

# MODULE 3

# Housing

Community & Healthcare

Transportation

Housing

Social Participation

Outdoor Spaces & Buildings

Respect and Social Inclusion



## European Seniors Friendly Communities Guideline

### MODULE: HOUSING

#### THEORETICAL INTRODUCTION

*Housing is a key pillar of age-friendly communities, directly influencing autonomy, health, and social participation in later life.*

*According to the World Health Organization (2007), age-friendly housing should be safe, affordable, and well-located - facilitating access to services, mobility, and social interaction. As populations age, the concept of “**ageing in place**” becomes central: the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age or ability level.*

*Traditional housing models often fall short of meeting older adults’ evolving physical, emotional, and social needs. In response, new paradigms are emerging. Cohousing—collaborative living communities where private units are combined with shared spaces—promotes mutual support, reduces isolation, and fosters intergenerational exchange. Similarly, social condominiums offer an intermediate solution between public housing and the private market, integrating services such as assisted living and communal areas to encourage social cohesion and well-being.*

*Design features such as universal design, barrier-free access, and modular adaptation are essential to accommodate mobility limitations and cognitive decline. These principles benefit not only older people but also families, people with disabilities, and caregivers.*

*Beyond physical structures, housing policy must align with urban planning and community development. Promoting mixed-use neighbourhoods, integrated services, and participatory design approaches ensures that housing solutions reflect the diverse realities of aging. Ultimately, housing for age-friendly communities must be inclusive, sustainable, and embedded in a broader vision of social justice and active aging.*

## STATUS QUO

*For many older adults, aging in place—remaining in their own homes for as long as possible—is a priority. However, the lack of age-friendly housing and insufficient support services make independent living increasingly difficult. Across Europe, most homes are not designed to accommodate the changing mobility and health needs of seniors. Many lack essential accessibility features, such as lifts, handrails, step-free entrances, and adapted bathrooms, forcing seniors to navigate unsafe environments. In colder regions, poor insulation and inadequate heating systems further compromise their well-being, particularly for those on fixed incomes who struggle to afford energy-efficient upgrades.*

*Although government programs exist to assist with home adaptations, these grants are often insufficient, difficult to access, and buried in bureaucratic processes. Many seniors, particularly those with limited digital literacy or no immediate family support, find it challenging to apply for funding or navigate the complex procedures required to obtain financial aid for home modifications. As a result, essential adaptations such as stairlifts, walk-in showers, and safer flooring remain out of reach for many older adults, increasing the risk of falls and injuries.*

*At the same time, affordable senior housing options are severely lacking. While some countries have introduced co-housing models or community-based living alternatives, these remain limited in scale and are often too expensive for the average pensioner. Many older adults wish to downsize to a more manageable home but find that there are few suitable options in their communities. In some cases, retirement housing is available but located far from city centers or essential services, leading to social isolation and a loss of independence.*

*For those who require daily assistance, home care services are often inconsistent, understaffed, and difficult to arrange. The shortage of trained caregivers means that many seniors face long waiting lists for home support, while others must rely on family members or expensive private care options. Even when home care is available, services are often limited in duration and scope, covering only basic needs such as meal preparation and hygiene, but failing to address broader social and emotional well-being.*

## STATUS QUO

*In summary, the housing landscape for seniors presents multiple barriers to safe and independent living. The lack of accessible housing, insufficient financial support for adaptations, limited affordable senior housing, and inconsistent home care services make it increasingly difficult for older adults to maintain their quality of life. Addressing these challenges requires a multi-faceted approach, including greater investment in home adaptation programs, more affordable and community-integrated senior housing, and a stronger, better-funded home care sector to support aging populations in a dignified and sustainable way.*

### **Country-Specific Findings**

- *Italy: Seniors struggle with home modifications due to financial and bureaucratic barriers. Co-housing initiatives are rare and difficult to implement.*
- *Ireland: Housing adaptation grants do not cover all costs, and home help services are difficult to access.*
- *Spain: Many seniors live in old buildings without lifts, isolating them on upper floors. There is little financial support for home adaptations.*



## LEARNING OUTCOMES

*Description of the main learning objectives and results to be achieved in terms of knowledge, skills and attitudes by:*

- *Educators*
- *Stakeholders and local actors*
- *Seniors*

**Educators:** *will gain a comprehensive understanding of the physical, sensory, and cognitive changes associated with ageing, as well as the concept of "ageing in place" and its significance for autonomy and active ageing. They will become familiar with age-friendly housing principles, including universal design and home modification strategies, and explore alternative housing models such as co-housing and social condominiums.*

*This knowledge will enable them to develop observational, critical thinking, and problem-solving skills, helping them to assess barriers in the home environment and co-design user-centered solutions for safer, more inclusive living spaces.*

*Educators will also cultivate empathy for older adults, adopt a reflective mindset to question personal biases, and embrace a proactive attitude toward creating inclusive and supportive environments in both educational and caregiving contexts.*

**Stakeholders and local actors:** *will learn how physical and social environments influence aging in place and will become familiar with national and WHO frameworks for age-friendly housing. They will explore the diverse housing needs of older adults, including aspects of mobility, isolation, and accessibility, and gain insight into effective housing policies and policy tools supported by national and international best practices.*

*They will develop skills to observe and analyse the built environment, assess policy inclusiveness, and co-design tailored housing strategies. Cross-sector collaboration and strategic thinking will be emphasised to support the creation of inclusive housing models.*

*Through the module, they will foster empathy for older adults, take shared responsibility for age-inclusive planning, and adopt a forward-thinking, equity-driven approach to local policy and development.*

## LEARNING OUTCOMES

**Seniors:** will acquire knowledge about common household risks and learn affordable ways to enhance safety and autonomy at home. They will also become informed about co-housing and other shared living models, understanding the social and emotional benefits these offer.

They will be empowered to use tools such as home safety checklists, assess their current living conditions, and consider practical changes. The module will encourage them to reflect on their future housing preferences, communicate their needs, and explore new housing options that promote independence and well-being.

Seniors will build confidence in making informed decisions about their homes and lifestyles, develop a spirit of mutual support and peer learning, and cultivate a positive, empowered outlook on ageing and community living.



## EDUCATIONAL TOOLS

### LIVING THE AGE

**Target:**

- For educators

**Duration**

2 hours

**Materials\***

1. Glasses with blurred lenses or frosted plastic sheets
2. Gloves (garden/work gloves or surgical gloves filled with cotton)
3. Knee/elbow wraps or resistance bands (to limit mobility)
4. Earplugs or noise-canceling headphones
5. Weights (1–2 kg) or bags to simulate carrying loads
6. A mock "home environment" (classroom or room with furniture arranged as obstacles)
7. Paper and pens
8. Flipchart/board or projector

**Description**  
(2000 characters):

This workshop is designed to help educators understand the physical, sensory, and cognitive challenges faced by older adults who age at home. Participants will be invited to experience everyday tasks from the perspective of an older person through a guided simulation.

After a short introduction to aging-related changes (mobility, vision, hearing, dexterity, balance), participants will be equipped with simulation materials that alter their sensory and motor functions.

They will perform daily activities such as:

- Walking across a room with obstacles
- Opening a jar or a medication container
- Picking up objects from the floor
- Writing a note
- Navigating stairs or getting into bed

Observers will note challenges and behaviors.

	<p>Debrief:</p> <p>Following the simulation, participants will engage in a group debrief to reflect on their experience, emotions, and observations, discussing implications for home design, caregiving, and educational practice.</p>
<p><b>Tips for trainers</b></p>	<p>Ensure a safe environment.</p> <p>Facilitate a rich debrief by asking reflective questions:</p> <ul style="list-style-type: none"> <li>• How did it feel to perform simple tasks?</li> <li>• What was most surprising?</li> <li>• What changes would you recommend to improve home environments?</li> </ul>
<p><i>*if needed add here tables, pictures or other materials to be used for the activity</i></p>	



## A PLACE TO AGE WELL

**Target:**

- *For educators*

**Duration**

2.5 hours

**Materials\***

1. Blank home layout templates
2. Colored markers, post-its, scissors, glue
3. Photographs of real-life age-friendly and non-age-friendly spaces
4. Case studies (short descriptions of older adults' housing needs)
5. Flipchart/whiteboard
6. Access to online resources of universal design features
7. Optional: Lego for tactile learners

**Description**  
(2000  
characters):

**Introduction:**

The session begins with a brief introduction to age-related changes and how these impact mobility, perception, and daily routines. Participants will be introduced to the concept of universal design, accessibility, and home adaptation strategies.

**Co-design:**

Using case studies of older adults with varying needs (e.g., vision impairment, reduced mobility, cognitive decline), participants will work in small groups to redesign a basic home layout. They will identify barriers (e.g., narrow doorways, slippery floors, poor lighting) and propose modifications such as no-step entries, grab bars, wider hallways, or multi-sensory cues.

**Debriefing:**

The activity will also include discussion about co-housing models, intergenerational living, and social condominiums as innovative solutions to support aging in place and community engagement. In a final reflection, groups will present their design solutions and reflect on feasibility, user-centered approaches, and ethical considerations.

**Tips for trainers**

- Start with a visual tour: show real examples of both supportive and problematic housing designs.
- Use real case scenarios.
- Close with a call-to-action: how can each participant apply what they've learned in their context?

Printable home layout:



**Case Study Template**

Name: [Insert persona name]

Age: [e.g., 78]

Living Situation: [e.g., Lives alone in a two-story house]

Health Considerations: [e.g., Reduced vision, arthritis, mild cognitive impairment]

Daily Routine: [e.g., Prepares meals, watches TV, goes for walks]

Challenges Faced:

[E.g., Difficulty using stairs]

[E.g., Struggles with lighting at night]

[E.g., Confusion with identical doors in hallway]

Goals:

[E.g., Remain independent]

[E.g., Receive occasional help from neighbours]

## WALK THE TALK

**Target:**

- *For stakeholders & local actors*

**Duration**

2 to 2.5 hours

**Materials\***

1. Printed observation checklists (customised to local context)
2. Clipboards and pens
3. Smartphones/tablets for photo documentation (optional)
4. Bad weather alternatives (photos/videos of areas instead of walk)

**Description**  
(2000 characters):

Participants are introduced to age-friendly criteria (based on WHO or national frameworks) and divided into small groups with observation guides. They will analyse elements such as:

- Step-free access to buildings
- Pavement conditions and lighting
- Proximity to healthcare, green spaces, and public transport
- Signage, seating, and safety in communal areas

After the walkthrough, participants regroup to share findings, photos, and impressions. The trainer facilitates a discussion on key gaps and opportunities, and how housing policies, urban planning, and intersectoral collaboration can be improved.

**Tips for trainers**

Select a neighborhood with diverse housing types and urban features. Make participants aware of safety protocols (footwear, group walking, street safety).

Include participants with diverse perspectives (urban planners, NGOs, older adults).

Prepare guiding questions like:

- What barriers would an older person face here?
- Are services accessible on foot or by public transport?
- Would this neighbourhood support aging in place?

## OBSERVATION CHECKLIST

Use this checklist to assess the age-friendliness of the neighbourhood or housing area during the walkthrough. Rate or comment on each aspect:

### Accessibility

- Are entrances to homes and buildings step-free or have ramps?
- Are sidewalks level, wide, and free from obstacles?
- Are there handrails or support structures where needed?

### Safety

- Is the area well-lit during evening hours?
- Are pedestrian crossings clearly marked and safe?
- Are there any visible hazards (e.g., loose paving, overgrown paths)?

### Connectivity and Services

- Is public transportation easily accessible?
- Are essential services (grocery, pharmacy, health center) within walking distance?
- Are there benches or resting areas along pathways?

### Social and Communal Spaces

- Are there community spaces where older adults can gather?
- Is there visible information or signage to navigate the area?
- Do residents feel a sense of safety and belonging?



DESIGNING EQUITY	
<b>Target:</b> <ul style="list-style-type: none"> <li>• <i>For stakeholders and local actors</i></li> </ul>	
<b>Duration</b>	2.5 to 3 hours
<b>Materials*</b>	<ol style="list-style-type: none"> <li>1. Flipcharts or whiteboards</li> <li>2. Sticky notes and markers</li> <li>3. Printed policy framework summaries (e.g., WHO, national aging strategies)</li> <li>4. Case studies or best practice briefs (national and international)</li> <li>5. Projector</li> </ol>
<b>Description</b> (2000 characters):	<p><b>Introduction</b></p> <p>The session begins with an overview of international and national policy frameworks that promote aging in place, universal design, and inclusive housing models (e.g., co-housing, social condominiums, integrated services).</p> <p><b>Analysis</b></p> <p>Participants will review real-world case studies of successful policy interventions - both local and global - then work in groups to assess current gaps, barriers, and opportunities in their own communities.</p> <p><b>Reflection</b></p> <p>Using a participatory approach, groups will identify key elements of senior-friendly policy, such as:</p> <ul style="list-style-type: none"> <li>• Accessibility standards in housing regulations</li> <li>• Incentives for adaptive renovations</li> <li>• Integration of care and housing</li> <li>• Intersectoral collaboration</li> <li>• Monitoring and evaluation mechanisms</li> </ul> <p><b>Closure</b></p> <p>The workshop closes with a "policy pitch" activity: each group presents a draft policy idea or strategy, followed by collective reflection.</p>

<p><b>Tips for trainers</b></p>	<p>Use data to ground the problem (e.g., local aging demographics, housing gaps).</p> <p>Invite a guest speaker or local expert to briefly share lived experiences or examples.</p> <p>Encourage participants to bring their own regulations, policies, or municipal plans for review.</p> <p>Facilitate group diversity</p>
---------------------------------	--

### **POLICY ANALYSIS WORKSHEET**

1. Policy Title:
2. Responsible Authority/Institution:
3. Target Population:
4. Key Provisions Related to Aging and Housing:
5. Strengths of the Policy:
6. Gaps/Barriers for Older Adults:
7. Suggestions for Improvement:
8. Stakeholders Involved in Implementation:

### **GROUP ACTION PLAN**

1. Title of Your Proposed Policy or Program:
2. Objective (What challenge does it address?):
3. Key Components (Services, Incentives, Regulations):
4. Target Group(s):
5. Implementation Plan (Steps, Timeline, Partners):
6. Expected Impact on Older Adults:
7. How will you evaluate success? (Indicators, Feedback Tools)

## MY SAFE HOME

**Target:**

- *For seniors.*

**Duration**

1.5 to 2 hours

**Materials\***

1. Printed Home Safety Checklists (room-by-room audit)
2. Pens, clipboards
3. Photos of "safe" and "unsafe" home settings (for discussion)
4. Sample safety tools (non-slip mats, grab bars, smoke alarms, night lights)
5. Colored stickers or markers
6. Flipchart or whiteboard
7. Optional: short video on fall prevention or home hazards

**Description**  
(2000 characters):

**Introduction**

Participants will first engage in a brief discussion on common home risks (falls, poor lighting, loose rugs, hard-to-reach items, fire risks, etc.) and the consequences these may have.

**Home Safety checklist**

Next, they will be introduced to a room-by-room home safety checklist, guiding them through areas like bathrooms, kitchens, staircases, and entry ways. In small groups or pairs, participants will evaluate sample scenarios (photos, mock layouts, or personal experiences) and mark hazards using colored stickers or notes.

**Discussion**

They'll discuss affordable solutions and see examples of helpful tools or modifications. Trainers can present local services or funding programs available for home adjustments.

**Conclusions**

The session ends with participants setting a personal action plan: what small change will they make this week to improve their home safety?

**Tips for  
trainers**

- Keep the tone positive and empowering, focus on solutions and independence.
- Encourage sharing of real experiences or "tips" among participants.

**HOME SAFETY AUDIT CHECKLIST FOR SENIORS**
**1. Entrance and Hallways**

- Is the entrance well-lit and free of steps or clutter?
- Are rugs secured or removed to prevent tripping?
- Are handrails present and sturdy where needed?

**2. Living Room**

- Are pathways clear and wide enough for easy movement?
- Is furniture arranged to avoid bumping or tripping?
- Are light switches and remote controls easy to reach?

**3. Kitchen**

- Are frequently used items stored at waist height?
- Is the stove area free from flammable objects?
- Is there a working smoke detector nearby?

**4. Bathroom**

- Are grab bars installed near the toilet and shower?
- Is there a non-slip mat in the bathtub or shower?
- Is the water temperature set to avoid burns?

**5. Bedroom**

- Can you easily reach a light from bed?
- Are cords and rugs secured to avoid falls?
- Is a phone or emergency alert system nearby?

**6. Stairs (if applicable)**

- Are steps in good condition and evenly sized?
- Are handrails on both sides and securely attached?
- Is the stairway well-lit at top and bottom?

## LIVING TOGETHER, AGING TOGETHER

**Target:**

- *for seniors.*

**Duration**

1.5 to 2 hours

**Materials\***

1. Flipchart or whiteboard
2. Printed prompts or images representing co-housing models
3. Short video or photo slideshow of co-housing/community living examples
4. Sticky notes or colored cards

**Description**  
(2000 characters):

**Introduction**

Participants begin with a warm-up question: "What does a good home in old age look like?" followed by a short presentation on co-housing models—small communities where private living spaces are combined with shared resources and activities.

Real examples (videos or photos) of intergenerational co-housing, senior villages, and intentional communities are shown to spark ideas.

**Group discussion**

Through small group discussions, participants explore:

- Benefits of co-housing (companionship, mutual support, shared costs)
- Concerns or hesitations (privacy, personality fit, management)
- Dreams for ideal living arrangements in the future
- Community values they find most important

**Conclusion**

The session wraps up with each participant identifying one thing they'd like to change or pursue in their current or future housing experience. This could include visiting a co-housing project, talking to family, or joining a local group.

**Tips for trainers**

- Share real stories from older adults in shared housing models.
- Encourage group storytelling: "*Have you ever lived in community before?*"
- If possible, invite a guest (even via video) from a real co-housing initiative.

TRAINING RESOURCES		
<p>Anziani e diritto all'abitare</p>	<p>Explores the right to housing for older people from legal, urban, and social perspectives, advocating for inclusive and intergenerational living in the face of ageism and urban exclusion</p>	<p><a href="https://library.oapen.org/bitstream/id/c07fc2c6-ee59-4f71-8961-f3c6b0a90c90/9788835157922.pdf">https://library.oapen.org/bitstream/id/c07fc2c6-ee59-4f71-8961-f3c6b0a90c90/9788835157922.pdf</a></p>
<p>Examples of other Usa and European schemes</p>	<p>Collection of innovative intergenerational and age-friendly housing models from Europe and the USA, showing inclusive, supportive environments for seniors and youth.</p>	<p><a href="https://intergenerationhousingblog.files.wordpress.com/2018/03/examples-of-other-usa-and-european-schemes.pdf">https://intergenerationhousingblog.files.wordpress.com/2018/03/examples-of-other-usa-and-european-schemes.pdf</a></p>
<p>Sondaggio AeA Informa sulle esigenze abitative degli anziani</p>	<p>Survey of 370 older adults in Italy examining housing needs, accessibility barriers, social ties, and desires for community-based living solutions.</p>	<p><a href="http://www.abitareanziani.it/wp-content/uploads/2016/07/II-sondaggio-AeA-Informa-sulle-esigenze-abitative-degli-anziani.pdf">http://www.abitareanziani.it/wp-content/uploads/2016/07/II-sondaggio-AeA-Informa-sulle-esigenze-abitative-degli-anziani.pdf</a></p>
<p>Ageing in place in UK</p>	<p>UK study on ageing in place: benefits include autonomy and familiarity, but risks include isolation and poor housing. Highlights the role of technology and community support.</p>	<p><a href="https://www.researchgate.net/publication/225688711_Ageing_in_Place_in_the_United_Kingdom">https://www.researchgate.net/publication/225688711_Ageing_in_Place_in_the_United_Kingdom</a></p>

## TRAINING RESOURCES

<p>Informe 'Defensa y protección de derechos de las personas mayores desde lo comunitario: el caso de la vivienda'</p>	<p>The cost and adequacy of homes hinder the right to housing among older adults. This is revealed in the report "Defense and Protection of the Rights of Older Adults from a Community Perspective: The Case of Housing," a participatory study that addresses the main problems associated with guaranteeing the right to housing among older adults, especially those experiencing poverty or social exclusion. The research was conducted using photovoice as a means to promote the empowerment, participation, and social mobilization of older adults. To this end, five groups of participants over 60 years of age from Ceuta, Malaga, Toledo, Valencia, Seville, and Valladolid were recruited. Through photographic and testimonial work, and in collaboration with social organizations, challenges and proposals associated with the right to housing among this age group were analyzed.</p>	<p><a href="https://www.eapn.es/publicaciones/599/informe-defensa-y-proteccion-de-derechos-de-las-personas-mayores-desde-lo-comunitario-el-caso-de-la-vivienda?utm_source=chatgpt.com">https://www.eapn.es/publicaciones/599/informe-defensa-y-proteccion-de-derechos-de-las-personas-mayores-desde-lo-comunitario-el-caso-de-la-vivienda?utm_source=chatgpt.com</a></p>
--	--	--

## TRAINING RESOURCES

<p>EL CONSUMIDOR SÉNIOR Y LA VIVIENDA: UN ESTUDIO SOBRE SUS ACTITUDES HACIA LAS COMUNIDADES DE MAYORES</p>	<p>The University of Extremadura and the Miguel Rosa Morán Foundation have launched the Senior Generation Chair with the aim of developing teaching, research, and innovation activities in areas that improve the quality of life related to the well-being of the adult population. These activities include the preparation of this report on the senior consumer and housing, which is primarily aimed at studying the attitudes of older adults toward so-called senior communities, a housing solution that aims to extend functional autonomy.</p>	<p><a href="https://fundacionmrm.es/wp-content/uploads/2024/02/Informe-Vivienda-Senior_Final.pdf">https://fundacionmrm.es/wp-content/uploads/2024/02/Informe-Vivienda-Senior_Final.pdf</a></p>
--	---	--



## BIBLIOGRAPHY

WORLD HEALTH ORGANIZATION (2007) *Global age-friendly cities: A guide*. Geneva: WHO. Available at: <https://www.who.int/publications/i/item/9789241547307>

BUFFEL, T., HANDLER, S. and PHILLIPSON, C. (2018) *Age-friendly cities and communities: A global perspective*. Bristol: Policy Press.

TUMMERS, L. (2015) 'The re-emergence of self-managed co-housing in Europe: A critical review of co-housing research', *Urban Studies*, 52(2), pp. 202–220. Available at: <https://doi.org/10.1177/0042098014539409>

LANZIERI, G. (2020) 'Social condominiums and urban regeneration in Italy: Practices and policies', *European Planning Studies*, 28(12), pp. 2331–2349. Available at: <https://doi.org/10.1080/09654313.2020.1728754>

SIXSMITH, A. and SIXSMITH, J. (2008) 'Ageing in place in the United Kingdom', *Ageing International*, 32(3), pp. 219–235. Available at: <https://doi.org/10.1007/s12126-008-9010-9>

# Assessments Section

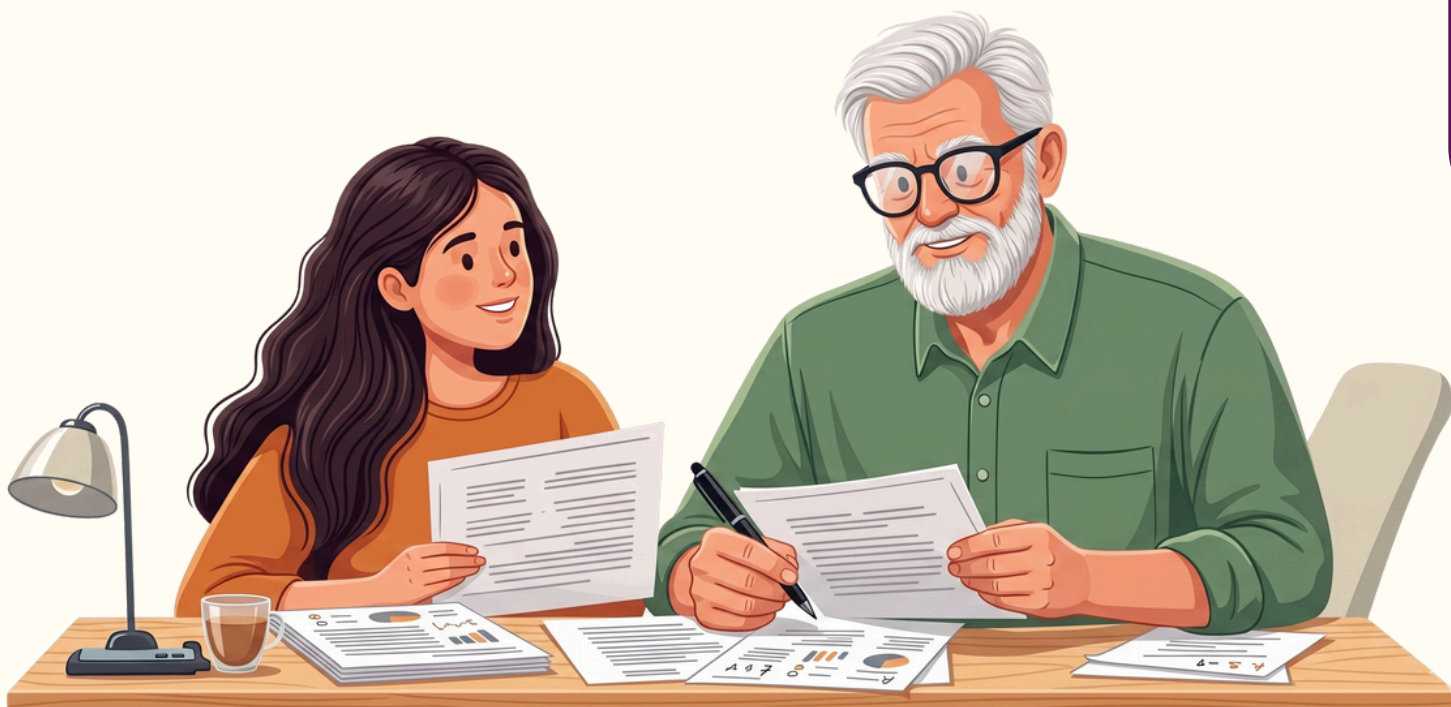


## MODULE: HOUSING

### EDUCATORS

#### Theme: Understanding Aging and Home Design

1. What does "aging in place" mean?
  - A. Moving to a care facility in old age
  - B. Living at home safely and independently, regardless of age
  - C. Avoiding social contact in older age
  - D. Renting temporary housing in senior villages
2. Which of the following is *not* a principle of universal design?
  - A. Step-free access
  - B. Narrow doorways
  - C. Easy-to-use fixtures
  - D. Good lighting
3. Can universal design features benefit both seniors and younger people?  
– Yes / No
4. Do you feel more confident identifying age-related barriers in home environments after this training?  
– Yes / No



## MODULE: HOUSING

### STAKEHOLDERS AND LOCAL ACTORS

#### Theme: Policy and Planning

5. Which of the following supports aging in place?
  - A. Lack of heating and poor insulation
  - B. Age-friendly public transport and accessible homes
  - C. Limited digital services
  - D. Multi-floor housing without lifts
  
6. What is a social condominium?
  - A. A luxury private residence
  - B. Public housing for young people
  - C. A mixed model with services and communal areas
  - D. A retirement home for wealthy seniors only
  
7. Are national housing grants usually easy for seniors to access?  
– Yes / No
  
8. True or False: A policy that promotes integration of care and housing can support older adults' autonomy.  
– Yes / No
  
9. Would you feel prepared to contribute to designing more inclusive housing strategies in your community?  
– Yes / No



## **MODULE: HOUSING**

### **SENIORS**

#### **Theme: Safety and Independence at Home**

10. Which of the following is a common safety hazard in the home?
  - A. Handrails
  - B. Non-slip mats
  - C. Loose rugs
  - D. Motion-sensor lighting
  
11. True or False: A grab bar in the bathroom can help prevent falls.  
– Yes / No
  
12. Have you ever done a home safety check of your living space?  
– Yes / No
  
13. What is one feature of an age-friendly home?
  - A. High shelves
  - B. Bright lighting
  - C. Cluttered hallways
  - D. Steep stairs
  
14. Do you feel more informed about options such as co-housing or senior villages?  
– Yes / No
  
15. Would you consider modifying your home to improve safety and comfort?  
– Yes / No

