



**National Active and Retired Federal Employees Association  
Sarasota Chapter 242**

# **AGING IN THE RIGHT PLACE PRESENTATION**

**Thursday, February 17, 2022**

**10:30 AM to 12:30 PM**

**Lunch Included**

**Misty Creek Country Club**





# Agenda

INTRODUCTION – DON FITTS

AGING INITIATIVES AND TRENDS – DON FITTS

UNIVERSAL DESIGN – CHUCK VOLLMER

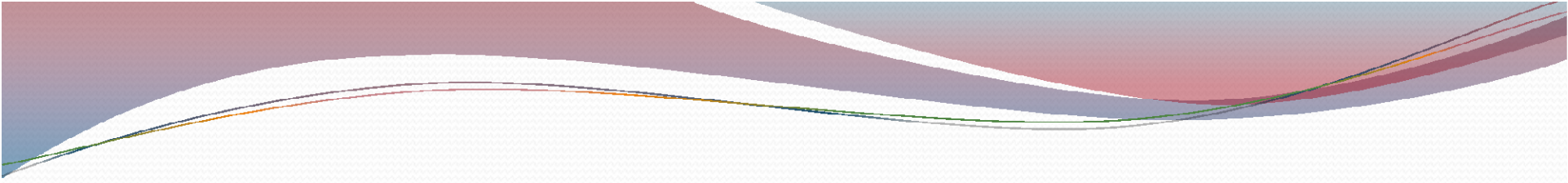
AGING IN PLACE SOLUTIONS – CHUCK VOLLMER

REVIEW AND SUMMARY – DON FITTS

Q & A

LUNCH & ADJOURN





# Aging Organizations, Initiatives, and Trends

Don Fitts

President and Cofounder  
Cornerstone LifeCare LLC

Director of Marketing

Alderman Oaks Retirement Center

Universal Design Coalition Board Member





# Current Trends

- Sarasota County – Most Aged in America
- One Third of Population 65 and Older
- Surge in Population - Not Just Retirees
- 85% Wish to Age in Place
- Significant Increase in Availability of In-Home Services (\*COVID-19\*)





# AUDIENCE FOR AGING IN PLACE

- Senior Citizens and Maturing Population
- Family, Friends, and Supporters of Senior Citizens
- Forward Thinking Planners at All Ages
- Those with Physical Challenges
- Industry Professionals such as Builders, Remodelers, and Real Estate Agents



## What is Sarasota County doing to accommodate our aging population... a lot!

- 1st County in the state of Florida to be designated Age Friendly by the World Health Organization (WHO)
- State of Florida was given this designation in late 2019
- Sarasota County has a Senior Advisory Council (SAC)
- Hired a County Aging System Policy Coordinator
- Senior Friendship Center & Other Not-For-Profits offering many Valuable Services
- Department of Elder Affairs (DCF)
- Area Agency on Aging (AAA)
- Community Alliance: Stakeholders in Aging
- Dementia Care and Cure Initiative





# Senior Advisory Council (SAC)

**Purpose:** Provide a conduit for citizen input to the Board of County Commissioners; make recommendations or provide advice to the Board on issues and conditions affecting Sarasota County's older adult community.

## Previous Focus Points

- Transportation in Sarasota County – Improvements needed with SCAT program. Challenges faced by Seniors using standard buses and routes
- Food Security in Sarasota County – locating food deserts, raising awareness of programs available to residents, gather data and statistics for commissioners
- SAC's data assisted Sarasota's Meals on Wheels in obtaining grants

## Current Focus

- Overseeing the Age Friendly Designation
- Files of Life – How can Sarasota County raise awareness and enhance the use of these
- Assist the county with new website and which resources are important to seniors
- Collaborating with local organization in researching county issues affecting seniors



# Organizations Helping our Community

a few of many

- **Senior Friendship Center – Something for Everyone**  
Adult Day Services/Caregiving Resources/Volunteer Drs and Dentists/Education/Resources for Aging/Fitness & Nutrition Programs/Social Engagement/House Share Program
- **Osher Life Long Learning Institute @ Ringling College**  
Enriching the lives of mature adults by providing affordable educational programs with social interaction that cover a broad spectrum of topics.
- **Friends of the Legacy Trail**  
Supports, promotes, enhances, and protects the Legacy Trail; a Sarasota County Park and its trail connectors now and for future generations. FLT offers free 45 minute Surrey rides pedaled by FLT volunteers using 4 passenger, 4 wheeled canopy covered bicycles. Ideal for seniors and mobility challenged individuals.
- **Gulf Coast Jewish Family and Community Services**  
Regardless of religion, age, culture, etc. JFCS services meet the complex needs of today's families, senior citizens, vulnerable children, and persons needing assistance because of behavioral or mental health issues.
- **Community Alliance – Stakeholders in Aging**  
Focused on bringing together community organizations so they can work together to achieve their missions. A conduit to our legislators to bring awareness to the needs of seniors in our community.
- **SMH Memory Disorder Clinic**  
One of only 13 in the state of Florida the Memory Disorder Clinic provides assessment and evaluation of persons with memory loss. A team including neurologists, geriatrician and neuropsychologist work together to offer the most accurate diagnosis possible. The Clinic also offers education, resources, and support groups for the caregivers of those suffering from dementia.





# Government Agencies

## Department of Elder Affairs

- Dementia Care and Cure Initiative (DCCI)
- ADI funding increases
- Changes to Guardianship program including funding increases
- Disaster Preparedness Guide for Elders  
*Special Needs Shelter Application*  
[http://elderaffairs.state.fl.us/doea/eu/2019/Disaster\\_Guide%202019\\_en.pdf](http://elderaffairs.state.fl.us/doea/eu/2019/Disaster_Guide%202019_en.pdf)
- Works in conjunction with Department of Children and Families (DCF) to prevent disabled adults and the elderly from abuse, neglect, or exploitation  
*If you see or suspect something report it*

## Area Agency on Aging

- State's designated Aging and Disability Resource Center for Southwest Florida
- AAA can connect you with local resources like
  - elder care
  - adult day care
  - housing assistance
  - home care
  - meals
  - housekeeping
  - legal assistance
  - personal care
  - volunteer opportunities

- **Developing an Incentive Program**
- **Voluntary participation by contractors and builders**
- **Certification of residential units that meet standards in checklists:**
  - **Visitability**
  - **Universal Design**







## Sarasota County is a great place to enjoy your golden years...

- Sarasota continues to be named one of the top places to live in the country
- We have a ton to offer; great beaches, restaurants, fantastic weather, art scene, parks and so much more...
- Striving to make the county Age-Friendly for all ages
- Intergenerational initiatives



# Your Aging In The Right Place Living Environment

Chuck Vollmer

Owner, 101 Mobility

Certified Aging in Place Specialist (CAPS)

Universal Design Coalition Board Member





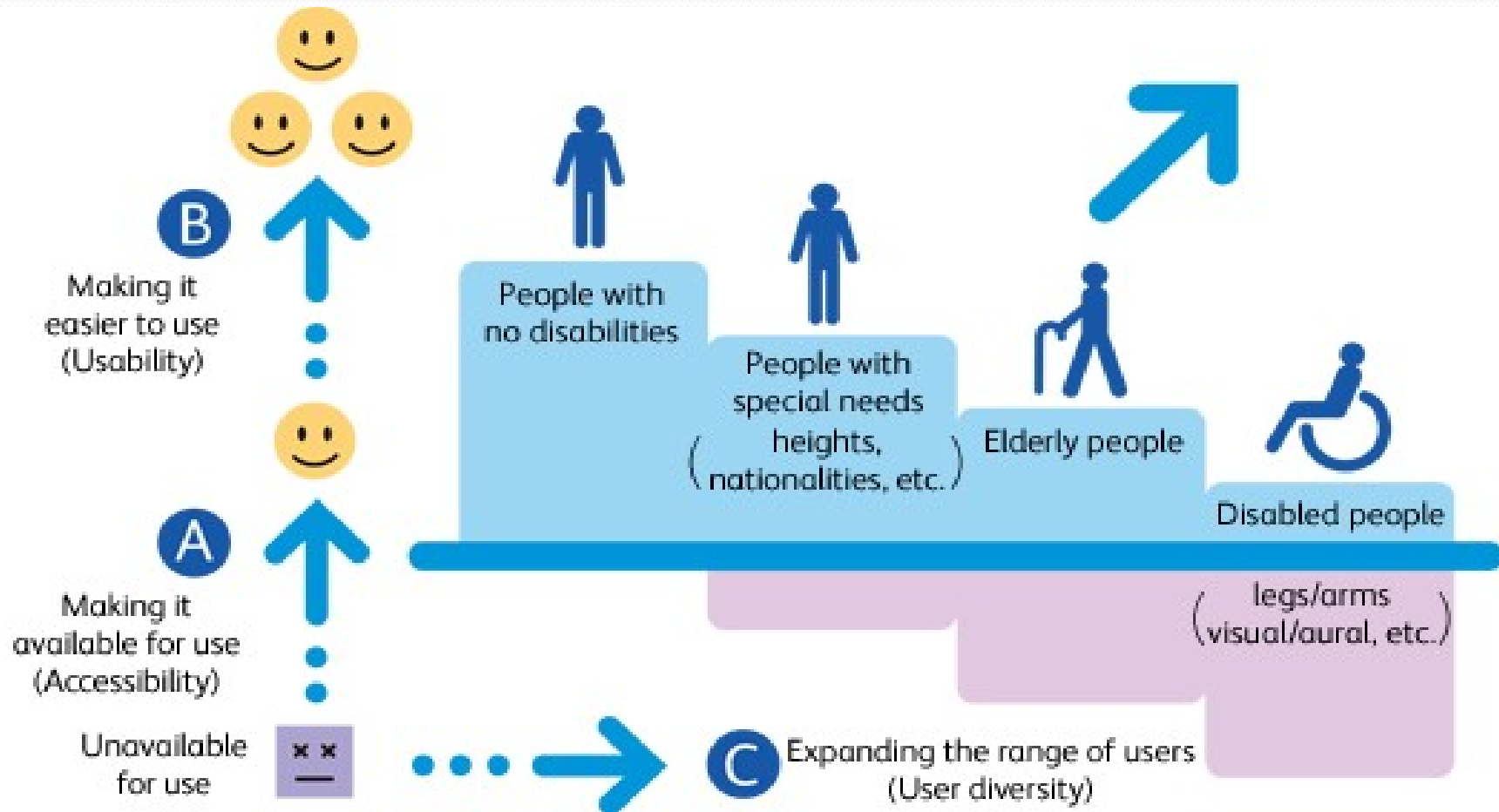
## What About Universal Design?

Universal Design (UD) is the umbrella under which certain design and building principles are implemented allowing residential living environments to be accessible, adaptable, and visitable.

Utilizing these planning concepts accommodates a multitude of needs pertaining to our older population as well as those with special needs, regardless of age.

This Presentation will address how to formulate a plan that will help shape an optimum living environment along with Supportive Services that allows residents and families to remain in their homes safely as well as provide the ability to accommodate visits from friends and family.

# Universal Design: Usable by ALL people







## General Principles of Universal Design

1. **Equitable Use** – Useful and Marketable to People with Diverse Abilities
2. **Flexibility in Use** – Accommodates a Wide Range of Individual Preferences and Abilities
3. **Simple & Intuitive Use** – Easy to Understand regardless of User's Experience, Knowledge, Language Skills, or Current Concentration Level
4. **Perceptible Information** – Communicates Necessary Information Effectively to the User, Regardless of Ambient Conditions or the User's Sensory Abilities



## General Principles of Universal Design

5. **Tolerance for Error (Safe)** – Minimizes Hazards and the Adverse Consequences of Accidental or Unintended Actions
6. **Low Physical Effort** – Can be Used Efficiently and Comfortably with a Minimum of Fatigue
7. **Size and Space for Approach and Use (Visitable)**  
Appropriate Size and Space is Provided for Approach, Reach, Manipulation, and Use Regardless of User's Body Size, Posture, or Mobility



# 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**





# Accessible

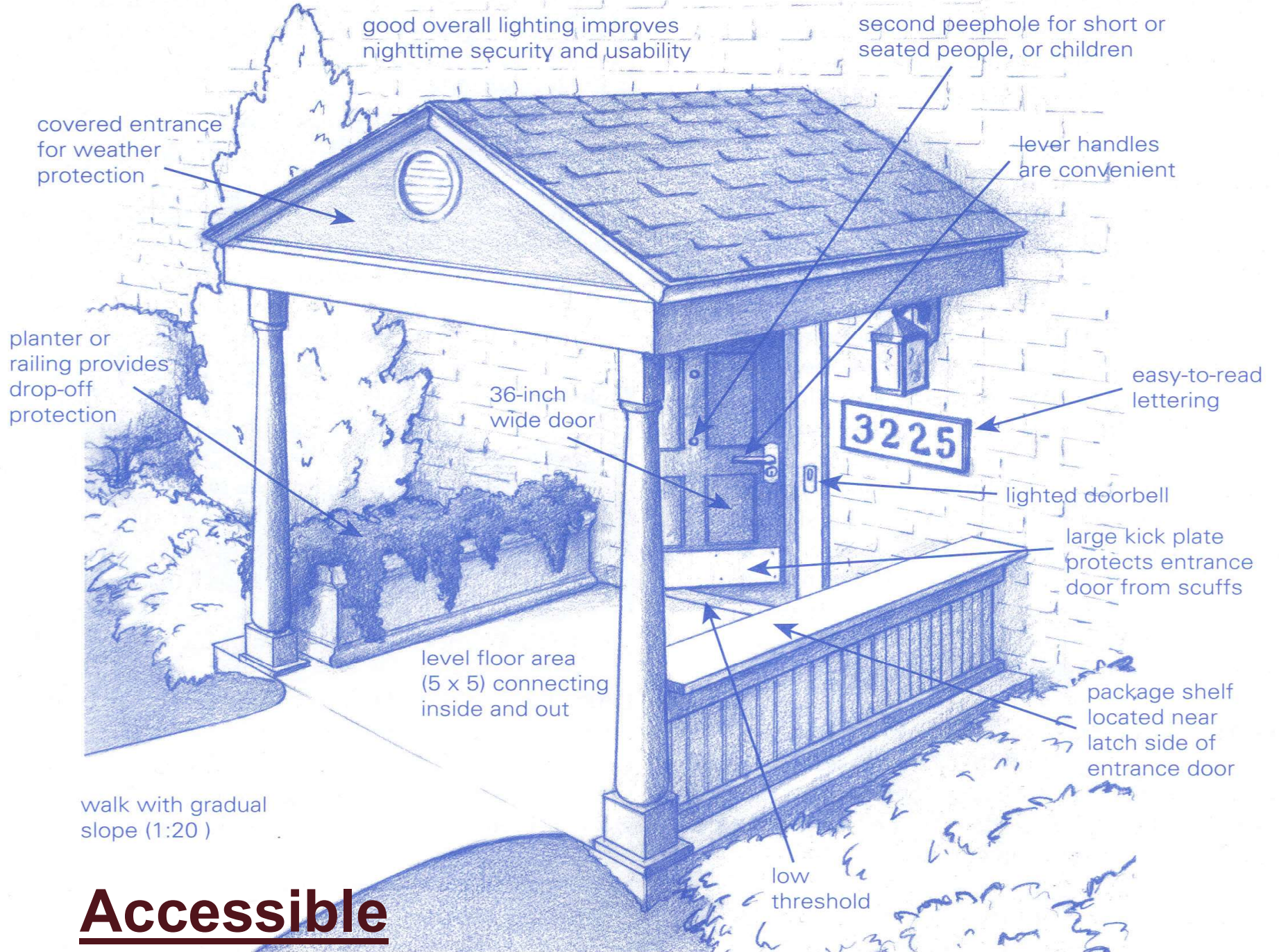
“No Step” Entrances:



- Entry Door- 36” Minimum Width
- Hallway Widths of 42” Minimum
- Interior Doors of 32” Clearance







# Accessible

Figure 1. No-step entrance





**UNIVERSAL DESIGN  
DOES NOT HAVE TO BE UGLY  
OR INSTITUTIONAL LOOKING!**





## **IT IS THE LITTLE THINGS THAT COUNT!**

- **TOWEL BARS THAT ARE ACTUALLY GRAB BARS**
- **ROLL UNDER SINK**
- **ELECTRIC FAUCETS**
- **HOT WATER CONTROLS**
- **RAISED TOILET**
- **TOILET PAPER HOLDER - IS ACTUALLY A GRAB BAR**
- **LOWER MIRRORS**
- **SLIP RESISTANT FLOORS**

## UD is Adaptable = Flexible

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





## Adaptable Examples: Throughout the House

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



Automatic Door Openers ►



Adaptable Examples:

## Kitchens

Electronically adjustable  
kitchen sink cabinet ►

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





# Adaptable Examples: Kitchens

Low Microwaves ▶

▼ Raised dishwashers



## 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)

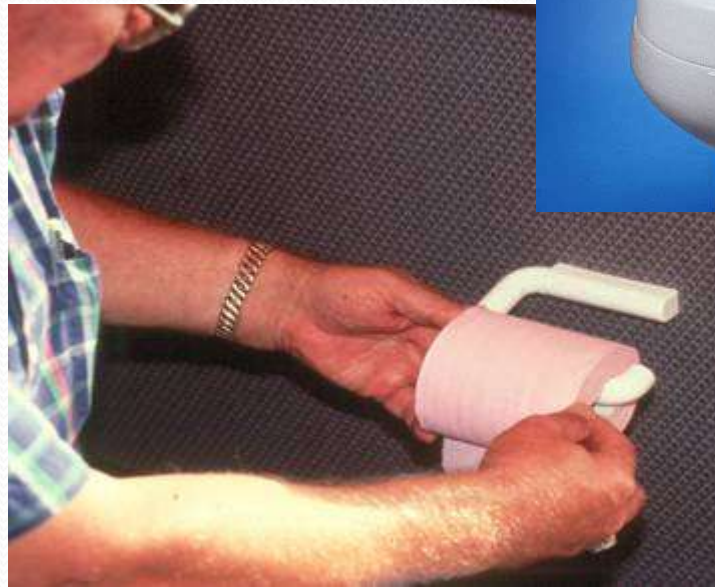




# Bathrooms-Usable By All

Use Elevated Toilet Seat or  
Switch to a Comfort Height  
Toilet. **17"-19" Floor to Seat**

Easy Change  
Toilet Paper  
Dispenser



## BATH Retrofit

- Open knee space under counter for seated users
- Electronic faucet – no handles
- Anti-scald faucet - single lever
- Large, low mirror
- Lighting from top to bottom





## BATH Retrofit

Install grab bars at  
the toilet, tub & shower



Use Easy Change  
Toilet Paper  
Dispensers

- 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





# Laundry Retrofit Solutions

## 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
- Front loading appliances-on platform
- Controls that are easy to reach and operate
- Work surface nearby

# 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



# Universal Design is Safe

UD Provides Environments that *Anticipate* and *Prevent* Disabilities Such as:

Repetitive Strain Injuries,  
Back Problems, and  
Accidents.





## Safe Interior

Enlarged chair rail provides support ▶



◀ Front controls on Range

# Safe And Secure

- Increased Lighting
- Power-Failure Lights
- Smoke Detectors
- Carbon Monoxide Detectors
- Motion-Detector Lighting
- Security System





# Safe And Secure Slip Resistant & Even Flooring:





# Contrasting Color for Safety

Choose color schemes for people with all types of vision





# Convenient



- Rocker/ Light Switches at Waist Level
- Accessible Space in Front of Elevators or Doors - Wider Hallways - 42"



❑ Outlets 18" From Floor

# Mobility & Accessibility Solutions







## Mobility & Accessibility Products

- Stairlifts
- Platform Lifts
- Patient Lifts
- Wheelchair Ramps
- Home Elevators
- Bath Safety
- Automatic Door Openers
- Pool & Spa Lifts
- Lift Chairs
- Power Chairs & Scooters
- Wheelchair Carriers



Stairlifts



Platform Lifts



Patient Lifts



Wheelchair Ramps





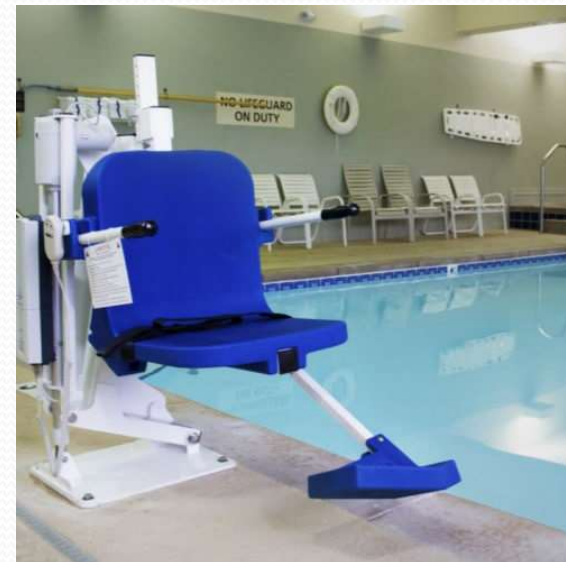
Home Elevators



Bath Safety



Automatic Door Openers



Pool & Spa Lifts



Lift Chairs



FDA Class II Medical Device\*



Power Chairs & Scooters



Wheelchair Carriers





# Payment Guidelines

## **Who Does Not Pay:**

- Medicare (Slight Recovery Lift Chair and Patient Lift)
- Nearly all Insurance plans

## **Who Will Pay:**

- VA (If You Qualify Based on Disability)
- A Few Long-Term Care Policies if They Allow for Adaptive Equipment
- Accident Claims Through Insurance Companies
- Workman's Compensation Claims
- Medicaid
- Private Pay

# Consider Technology

Consider  
“**Smart Home**”  
Technology







# **Aging In The Right Place**

## **Overview & Summary**

**Information Provided By**  
**Kathleen Houseweart, MBA**  
**Senior Aging Specialist**  
**Formerly of SMH Memory Clinic**  
**and Lutheran Services of Florida**



## Opportunities & Current Reality

- Older adults see the need – but not always the value
- Middle agers see the need and need to see the opportunity
- Younger individuals should be educated to the importance of Universal Design principles and planning ahead
- The industry needs to catch up to make the ability to age in place the standard – not just an option – **WE NEED TO LEAD THEM**





## ISSUES Specific to Aging in Place

- Social Isolation, Depression, and Anxiety
- Limited Resources to Keep Homes Safe and Maintained
- Risk to be Unsafe or Unhealthy at Home
- Risk for Falls, Malnutrition, Dehydration, and Infestations
- Low Involvement in Community
- Difficulty Maintaining Self-Esteem and Community Connections



## Creating Livable Environment....

- Recognizing importance of reducing risk in order to live as independently as safe (i.e. specialty facilities)
  - Ability to function in our own space
  - Encouraging movement and independence
  - Willingness to adjust when necessary (obtain equipment, hire help, move?)
- Increasing opportunities for Access
  - Encouraging social interaction and connection to our community
  - Recognizing the possibility of driving retirement and making a plan
- Making a realistic plan – not reacting to a crisis!





## Planning Requires Knowledge – Understanding the Levels of Care

- Universal Design – stay in a home that accommodates your changing needs (also consider downsizing or over 55)
- In-Home Care –
  - Personal care to assist with bathing, dressing, toileting
  - Companion/homemaking to assist with cooking, cleaning, shopping, transportation
- Adult Day Care – to provide supervised activities outside the home during the day – excellent option for caregivers to get relief
- Assisted Living – private or semi-private apartment with assistance (meals, transportation, housekeeping, activities, etc.)
- Nursing Facilities – Medical care for the most impaired
- Hospice – Care for those with life limiting conditions

**KNOW YOUR COMMUNITY OPTIONS FOR TRANSPORTATION,  
ASSISTANCE AND LIVING OPTIONS**



## COSTS FOR CARE

\$100,000 - 180,000/YEAR - Skilled Nursing

\$35,000 - 72,000/YEAR – Independent Living,  
Assisted Living/Memory Care

\$20,000 - 100,000/YEAR - In Home Assistance

VS

\$1,000 - 10,000/YEAR- Possible Costs, Amortized  
Over 10 years, to Upgrade a Home with Universal  
Design – PLUS ANY IN-HOME ASSISTANCE



## Planning requires resources

### Understanding how to pay for it all

- VA – Veterans or widows of veterans can be eligible for benefits that pay for assistance and even some remodeling to accommodate disabilities
- Long Term Care insurance (if you have it – if you can afford it) to pay for services in the home or outside it
- Medicare – only pays for medically necessary rehabilitation – not long term care
- Medicaid – for the medically indigent – those whose needs cost more than they can afford (special accommodations for married couples)
- Your checkbook – making accommodations (grab bars, widened doorways, etc.) as you age, before a crisis– while you can best afford it
- Other – reverse mortgages, AAA, SCIL, SAC etc.



## Aging Well Requires...

- A Healthy (Heart Healthy) Diet
- Physical Exercise
- Cognitive (Brain) Exercise
- Social Connectivity

Integrating Universal Design concepts into our environment helps foster independence and helps us achieve the goal of living as independently – in our preferred environment – for as long as possible.





# CORNERSTONE LIFECARE CONCIERGE CARE MANAGEMENT

- INITIAL EVALUATION THEN ADVOCACY, COORDINATION, AND COMMUNICATION RELATED TO IN-HOME SERVICES
- ASSISTANCE WITH PLACEMENT IN SENIOR LIVING COMMUNITIES



## Contact Information

- **101 Mobility**
  - Chuck Vollmer, (941) 809-3848, [cvollmer@101mobility.com](mailto:cvollmer@101mobility.com)  
[www.101mobility.com/sarasota](http://www.101mobility.com/sarasota)
- **Cornerstone LifeCare**
  - Don Fitts, (941) 809-7298, [don.cornerstonelifecare@gmail.com](mailto:don.cornerstonelifecare@gmail.com)  
[www.cornerstonelifecare.com](http://www.cornerstonelifecare.com)
- **Sarasota County Government – Human Services**
  - Sue Berger (Firestone), (941) 861-2558, [sberger@scgov.net](mailto:sberger@scgov.net)  
<https://www.scgov.net/government/health-and-human-services/human-services/policy-coordination/aging-system>
- **Senior Aging Specialist**
  - Kathleen Houseweart, (941) 302-2468, [ksjhouse@verizon.net](mailto:ksjhouse@verizon.net)
- **Universal Design Coalition**
  - Elena Vizvary, (941) 724-1287, [ervizvary@verizon.net](mailto:ervizvary@verizon.net)  
[www.easyuniversaldesign.com](http://www.easyuniversaldesign.com)





# CLOSING

- Available for Presentations Concerning a Variety of Aging in the Right Place Topics
- Q & A