

# don't move - adapt!

## change can be good.

There are many ways to change your living situation without moving. Tiny changes can make a big difference in the liveability of an existing house — and big changes make room for a diverse community to share what might once have been an exclusively single family street.



### little shifts, big impact.

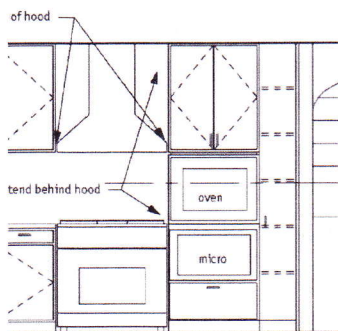
As we age, annoying things happen. Our eyes need more light to see detail. Our joints get stiff on us. It gets harder to use the kitchen, the stairs, the bath - don't despair. A little design and a good contractor can work wonders!

#### visibility and access:

- contrasting color can help to define a level change. Try dark flooring to light wood or carpet at a stairway for example, so you can see where the change in plane occurs.
- add light in areas where you work or read.
- install sturdy handrails at stairs
- try lever hardware for doors and taps: it's easier to grip than a round knob

#### in the kitchen:

- look at your appliance locations. Can you move something to make it easier to use? Move a microwave down to counter height; or move the oven up, so they're easy to reach.
- try storing pots and dishes in easy to access drawers
- create a space where you can work sitting down



#### in the bath:

- metal grab bars, fastened to studs or backing in the wall, make a big difference
- raise your toilet seat to make it easier to get up and down



### feeling bold? ready to take on something more?

Maybe you need care part time to stay at home. Maybe your family's grown and left you with a house you love, that's way more than you can keep up. These are bigger challenges, but not insurmountable ones.

- convert part of the house to a suite for renters, care provider(s) or family members
- build an accessory unit (cottage, lane house, or attached suite.) Perhaps you could move into the suite and the next generation could grow up in the family home.
- rent the house and use the proceeds to cover a fabulous condo or coach house.
- find some friends and build a triplex or cottage housing to share.



With a little creativity, determination, and good professional advice, the options for developing housing for everyone on the North Shore are endless. All we need is to start.

#### resources:

CMHC: Maintaining Seniors' Independence Through Home Adaptations:

<http://www.cmhc-schl.gc.ca/en/co/maho/adse/masein/>

West Vancouver Housing Action:

<http://westvancouver.ca/housing>

City of North Vancouver Coach House Program:

<http://www.cnv.org/CoachHouse>