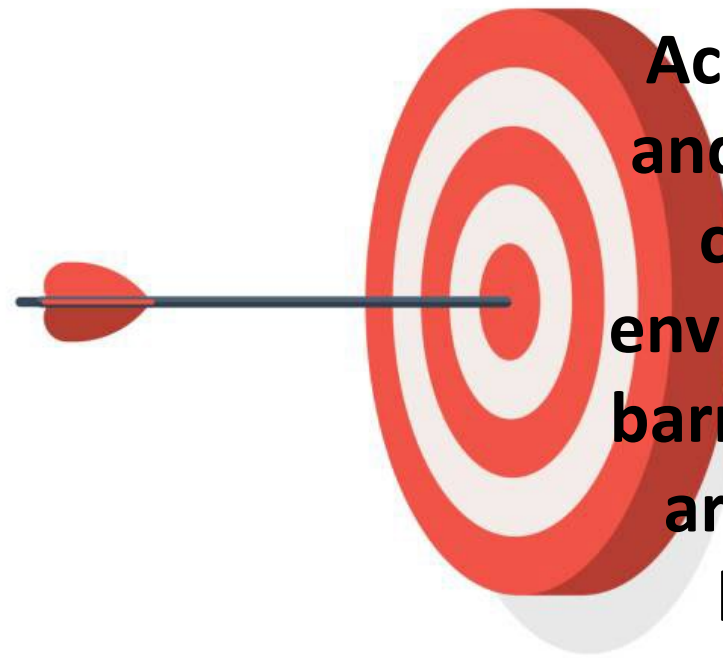




Workshop housing adaptations

About this study in the AGE'in project

AGE'in aims to empower people to age in place



Accessibility and the most common environmental barriers in and around the houses.





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A man in a grey sweater is looking into a large, ornate mirror. The reflection shows an elderly man with white hair, wearing a black and white striped sweater, with his hand to his face in a thoughtful or distressed pose. The scene is dimly lit, creating a somber and reflective atmosphere.

Personal reflection

- Think about your own house or the house of your parents or grand parents
- What possible barriers do you see for ageing in place?

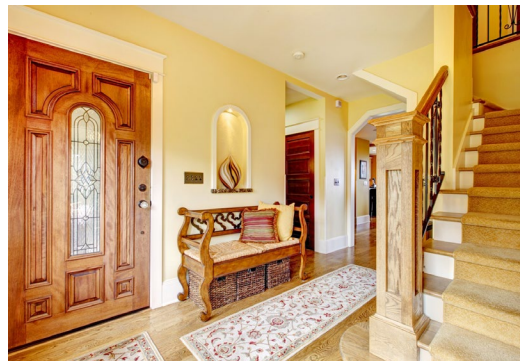
Sections of the house



Exterior & entrance



Bathroom



Interior



Kitchen

Exterior & entrance





Avoid stairs or steps

the sitting out place

Even & stable
surface

the route from front door
→ parking space
→ Letterbox
→ refuse bin

Exterior, take a critical look at

- the route from parking place → front door?
- the route → letterbox/refuse bin?
- the sitting out place?
- even & stable surface (no sand/loose gravel, cracks, irregular surface, large joints)?
- paths about 1m wide, with somewhere a wider place to turn with a wheelchair?



Entrance, take a critical look at

- Avoid stairs or steps
- Free passage at external doors: min. 84 cm



Entrance, take a critical look at

- Accessible ramp:
 - max 5% gradient (1:20),
 - flat resting place every 6m,
 - Slipping off protection,
 - flat zone of 1.5x1.5m at front door (inside and outside)
- Avoid fast closing automatic doors or heavy doors



Entrance, take a critical look at

- elevator:
 - at least 1.1 to 1.4m,
 - no quick closing doors,
 - handrail and seat present in the lift.



Interior



Interior, take a critical look at

- Sufficient manoeuvring space?
- Free passage of interior doors of at least 76cm?
- Sockets: preferably at a height of 1m?
- Easy-to-operate levers on the windows?



Interior, take a critical look at

- Place for bedroom & bathroom on the ground floor?
- Stairs:
 - avoid spiral staircase, steep stairs, treads with narrow depth,
 - handrail preferably at 90cm height.



Kitchen



Kitchen, take a critical look at

- working surface for sedentary work (with leg room) or space for a table?
- sufficient manoeuvring space (preferably 1.2m)



<https://www.istockphoto.com/fr/photo/vue-g%C3%A9n%C3%A9rale-dune-vieille-unit%C3%A9-de-cuisine-%C3%A0-lint%C3%A9rieur-dune-cuisine-dans-le-gm1264156980-370183533>

Kitchen, take a critical look at

- change low & deep shelves in to
 - turnable units
 - pullout shelves
- easy to operate water tab
- oven & hobs: with visible control buttons



<https://www.istockphoto.com/fr/photo/int%C3%A9rieur-de-cuisine-ancienne-avec-carreaux-turquoise-dans-vieille-maison-gm1087779738-291837522>

Bathroom



What barriers in the bathroom can be seen in the photo?





wash basin with leg room

a barrier-free or low threshold shower

sufficient maneuvering space (1.3 x 1.3m)

Bathroom, take a critical look at

- wash basin with leg room?
- a barrier-free or low-threshold shower (if possible, provide the necessary technical facilities on the ground floor)?
- sufficient manoeuvring space (1.3 x 1.3m)?



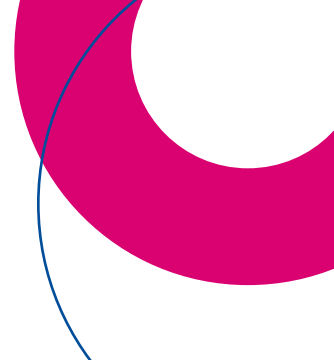
<https://www.istockphoto.com/fr/photo/la-salle-de-bains-gm120922541-10274001>




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Familie van de Vijver

Verduurzaming
- Verduurzamen van de woning
- Aankoop van zonnepanelen
- Aankoop van een elektrische auto





Best Practices

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OCMW Brugge en Mintus (West-Vlaanderen)

Demonstration of adapted house in Bruges through virtual tour

[Noordgistelhof \(net-fs.com\)](http://net-fs.com)

Clubster Santé (France)

Demonstration of adapted house through virtual tour

<https://www.visite-virtuelle360.fr/visite-virtuelle/210325-Hipa/>



Questions?

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Visit our websites

Langer thuis in eigen huis:

- <https://www.mintus.be/langer-thuis-in-eigen-huis-2>

Langer thuis wonen;

- <https://www.langer-thuis-wonen.eu/>

Langer zelfstandig thuis

- <https://langerzelfstandigthuis.be/>

AGE'in

- <https://www.ageindependently.eu/>



Thank You

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