

2010 Long-Term Care Costs in San Diego County

- Nursing home (private room): \$91,250
- Nursing home (semiprivate): \$74,825
- Assisted living: \$39,000
- Adult day care: \$20,800*
- Home health aid: \$46,904
- Homemaker service: \$46,904
- * Based on 5 days a week, 52 weeks a year.



Aging In-Place is an alternative

What is Aging In-Place?

Aging-In-Place simply means being able to remain in your own home safely, independently and comfortably as your ability levels change due to age and/or disability. Aging-In-Place may require different levels of home modifications. Some as simple as installing handrails or grab bars, while other modifications can include remodeling an entire house for wheelchair accessibility.



- Widen door and hallways
- Indoor and outdoor ramps
- Raise electrical outlets for easier access
- Install non-skid flooring
- Change doorknobs to lever handles
- Install chair lifts
- Handrails on both sides of stairways
- Add lightning under cabinets
- Adjustable height sinks and countertops
- Install anti-scald lever handle faucets
- Install grab bars & handrails
- Lower or raise countertops & cabinets
- Install walk-in bathtub or shower seat



What is a Certified Aging-In-Place Specialist?

Also known as CAPS, this designation is awarded to professionals who have been trained in the techniques, strategies and planning of universal design and home modifications. Working closely with architects, designers and caregivers, specialists are trained in;

- the unique needs of the older adult population
- aging in-place home modifications
- common remodeling projects
- solutions to common barriers

The CAPS program is regulated by the Remodelers Council of the National Association of Home Builders (NAHB) in collaboration with the NAHB Research Center, NAHB Seniors Housing Council and AARP. The CAPS program also exceeds the concerns of design to address issues regarding codes and standards, remodeling expenses, product ideas, and helpful resources needed to provide comprehensive solutions. Continuing education programs are required by CAPS graduates in order to remain current on the issues regarding home modification and the needs of its consumers.

Universal Design

Universal Design is a design for homes with features that are relatively easier to use in comparison to the traditional home design. It is a design of products and environments that can be used and experienced by people of all ages and abilities. Universal Design enhances the comfort, safety, and convenience of your home regardless of age, size, or mobility. It doesn't matter if you are a family with young children, an individual with permanent or temporary disability, or an older adult who wants to remain independent at home. Just as its name "universal" implies, this design fits every lifestyle. There are a number of items to consider when remodeling your home to a universal design. Although your home may not require all of the recommended modifications, think progressively as to what may be needed in the future or even for family members with physical limitations who make regular visits to your home.

