



AN AGELESS DÉCOR

by Glen Peloso

I was having a charming conversation with an older woman at my gym and marvelled as she jumped into a fitness routine surrounded by a lot of younger people.

In our conversation, she mentioned that she still feels like she is 30 but her body keeps reminding her that she is not. As often happens with me, the conversation moved to home décor and questions about what she could do to make the house a little friendlier to her body while still pleasing her young spirit.

The first thing to do is plan for single-storey living. While you may be able to negotiate stairs now, there will come a time when it will be more difficult. Eliminate the need for stairs by having the kitchen, bedroom, laundry, living room and bathrooms all on the same level.

If you are moving homes to downsize, now is the time to lighten your furniture load as well. Eliminate some of the furniture that you have accumulated over your

lifetime. You want to leave a reasonable amount of space around the furniture, both for safety and style purposes.

Apart from simple weeding out, start thinking about furniture that works for you, now and in the future, like chairs with arms and pieces that don't sit too low to the ground. Getting up as you are getting up there in years is more difficult.

It's also wise to cull through the accessories that you have. It gets harder to keep things clean and dusting becomes more difficult to accomplish, not to mention much less interesting, as time goes on.

In the bedroom consider a king-sized bed as opposed to a queen. It gets progressively harder to have a good night's sleep and you want to ensure that your partner stays asleep if you need to use the bathroom or decide to read for a few hours in the middle of the night. I would also avoid the throw mats that people often place beside the bed, as they can be slippery if you lose your footing.

I think it is also a great idea to add a chair to the bedroom if you don't already have one. It's easier to put on shoes, socks and pants while you are seated and the edge of the bed isn't always stable, as there are no arms to support you in getting up and down.

In the bathroom, consider a shower seat. The tub gets to be more difficult to get into and out of as we advance in age, but a shower allows you your independence for much longer. Placing a stool in the shower is a great way to clean your feet or shave your legs. If you are female then it is important to have a magnifying mirror for getting ready to go out. Putting on makeup without glasses is a tough go and applying eye shadow while you're wearing glasses is equally difficult!

Finally, make sure that you have great general lighting. Seeing well gets to be a problem for most of us around our late 30s and progressively gets worse. Dimmers will allow you to decide how much light you need and where you need it, so your house won't lose romance when you want to have it.

Needless to say, my older friend at the gym is still working out like she is 30 and frankly, her spirit often makes me think that she is 30, even though she often tells me that "getting older is not for the weak of heart."



Glen Peloso, principal designer of Glen Peloso Interiors, Inc., has been designing spaces for commercial, corporate and residential clients for 15 years. You'll recognize Glen as the host of television design shows like *Restaurant Makeover*, *Take This House & Sell It*, and *Renovate My Wardrobe*, and from his live speaking engagements at home shows across Canada. glenpelosointeriors.com

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Mature household must-haves

According to the AARP and National Association of Home Builders, the aging population will be the number two issue affecting the remodeling industry over the next five years. Why? Because today's homeowners overwhelmingly prefer to live independently in their current homes... even if it means remodeling to meet their needs.

Whether you modify your current house – or purchase new – these are some must-haves to ensure you'll have a safe, secure and easily maintained home to grow old in:

FLOOR PLAN

- Open floor plan with wide, accessible paths
- Single-story home or a two-story with a first-floor master bedroom

BATHROOM

- First-floor master bathroom equipped with safety products such as grab bars, elevated toilet seats and shower chairs
- Curbless shower, featuring a handheld showerhead and a long hose
- Adjustable- or varied-height countertops

KITCHEN AND LAUNDRY

- Adjustable- or varied-height countertops
- Upper wall cabinetry three inches lower than conventional height
- Pullout kitchen faucet with lever handles
- First-floor laundry with front-loading machines

ELECTRICAL AND SECURITY

- Light switches by each entrance to halls and rooms
- Security system connected to police, fire and EMS
- Flashing porch light or 911 switch

FLOORING

- Smooth, non-glare, slip-resistant surfaces
- Less than 1/2-inch pile carpet with firm padding

EXTERIOR

- Low-maintenance exteriors such as vinyl or brick
- Covered garage or carport
- Handrails near steps

For more information about ADA-compliant pullout kitchen faucets or bath safety products, such as SecureMount Grab Bars, elevated toilet seats and shower chairs visit from Moen, visit moen.ca or call 800.465.6130. NC