



February 2021

Helpful tips for Baby Boomers for Age-Proofing a Home

As baby boomers reach the golden years, (I'm almost there) they will need homes that will accommodate their physical challenges such as bad knees, feet, back, well you get the gist.

Here are some tips on how to design and remodel your home to meet your needs today and in the future:

- **Don't wait until the last minute**, make a plan: If you intend to live in your home into your 60s, 70s and beyond, don't wait until health challenges force you to make changes to your home. Instead, create a plan that can be implemented over time to spread the costs of your remodeling investment.
- **Get an expert opinion**: Seek out licensed builders. Let them know what your particular needs may be. Licensed builders and remodelers are knowledgeable in building and remodeling homes that meet the needs of aging baby boomers or other folks with disabilities.
- **Plan for one-level living**: As you remodel your home, create a plan so that everything you need is on one floor and easily accessible. This includes a bedroom, a bathroom with shower, washer and dryer, kitchen and dining area, and access to technology and communication.
- **Low maintenance**: Maintenance projects, like painting a home, cleaning the exterior side of windows, or sealing cracks and seams in your siding are physically challenging and time-consuming. When remodeling your home use low maintenance products.
- **Zero-step entry**: Whether you are maneuvering a stroller through the front door, carrying a load of groceries, or navigating a wheelchair, invest in a new, wider front door system. Consider a low-maintenance fiberglass door frame, door and lever-type handle (not a door knob) for easier entry.
- **Task lighting**: Add more lighting for close-up tasks such as cooking, reading, hobbies and working from home. Utilize LED lighting to minimize utility fees.

- **Remodel the bathroom:** Create a ground-level bathroom for guest of any age by installing a zero-entry threshold shower base, a handheld showerhead and shower grab bars. Don't forget to give the shower a non-skid floor treatment and to add anti-scalding protection to the sink and shower. Before you start any project in your home, please contact the city's building inspections department to verify if building permits are required. Contact the Peachtree Corners Building Department at 470-550-1729

These are some basic tips, your needs may vary, remember the most important tip is to make a plan and carry it out over time.

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