

Aging in Place while Enjoying All Life has to Offer

Grace Robinson, NDSU Student in Interior Design

Faculty Advisor: Susan Ray-Degges, Ph.D.

Department of Apparel, Merchandising, Interior Design and Hospitality Management

Abstract:

The purpose of this study was to find whether older adults know what aging in place is, and learn what type of amenities, furnishings, fixtures, and interior layout they would like to see in their home. They were also asked whether they would accept the use of “smart” technology into their homes for safety and comfort. A large percentage of older adults prefer to live independently in their own homes for as long as they can (Peek, 2014). The study was conducted through an online survey and paper copies to determine whether older adults know what aging in place is and if they would like their homes modified to integrate the ideas of aging in place.

Survey results indicated:

- Participants would like to have aging in modifications that were examples in the survey incorporated into their homes.
- The kitchen modifications had the highest percentage of participants wanting the aging in place modifications.
- Most participants did not currently have aging in place modifications in their home.

Methods/Procedure

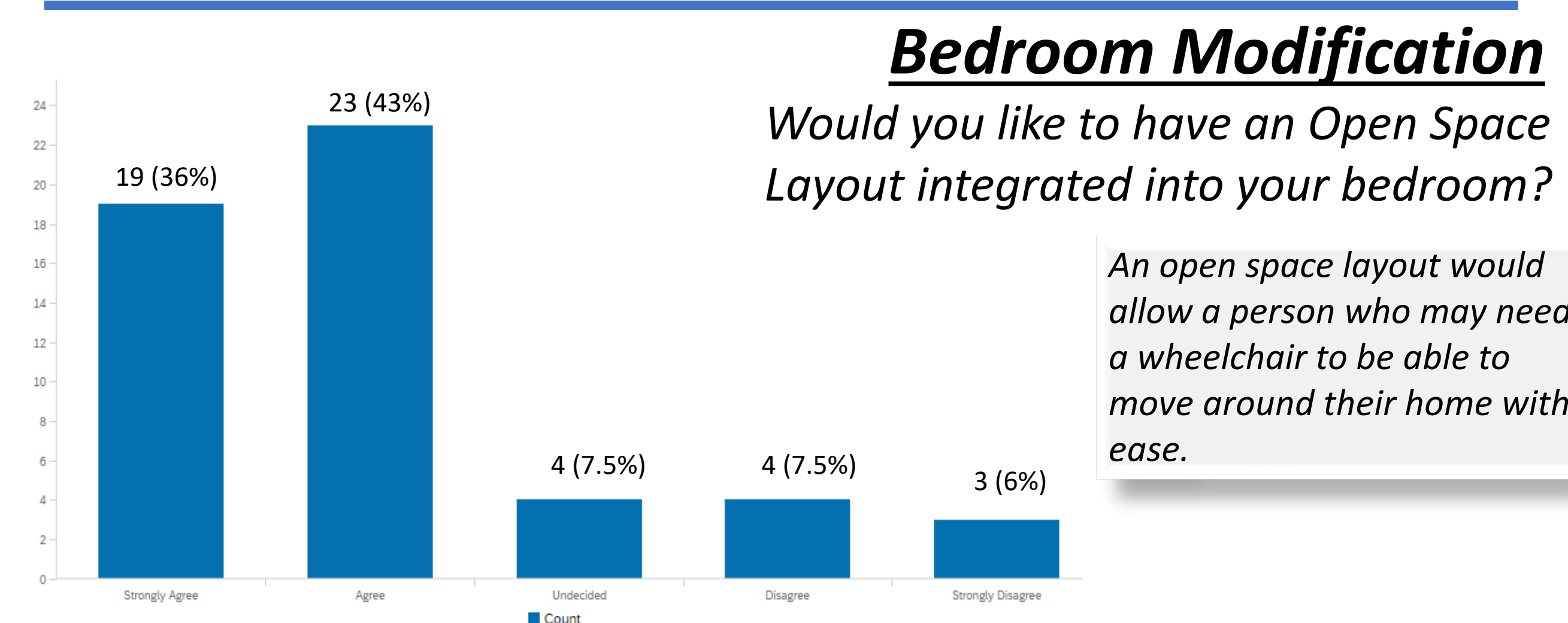
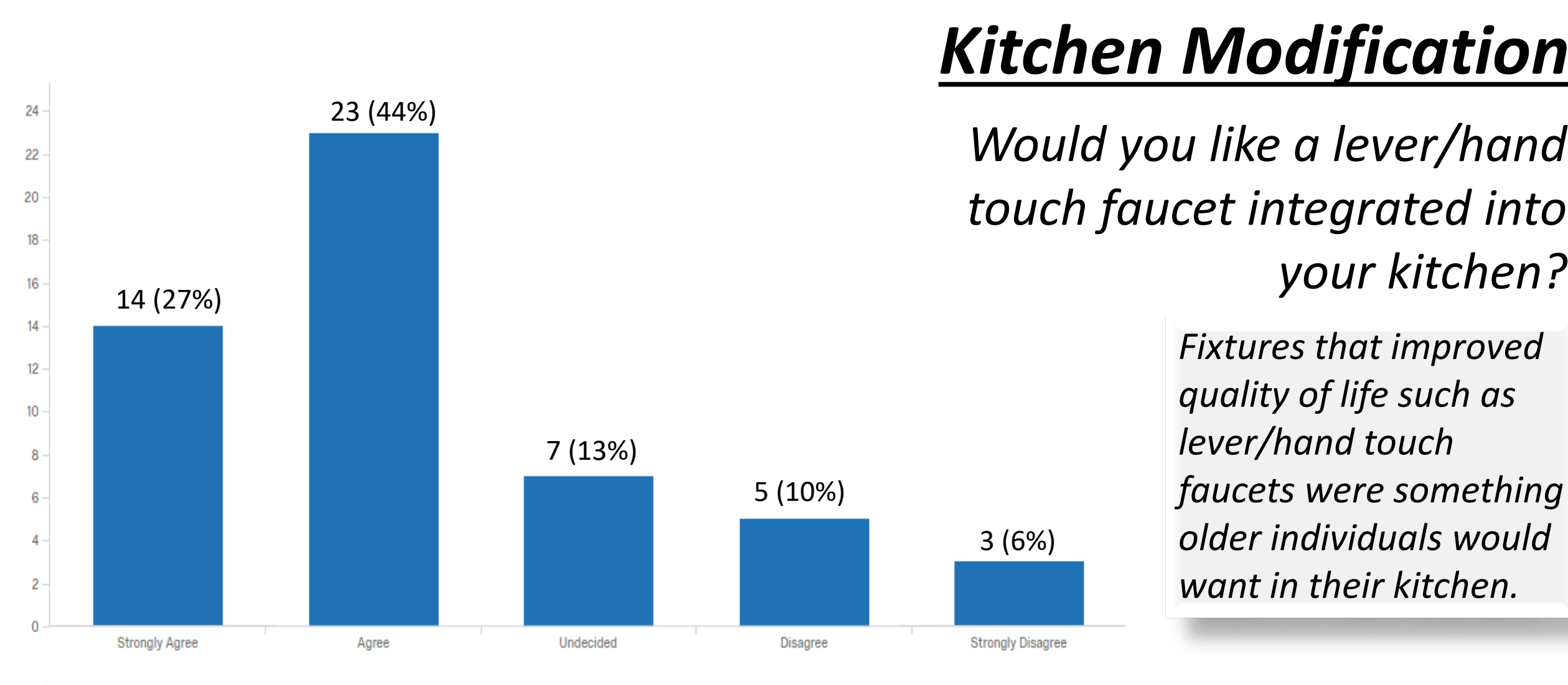
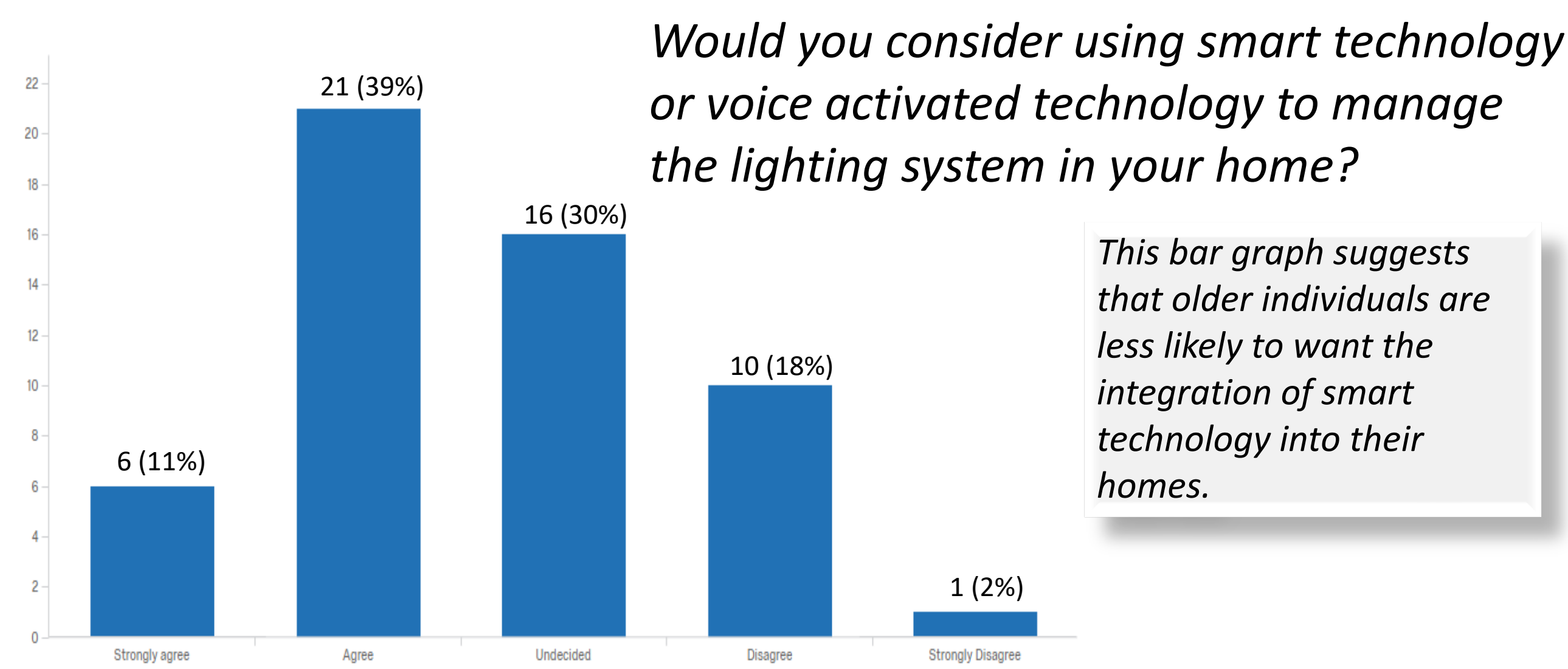
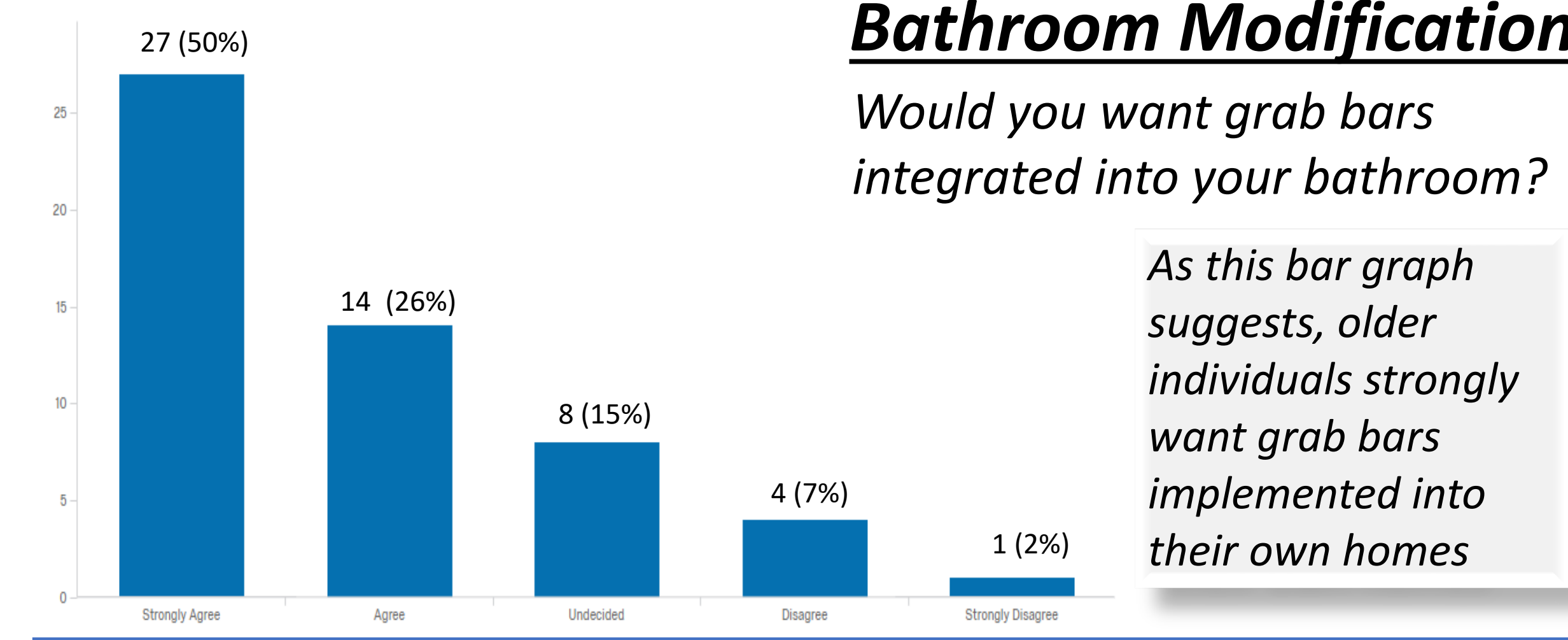
To learn more about whether the older population knows about aging in place, a quantitative research method was used in the form of an online survey and paper copies. This survey was approved by the North Dakota State University Institutional Review Board (IRB). The participants, 60 years or older, were asked forty questions. Likert questions were used to measure how they felt about different aging in place modifications being added to their homes.

The survey questions pertained to three main areas of the house: kitchen, bathroom and bedroom. The questions provided a photo of the modification and participants indicated whether they agree or disagree on having the modification incorporated into their home.

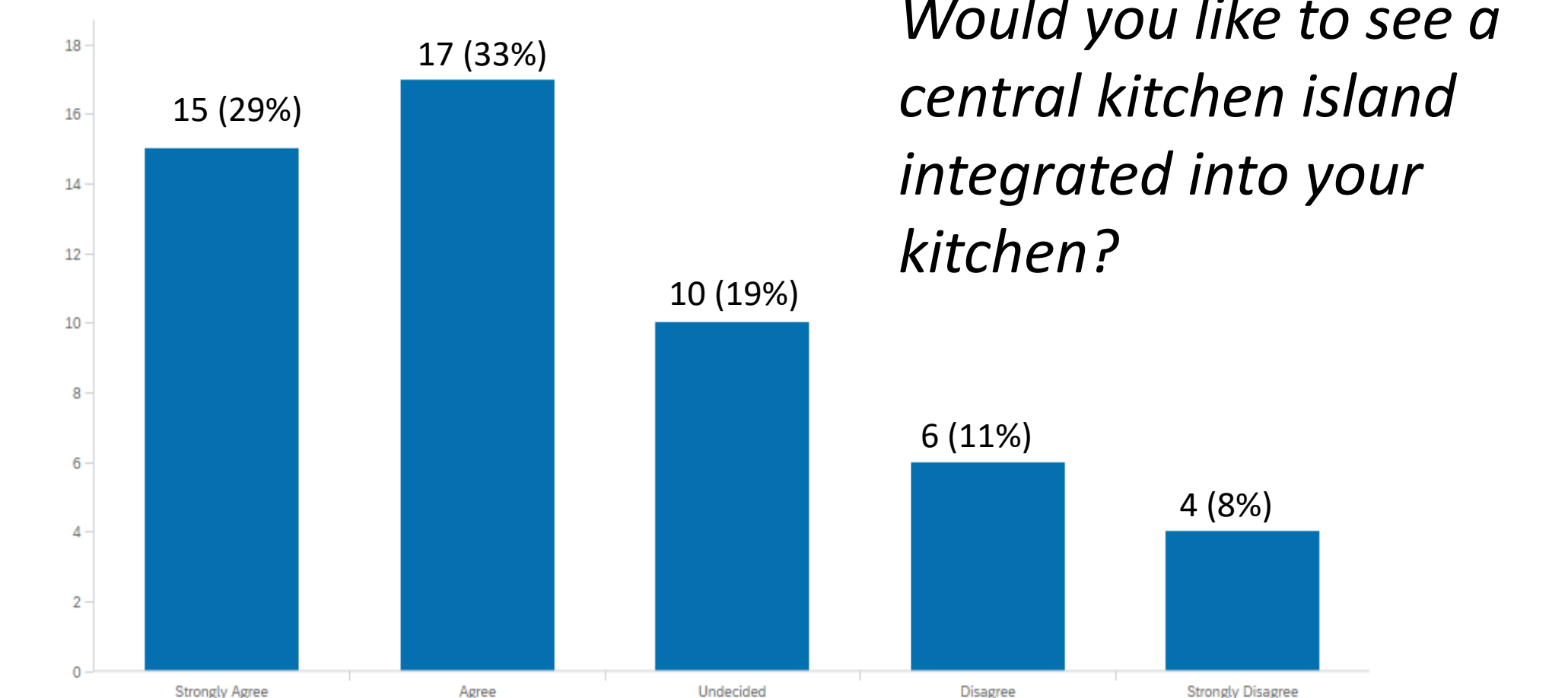
Results

- Demographics: The majority of survey participants (n=54) were in the age range of 66-70 years old (40.7%), while 3.7% of people were over the age of 80
- 72.2% did not live alone
- 25.9% lived alone
- 42.6% have lived in their homes for more than 16 years

Results



Kitchen Modification



Conclusion

The survey resulted in a better understanding of the type of aging in place modifications a group of older adults would be willing to make in their homes. Modifications might include the fixtures that could help in day to day life, whether they would be interested in addition of smart technology in their homes, and the type of furniture they would want added for better quality of life.

Results showed that older adults would enjoy having these quality of life changes in their homes. Certain aging in place modifications were not wanted by the survey takers, while other modifications were something they would want incorporated into their own homes.

There were some limitations with these results. Data was only collected from older adults in the Fargo-Moorhead area. There may be differences in what people want implemented in their own home depending on their place of residence. This data could be used for further research about designing an aging in place home.

References

- Peek, S. T. M., Wouters, E. J. M., van Hoof, J., Luijkx, K. G., Boeije, H. R., & Vrijhoef, H. J. M. (2014). Factors influencing acceptance of technology for aging in place: A systematic review. *International Journal of Medical Informatics*, 83(4), 235–248. doi:10.1016/j.ijmedinf.2014.01.004