



ACTIVE ADULTS



HR JOHNSON
HOMES

HR Johnson Homes is Certified as an Aging In Place Specialist (CAPS)

As a proud member of the **National Association of Home Builders**, the **Build Green New Mexico Program** and **Green Build Council**, and the **National Association of Realtors**, as well as bearing the earned designations of **Certified Aging in Place Specialist (CAPS)** and **Certified Green Professional (CGP)**, HR Johnson Homes is dedicated to the inherent principles of designing and building sustainable homes that meet the particular needs of the inhabitants through meticulous involvement of Aging in Place and Accessibility Consultants, Health Care Providers, and Occupational Therapists. In addition, HR Johnson Homes understands the sensitive nature of potential particular health needs of homeowners and HR Johnson Homes guarantees the confidentiality of the client and the family of the client.

At the same time, the use of Certified Aging in Place (CAPS) Universal Design principles and guidelines to build a handcrafted custom dream home does not hinder or prevent the use of magnificent architectural styles and luxurious interior designs. Certified Aging in Place design and building is simply producing a high-performance home to advance the following:

- Enhanced practicality and easy living standards with cutting edge design appeal and technology

- Increased value of the home and accessibility for relatives, visitors, and health care providers
- Prepared to meet the needs of an aging parent or relative
- Provide clear options to promote more independence
- Present groundwork to select the “Final Home” for Aging in Place

In essence, the mission and goal of HR Johnson Homes is our prevalent focus on building the highest quality custom dream homes with the option of selecting Certified Aging in Place and Accessibility products and standards available on the market today. This goal of providing high-performance homes to our clients through innovative thinking, the application of building science and cutting edge technology, and the precise team guidance approach to design, preparation, construction from Aging in Place and Accessibility Consultants, Health Care Providers, and Occupational Therapists demonstrates that HR Johnson Homes is dedicated to being New Mexico’s premier Custom Home Builder with a focus on an Aging in Place and Accessibility paradigm.

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WHAT DEFINES THE TERM AGING IN PLACE AND ACCESSIBILITY?

The NAHB Remodelers of the National Association of Home Builders (NAHB), the NAHB Research Center, NAHB 50+ Housing Council, and AARP developed the Certified Aging-In-Place Specialist (CAPS) program to address the needs of a growing number of consumers whom require accessibility and aging-in-place designs. The term **Aging in Place (AIP)** and Accessibility refers to both the needs of those individuals and families experiencing the normal aging process and the needs of those individuals and families with medical conditions as a result from disease or traumatic injury with both segments seeking to reside in homes meticulously designed and constructed to accommodate each respective condition.

UNIVERSAL DESIGN

Universal Design is a well-thought out process of incorporating accessibility features and components indistinguishably into the overall design and construction of the home in order to meet the needs of the residents and provide an easy living environment with comfortable appeal. In other words, Universal Design simply blends cutting edge accessibility features flawlessly into the whole house design.

CERTIFIED GREEN BUILDING AND UNIVERSAL DESIGN

At HR Johnson Homes, the Whole House Approach is used as a Green Building guiding principle to construct the high-performance home by balancing the application of systems and materials relative to heat transfer, moisture movement, airflow and pressure, structural durability, and over all home sustainability to provide the complete blend of superior construction, healthy indoor air quality, environmental preservation, and luxurious living in an architectural masterpiece.

The GreenBuild New Mexico Certification Process is based on achievement of one of three ratings of **Bronze, Silver, Gold, or Emerald** for the custom home. The Bronze rating is the lowest level of certification with the least criteria and the Gold rating has the

highest level of certification with the most criteria. As an essential aspect of the ratings, the GreenBuild New Mexico Certification Process requires an independent Third-Party verification to test the required precise balance of the application of systems and materials relative to heat transfer, moisture movement, airflow, and pressure of the home in order to provide optimal indoor air quality and energy efficiency.

At HR Johnson Homes, we blend the accessibility /aging-in-place Universal Design features and certified green building into a seamless experience by producing a handcrafted high-performance custom home that is sustainable, exceedingly energy efficient, and at the same time, enhances practicality and easy living standards with cutting edge design appeal and technology

HOUSING INDUSTRY DATA

As the population in the United States continues to age, the supply of housing continues to grow. A recent US census reports that there are 106 million homes occupied as primary residences and another 15 million houses are vacant or utilized as secondary residences. The vast majority of these homes will have been built without much regard for Aging in Place and Accessibility. According to the American Housing Survey in 2003, conventional housing accounts for 75% of housing choices made by people over 50 and, of these, 82% are owner occupied households. The Harvard Joint Center for Housing Studies (JCHS) projects there will be over 12 million new households created by the year 2015 and that the number of homeowners age 65 and older will grow by 32% over the next decade.

HEALTH STATISTICAL DATA

According to the Center for Disease Control's National Center for Health Statistics, out of 100 people...

- 21 will suffer from arthritis
- 17 will suffer from a respiratory challenge
- 7 will have diabetes
- 5 will have orthopedic difficulties — particularly of the hip and knee joints
- 3 will suffer from residual effects from a stroke



- 3 will suffer from a progressive disease such as Multiple Sclerosis (MS), amyotrophic lateral sclerosis (ALS) or Lou Gehrig's disease, Parkinson's disease, or dementia

In addition to these conditions, the number of traumatic injuries that include traumatic brain injuries (TBI) and spinal cord injuries (SCI) increases the necessity for environmental modifications to support

independence and promote safety. The National Institute of Neurological Disorders reports that there are approximately 230,000 persons hospitalized with TBI's each year. These are primarily males between the ages of 15 to 24 and those of both genders over 75 years of age. There are approximately 10,000 persons who experience a SCI each year with 200,000 living daily with the extra challenge.

PLANNING AHEAD

At one time or another, most Americans have heard friends, relatives, or loved ones state, "I don't ever want to be a burden to my children or my family when I get old or sick." It is a common selfless thought among parents and relatives regarding aging and potential onset of a disease or a traumatic injury.

However, most Americans are not properly prepared to meet the physical needs of an aging parent or relative or to meet the physical needs of a family member suffering from a debilitating disease or onset of a traumatic injury.

This is particularly relevant in the sense of Universal Home Design to accommodate these physical needs in the living environment. There are Seven Principles of Universal Home Design which may be applied to evaluate existing designs, guide the new home design process, and educate both designers and consumers about the characteristics of more usable products and environments within the home.

The 7 Principles Of Universal Home Design are:

1. **EQUITABLE USE:** The design is useful and marketable to people with diverse abilities
2. **FLEXIBILITY IN USE:** The design accommodates a wide range of individual preferences and abilities

3. **SIMPLE AND INTUITIVE USE:** Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level
4. **PERCEPTIBLE INFORMATION:** The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities
5. **TOLERANCE FOR ERROR:** The design minimizes hazards and the adverse consequences of accidental or unintended actions
6. **LOW PHYSICAL EFFORT:** The design can be used efficiently and comfortably with minimum fatigue
7. **SIZE AND SPACE FOR APPROACH AND USE:** Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility

Furthermore, providers of Universal Home Design products and services strive to offer a broad spectrum of solutions that meets a wide range of consumers' needs and aesthetic preferences.



CAREGIVING CONSIDERATIONS

Based on these caregiving considerations, family members must decide on whether or not to implement Universal Home Design in new home construction, to include a detached guesthouse or an addition to the existing home in order to accommodate the physical needs of the aging in place person or a person suffering from the onset of disease or traumatic injury.

GENERAL ISSUES

- Who will be the principal caregiver?
- What is the involvement of the siblings?
- Which responsibilities can be shared? By whom? (*Supervision of medications, shopping, doctors, day care, etc.*)
- Is communication open and honest between caregiver and the aging in place person or the person suffering from the onset of disease or traumatic injury?
- Do family members share feelings and information?

HOUSING

- What housing options are possible?
- Is the elderly person or the person suffering from the onset of disease or traumatic injury able to live alone?
- What degree of independence is the elderly person or the person suffering from the onset of disease or traumatic injury able to live?

FINANCIAL AND LEGAL

- What is the person's financial situation?
- Is there a list of assets, the value of the assets, and the location(s) of the assets?
- Is there a private pension? Is it mailed directly to a bank? Which one?
- What is the social security amount? Is it directly deposited? Where?

- Are there other sources of income? Annuities, stocks, interest, IRAs, CD's, safe deposit box?
- What are the debts? (*Mortgages, car payments, credit cards, etc*)
- Is there a need to apply for SSI - Supplementary Security Income?
- Is medical coverage adequate?
- Is there a prescription plan? Long term care insurance? Medicare? Medicaid?
- Has anyone consulted an eldercare attorney?
- Has the elderly person transferred any assets?
- What is the "time frame" in your state for transferring assets before being qualified for Medicaid?
- Is there a will, a living will, a power of attorney, a durable power of attorney that lasts beyond incapacitation? Where are the documents maintained?
- Is there an insurance policy or policies? Where are the documents maintained?

PHYSICAL CONDITION

- Has the person had a recent physical? Is there a family doctor? Has a geriatric assessment been ordered?
- What medications are being taken? By prescription? Over the counter?
- Ask the pharmacist or doctor if any medication interactions or food and beverage intake should be avoided.



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FOR MORE INFORMATION ABOUT CERTIFIED AGING IN PLACE SPECIALIZATION

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