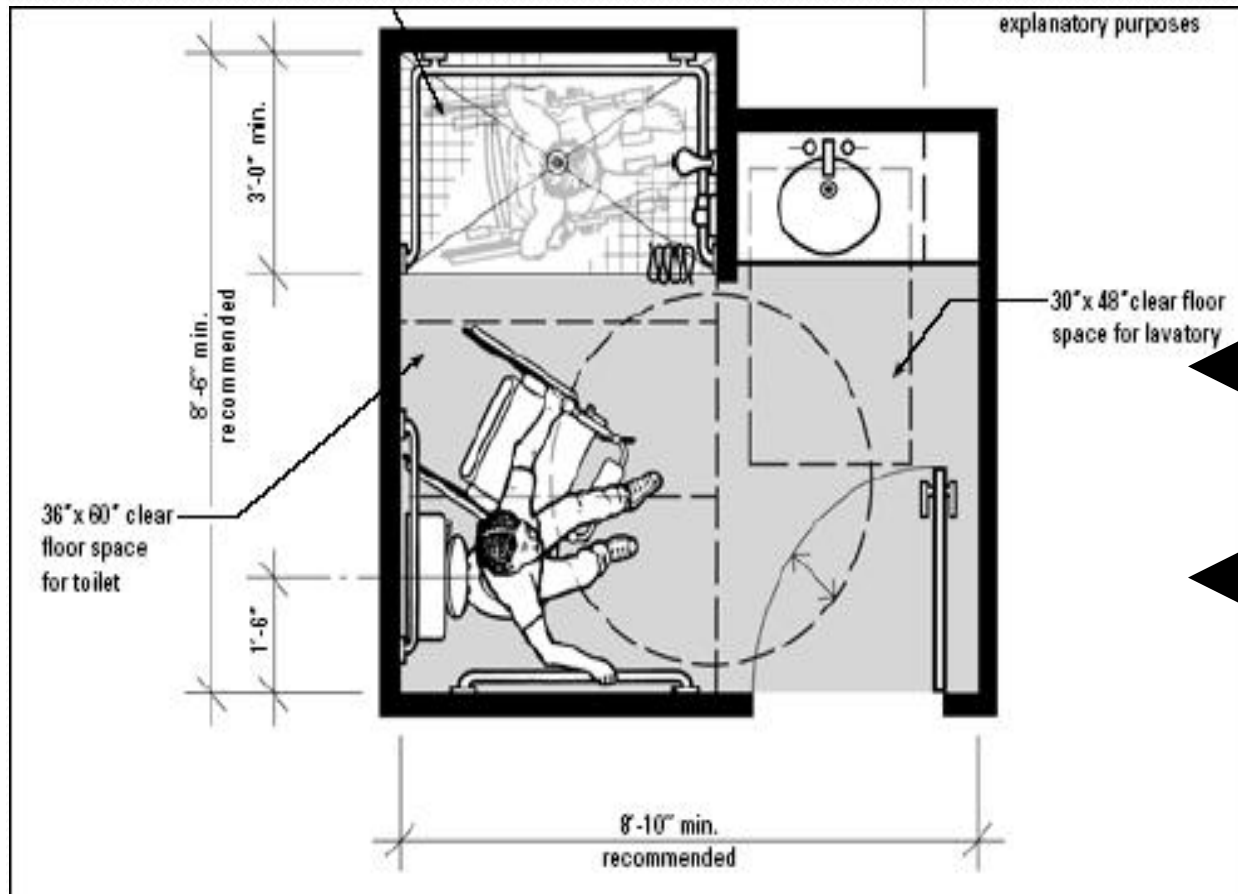
Consider Technology

Consider
“**Smart
Home**”
Technology



Universal Design Is Visit-able

“Visit-ability” means ALL Visitors (and residents) can access Spaces and be comfortable using:



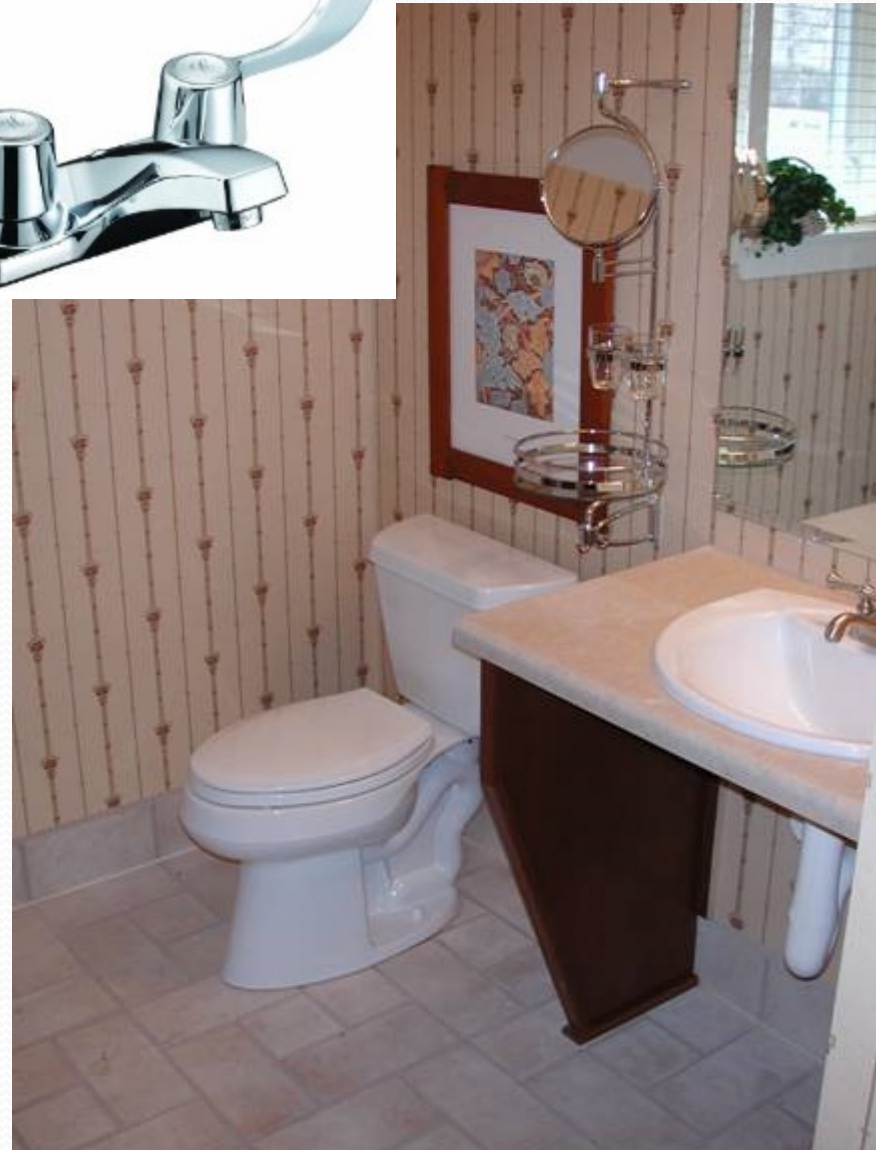
◀ Open floor space
(5-foot turning circle)

◀ 32 inch doorway
(preferably 36)

Bathrooms-Usable By All

- Easy to use Faucets
- Non-slip, continuous flooring
- Raised toilet
- Large low & adjustable mirrors
- Provide a minimum of a ½ Accessible Bath on the first floor

Open knee space under counters
(could be hidden by cabinet doors)



Bathrooms-Usable By All

Use elevated toilet seat or switch to a Comfort Height toilet. **17"-19" Floor to Seat**



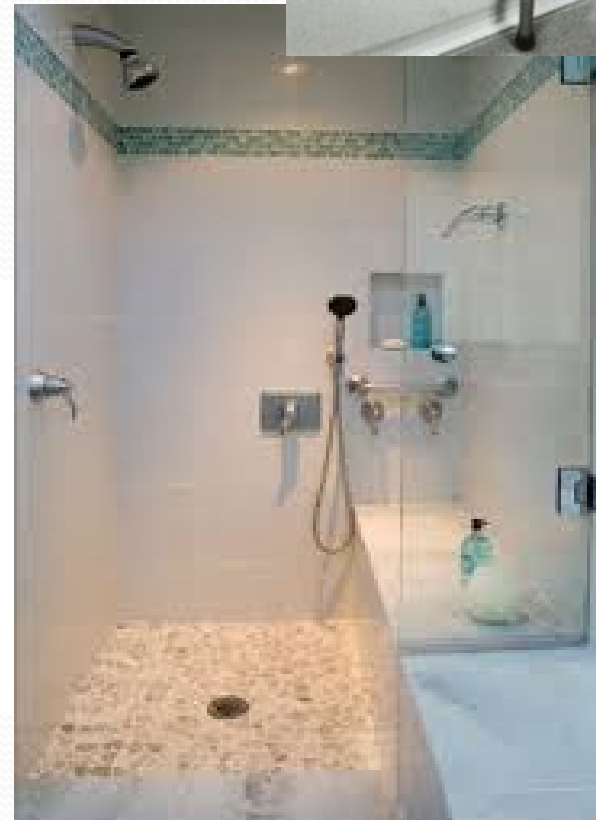
Easy Change Toilet Paper Dispenser



User can slide along
built-in bench to
reach shower area



- Install a nightlight
- Add Rubber bathmat or non-slip strips
- Install grab bars by the toilet and tub
- Install hand-held shower.
- Tub Transfer Bench



Universal Design is Safe

UD provides
environments that
Anticipate and Prevent
disabilities:

**Repetitive strain injuries,
Back problems,
Accidents.**



Enlarged chair rail
(back wall) provides
support



◀ Safe:
Front controls on
Range

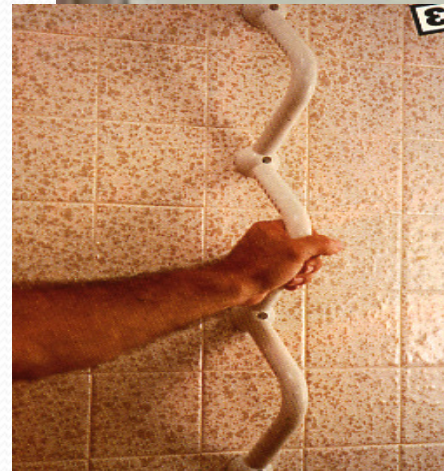
Safe And Secure

Slip resistant & even flooring:



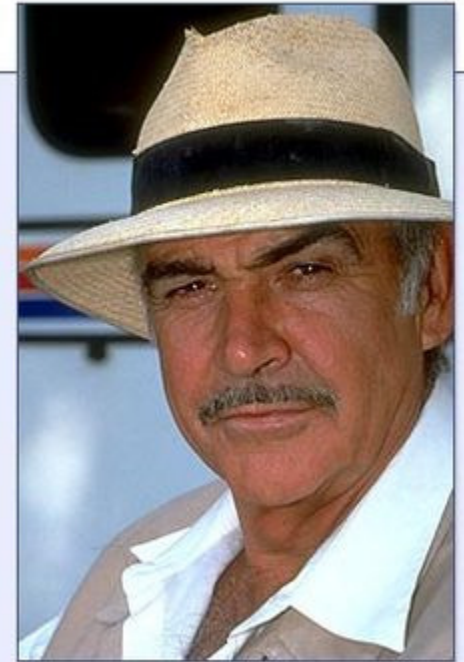
Safe And Secure

- Increased Lighting
- Power-failure lights
- Smoke detectors
- Carbon monoxide detectors
- Motion-detector lighting
- Security system

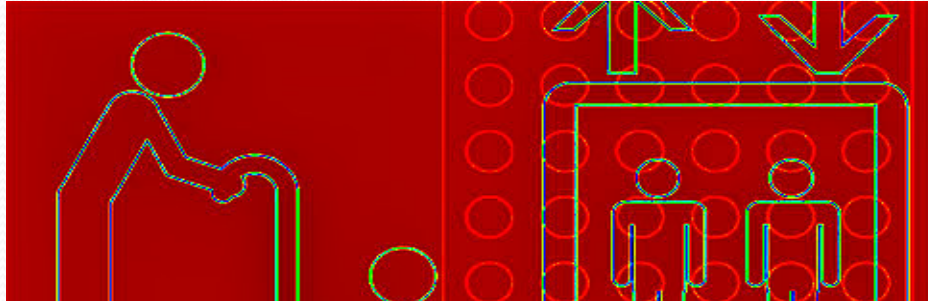


Universal Design is STYLISH!

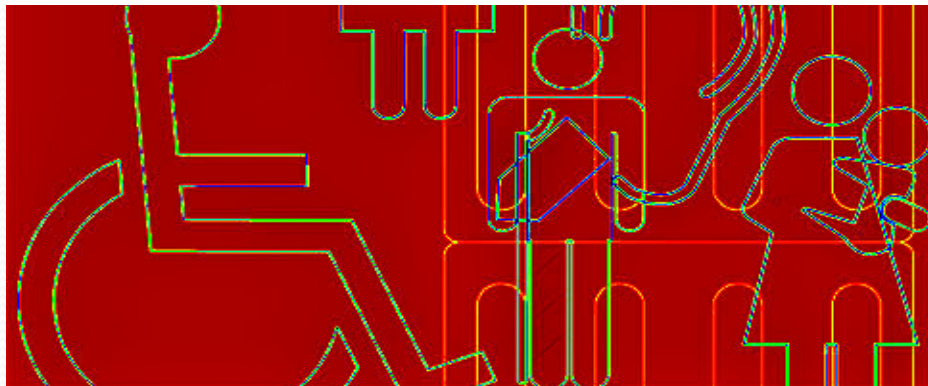
We ALL want to AGE IN STYLE!



Universal Design Coalition

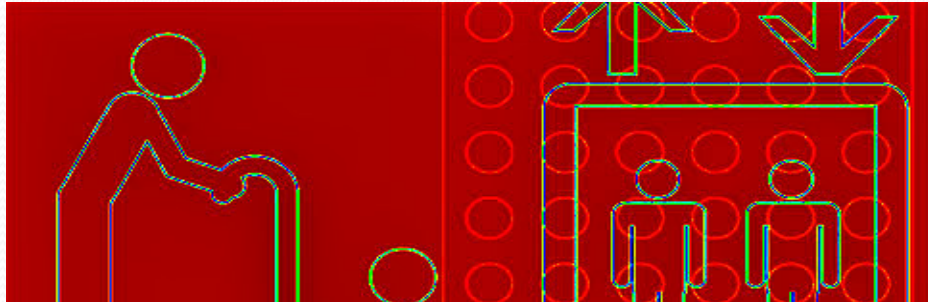


QUESTIONS?



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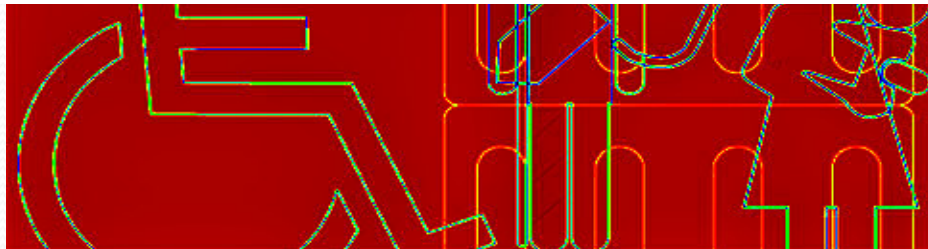


Contact Information:

Larry Hale

Larry@Hale-Edwards.com

(941)376-2167



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