

# AARP® HomeFit Guide

Smart ways to make a home comfortable, safe and a great fit  
for older adults — and people of *all* ages

Most houses and apartments in the United States are designed for young, able-bodied adults and don't meet the needs of older residents or people with disabilities.

In fact, in much of the nation, most housing was built more than a generation ago to serve a population of family households, generally consisting of two parents and at least two children.

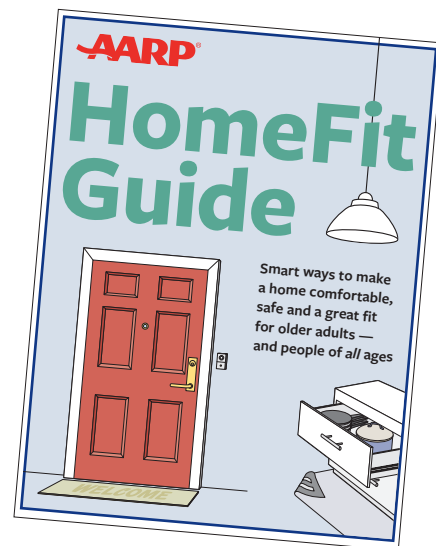
But in America circa 2020, the dominant household type, accounting for nearly 30 percent of all households, consists of single adults living alone. By 2030, one in five people in the U.S. will be age 65 or over.

AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements — such as single-story living or a sink that can be reached from a wheelchair.

America's housing stock doesn't fit its rapidly changing and rapidly aging population.

That's where the **AARP HomeFit Guide** comes in.

- The guide was created to help people live safely and comfortably by enabling where they live to be a "lifelong home," suitable for themselves and others in their household, no matter a person's age or life stage.
- The guide can help individuals and families make their current or future residence — or that of a loved one — "aging-friendly."
- The guide can help elected officials, policymakers and local leaders learn about and advocate for the housing options that communities need, so residents of all ages can live safely and comfortably — and thrive.



The all new, 36-page edition of this popular AARP publication is about homes not houses. Most of the more than 100 tips and suggestions in this room-by-room guide are doable regardless of housing type (single-family house, apartment, mobile home, etc.) or ownership status (owner, renter).

Through color illustrations and detailed captions, the guide explains how a smartly designed or modified home can meet the varied and changing needs of its residents. For instance, a zero-step entrance clearly benefits older occupants and people who use a wheelchair, but the same step-free entry also helps a parent who's pushing a stroller, or a teenager with a sports injury, or anyone carrying heavy grocery bags.

The guide features easy-to-do low-cost and no-cost fixes that lessen the risk of trip hazards and increase the safety of high-use areas (bathroom, kitchen, stairways). Research shows that home modifications — even ones as small as installing night-lights and lamp timers — can reduce the need for costly medical care, increase the ability of older adults to manage activities of daily living, and enhance independence.

The guide also explains and explores options for door locks, light bulbs, appliances, home electronics, storage and more.

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