



altro

Designed for possibilities.
Made for people.



Living in place

Floor and wall solutions for home adaptations

POWERED BY:

PREMIER

premier.partners

The importance of home adaptation cannot be overstated. For many people, their home is their sanctuary and the place where they feel most comfortable.



Designing for home adaptations

As individuals encounter various life stages, they may confront physical limitations and challenges that affect their ability to lead an independent lifestyle. Home adaptations are crucial to anyone seeking to enhance their living environment and overall well-being.

The concept of “aging in place” or “living in place” has gained significance beyond the aging population. Many individuals consider their homes as a space where they find comfort and create lasting memories. Adapting the home becomes a vital aspect of ensuring people can maintain their independence and quality of life, regardless of age or physical abilities.

Moving to a new residence can be a substantial upheaval, especially for those who have established deep roots in their homes over the years. Home adaptations offer solutions for individuals of all ages to stay within their familiar surroundings, fostering a positive impact on their mental health.

This brochure touches on some of the ways Altro flooring and wall products can help accommodate living in place as well as the strategy and design behind home adaptations.

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Home adaptations allow individuals who are disabled, aging or vulnerable to continue to live in their own homes safely. Physical and mental health can deteriorate over time; by preemptively adapting a home now it allows you to create a familiar environment that lasts.

Altro floor and wall solutions offer color and design flexibility, making an adaptation feel like home. We provide guidance for floor and wall selection, particularly taking into account health issues.

Our complete package of floors and walls work together for a seamless, easy to clean and watertight solution that can handle the knocks and bumps of life and reduce maintenance and repair costs.

Altro smooth sheet floors and walls can be used together for easy to clean surfaces that do not allow mold and vermin to take hold. Our acoustic floor options provide noise reduction between floors and ample comfort underfoot. These ranges are perfect for any rooms with a low potential for spills from water and contaminants.

Safety in key areas

Combine Altro safety floors with Altro Whiterock hygienic walls in areas such as bathrooms and domestic kitchens, where hygiene and safety are paramount.

All Altro floors and walls have industry-leading warranties.

Product	PTV (Slider 96) / R Rating	Lifetime sustained slip-resistance	Bathrooms	Domestic kitchens
Altro Aquarius™	≥50 R11	15 years	✓	✗
Altro Lavencia™	n/a	20 years	✗	✓
Altro Wood™ Comfort	≥36 R10	15 years	✗	✓
Altro Symphonia™	≥36 R10	15 years	✗	✓
Altro Walkway™ 20	≥36 R10	15 years	✗	✓
Altro Reliance™ 25	≥40 R10	25 years	✗	✓

To help you identify your risk level and requirements, please call us, we're happy to help.





Aging/living in place

“Aging in place” is rapidly becoming a popular term in gerontology, with most older adults choosing it as their preferred living situation. In fact, the number of seniors in long-term residential care facilities is declining over the years, having dropped 12% from 1970 to 2000 alone (Kaplan).

With the increased aging population comes the need for innovation in senior care – aging in place has been introduced as a way for seniors to have more freedom and independence while continuing to be members of their communities.

Benefits of living in place

Living in place is attractive to many seniors because it eliminates the need to a major move late in life. Moving into a residential facility can be an emotionally and financially draining experience, especially if a senior has lived in the same home for many years.

Along with the significant cost savings, the choice of living in place through home adaptation has many benefits, including:

- Safety
- Improved accessibility
- Peace of mind

Falls are a leading cause of injury and death among seniors, and many of these falls occur in the home. With home adaptations, seniors can reduce their risk of falls and other accidents. For example, adding grab bars in the shower or bathtub can make it easier to get in and out, while handrails on stairs can provide support and stability.

Home adaptation can also improve accessibility and make it easier for seniors to perform daily tasks. Such adaptations could be modifying the kitchen can make it easier to prepare meals or widening doorways and halls for wheelchair or walker accessibility. By making these modifications, seniors can maintain their independence and continue to live their lives on their terms.

Finally, home adaptation can provide peace of mind for family members and caregivers. Knowing that the home is safe and accessible can reduce stress and anxiety, particularly for those who live far away from their loved ones.





one in four



older adults will slip and fall each year, with one in three serious bone injuries resulting in death within a year of incident.

In the USA + Canada

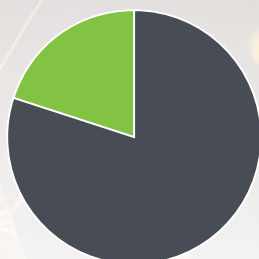
more than 59%



of baby boomers are opting to renovate their current residence for accessibility rather than buying a new home.

In the USA + Canada

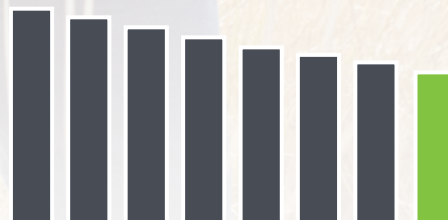
20% of deaths



among older adults resulting from an injury can be traced back to a fall and 95% of hip fractures are caused by falling.

In the USA + Canada

32% decline



in nursing home use from 2015 to 2022, with 92% of seniors opting for private homes.

In the USA + Canada

Altro solutions make a house a home

One product doesn't fit all. Each room in a home has different needs and challenges. Altro has a range of complementary floors and walls to meet the needs of different areas.

This floor plan shows how our products work within a variety of social housing and home adaptation rooms.

For more information on the products shown, visit our website at www.altro.com.



1. Kitchen

Altro Walkway 20 Biscuit LRV 30

Altro Whiterock* Bergamot LRV 26

2. Hallway

Altro Lavencia Oak Butternut LRV 26

3. Dining area

Altro Lavencia Oak Butternut LRV 26

4. Lounge

Altro Wood Farmhouse Oak LRV 38

5. Bedroom

Altro Wood Farmhouse Oak LRV 38

6. Bathroom / wetroom

Altro Aquarius Cuttlefish LRV 50

Altro Tegulis 2 x 2 Mosaic in Vibrance LRV 22

7. Ensuite bathroom

Altro Aquarius Cuttlefish LRV 50

Altro Tegulis 2 x 2 Mosaic in Vibrance LRV 22

** Not to be installed directly behind a cooking range.*



Did you know?

Only 1% of homes in the United States are conducive to aging in place, but more than 75% of older Americans want to stay in their own homes for as long as possible.

Rodney Harrell, director of livability thought leadership for AARP

Designing with neuroaesthetics

Enriching lives through biophilic design



Linda Kafka, WELL AP
Livable Environment Inc

Living in place has gained significant traction in recent years as people seek to remain in their homes and communities, as they grow older.

Traditionally, this design approach has focused on practical considerations such as mobility, safety, and accessibility.

While these factors are undoubtedly essential, a new paradigm is emerging in the field of aging in place design – one that delves into the emotional impact of our living spaces.

Biophilic design is rooted in the idea that connecting with nature, even in subtle ways, can have profound restorative benefits.

Scientific research has shown that something as simple as viewing wood grain, whether real or mimicked, can reduce blood pressure by an average of 5 beats per minute (bpm).

Interior designers specializing in living in place are turning to the sciences to validate their work's impact on health and well-being. Neuroaesthetics, a branch of neuroscience, plays a crucial role in this endeavor.

It explores how aesthetics, design, and the environment influence our emotions and well-being. When applied to living in place design principles, it results in human-centered designs that enhance our lives.

Neuroaesthetics teaches us that when we design spaces that emotionally connect us, our brains release “happy hormones” such as dopamine, serotonin, and oxytocin.

These neurochemicals are associated with feelings of joy, contentment, and social bonding.

Therefore, by creating living spaces that evoke positive emotional responses, we can contribute to improved health outcomes for older adults.

The evolution of living in place design goes beyond practicality and functionality. It embraces the emotional dimensions of our living spaces, drawing on scientific research to create environments that promote well-being.

By integrating biophilic design principles and neuroaesthetics into the design process, we can create homes that not only accommodate our physical needs but also uplift our spirits and enrich our lives as we age in place.

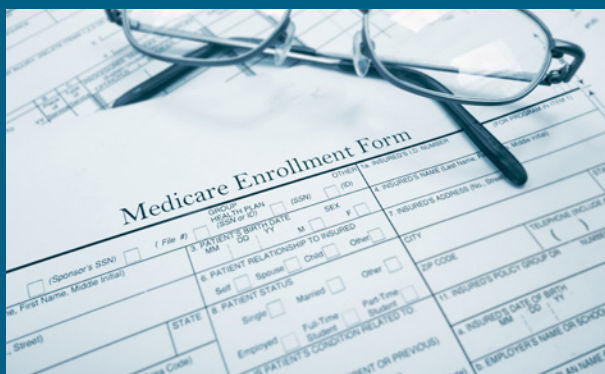


Funding options

The choice of living in place can feel overwhelming, with many factors coming into play when making this decision. One common concern revolves around the price difference between making modifications to one's home versus moving out of your home.

Depending on the specific modifications required for your home, living in place may seem unattainable. However, there are options available to help make living in place possible! Funding options for living in place include Medicare/Medicaid coverage, grants, private funding, as well as government assistance programs and resources.

Medicare/Medicaid



Medicaid covers a range of services including home care, home health services, transportation to medical care, personal care, respite care, hospice, and case management. Medicaid provides financial assistance for long-term care for those with low income.

Private funding



Startups focused on elder and home healthcare have received significant venture capital investments, with over half a billion dollars poured into these industries in recent years. These startups offer innovative solutions, companionship and assistance focused on safety upgrades and remote care.

Grants



There are substantial grants available that enable low-income homeowners to age in place. These grants facilitate safety and functional home modifications, reducing the risk of falls, improving accessibility, and enhancing the overall safety and functional abilities of older adults in their homes.

Government-assisted



There are various government-assisted funding options available to support older adults. Resources offer different avenues for financial support and assistance to create safe and accessible living environments. Funding of approximately \$30,000,000 is currently available.

Considerations

According to healthcare experts, individuals who require home modifications for accessibility should receive customized and personalized renovations that cater to their specific needs. It is crucial to consider their current condition as well as anticipate future progression of their condition, ensuring that the modifications remain effective long-term. Imposing a standardized solution will not meet this requirement.

Experts emphasize that due to the diverse range of disabilities within the population, accommodating accessibility needs entails different approaches for different disabilities. Consequently, incorporating broad accessibility requirements may not only lead to significant affordability challenges but also prove counterproductive.

There are additional conflicting factors to consider. For instance, implementing a no-step entry may clash with climate adaptation measures aimed at enhancing flood resilience. Similarly, constructing wider doorways may necessitate larger homes that cannot fit on limited lots or be easily transported from a homebuilding factory.

Wider hallways and doors substantially increase the required floor space, resulting in higher costs not only during construction but also in terms of land expenses. It is essential to consider industry capacity, product availability, enforcement implications, maintenance costs, and other expenses that would ultimately be passed on to consumers.

To increase confidence and decrease the chance of falls, the proper flooring and lighting, with handles and other safety measures, must be included. It is because of these many factors that, as we age, the built environment is more difficult to navigate.

Architects and designers will be increasingly called upon to design supportive, livable, helpful, and safe living accommodations to remove stress and confusion from an occupant's everyday life.



When designing for living in place, various things should be considered:

- ✓ The entryway to the home should feature an accessible route with a minimum of one no-step entrance.
- ✓ Slip-resistant flooring, with appropriate resistance for the area of application.
- ✓ Use small profiles for baseboards, cove formers or quarter rounds to minimize impact on wheelchair traffic
- ✓ To assure passage of people using wheelchairs, or crutches, the opening must be at least 32 inches wide.
- ✓ The space required for a wheelchair to make a 180-degree turn is a clear space of 60 in (1525 mm) diameter.



Product(s) shown: Altro Aquarius

Duty of care and the Adaptiv Home Renovation Manual



When designing for living in place the focus needs to be on safety, security, ease of use, comfort, accessibility, and health of the occupant. Through modifications, designers are able to utilize accessibility and safety products to create independent living spaces without them looking or feeling institutional.

The Adaptiv Renovation Manual offers guidelines to homeowners who want to live in their home safely and comfortably for as long as possible regardless of age, ability, size or circumstance.

Per the Adaptive Home Renovation Manual, flooring and wall cladding used in these spaces must be the following:

Transitions

- ✓ One of the most important element is flooring in different rooms is to avoid transitions.

Ease of travel

- ✓ Floors must be easy to move across for a person using a cane, walker, or wheelchair.

Cleanable

- ✓ Flooring shall be unaffected by wet cleaning, germicides and other types of cleaning solutions.

Comfort

- ✓ Floors should offer comfort underfoot with a minimum of fatigue.

Slip-resistant

- ✓ Floors should have adequate slip resistance to prevent slip and fall accidents.



Building codes – the minimum standard

Renovating a home for living in place is a unique opportunity to see how well the original building has performed and how to modify and improve the space for the occupants.

Building Codes are based on the **minimum acceptable standards** and the renovator may need to go beyond the minimum standards to accommodate the client.

The National Building Code consists of model codes that are relevant to new construction, significant renovations, and, in certain jurisdictions, building additions across North America.

However, their enforcement and applicability depend on the adoption by the respective provincial, territorial, or local authorities. Prior to undertaking any renovation project, renovators must ensure to verify and comply with the specific building code requirements in their local area.

The building department can also provide valuable guidance on the optimal design and construction methods for the specific area.

Universal design

Homes are inhabited and visited by individuals of diverse ages, sizes, and abilities, ranging from infants to seniors. As our lives evolve and new people enter our homes, our housing needs change accordingly.

Designing and constructing homes based on the principles of universal design ensures safety and accommodation for this wide range of ages and abilities. To achieve effective universal design and construction, it is crucial to genuinely understand how individuals with disabilities interact with their surroundings.

- Design homes to cater to all ages and abilities, ensuring functionality for individuals from infants to seniors and accommodating varying physical needs.
- Incorporate flexible design elements for changing needs over time, adapting to new family dynamics or adjusting to evolving physical abilities.
- Prioritize safety with features like ramps, handrails, and slip-resistant surfaces, benefiting individuals with mobility challenges and promoting a safer environment for everyone.
- Understand how individuals with disabilities interact with their living spaces to inform design choices that enhance usability and inclusivity.
- Strive to streamline daily life for all residents through accessible products, inclusive communication methods, and a thoughtfully designed built environment, improving overall quality of life.
- Create adaptable homes that meet evolving needs, reducing the need for unnecessary renovations or relocations and contributing to long-term environmental sustainability.





Did you know?

On ramps, the slope in the direction of travel cannot exceed 1:12 – meaning for every inch of rise there should be 12 inches of length. The cross slope, the slope perpendicular to travel, cannot exceed 1:48.

Guide to the ADA Accessibility Standards, Chapter 4



Did you know?

Bathroom additions including a folding shower seat, wall support, and slip-resistant flooring can help prevent falls while bathing. Slip-resistant flooring, should have appropriate resistance for the area of application.

Photo credit: Sada Bros Renovations INC.



Accessible design

An accessible home empowers individuals to pursue their needs and desires with as much independence as possible. This may involve straightforward modifications like installing grab bars and a tub seat in the bathroom.

The renovator should follow these steps to create a tailored solution based on the client's needs:

- Identify all areas in the home requiring modifications.
- Utilize a method for trade professionals to gather details, dimensions, photographs, and notes about challenges faced by occupants in each room.
- Consider transition points, openings, and the impact of each change on adjacent spaces.
- Prioritize design solutions based on urgency, as some areas may require immediate attention, potentially leading to further modifications in other spaces.
- Assess the home's lighting conditions to improve visibility, especially for those with visual impairments.
- Assess the current flooring materials for slip resistance and ease of mobility.
- Recommend or install flooring options that are not only visually appealing but also provide a safe and slip-resistant surface, catering to different mobility levels.
- Integrate reinforced walls or strategically placed handrails to offer additional support and stability, especially in areas where individuals may require assistance.
- Choose materials that absorb sound to create a quieter and more comfortable living environment, especially beneficial for individuals with sensory sensitivities or hearing impairments.

HOW

can Altro help you?

Floors and walls play a key role in creating attractive, welcoming environments. When designing for living in place, the space must be more than pleasant to look at. All flooring and wall finishes must provide a safe, stable, and durable foundation that can handle the health needs of aging and vulnerable residents.

Regardless of the size of the home, the selection of floors and walls is critical because you need to minimize risks to overall health and safety. Designed for living in place functionality, Altro flooring and wall cladding combines safety and durability with warm colors and tones that enhance the residents' living environment.

Altro floors are extremely durable, with indentation resistance and surface abrasion results enable it to resist scuffing and other damage.

Likewise, our wall cladding is highly impact-resistant and known to withstand damage normally caused by wheelchairs and equipment being moved within a home.

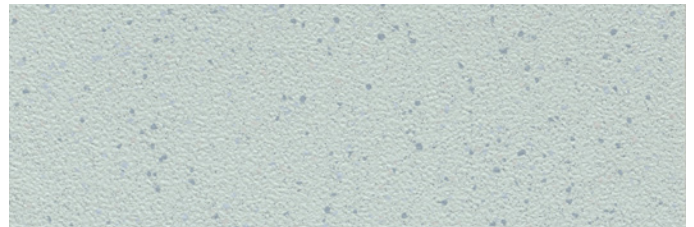
Considerations

- Durability
- No raised transitions
- Ease of rolling
- Appropriate slip resistance
- Surfaces need to be water-resistant and easy to clean
- Use smaller cove former for sheet flooring



Altro Wood

Home-like and stylish, great biophilic option with multiple designs, plank sizes and shades available.



Altro Aquarius

Comfortable underfoot and resistant to wear and tear from shoes. Great in bathrooms, showers, saunas, spas.



Altro Lavencia LVT

Peak beauty and performance will last through its lifetime, even in areas with consistently heavy traffic.



Altro Tegulis

A modern alternative to traditional tile walls and is available in an extensive color and design palette.

Showers and wet areas

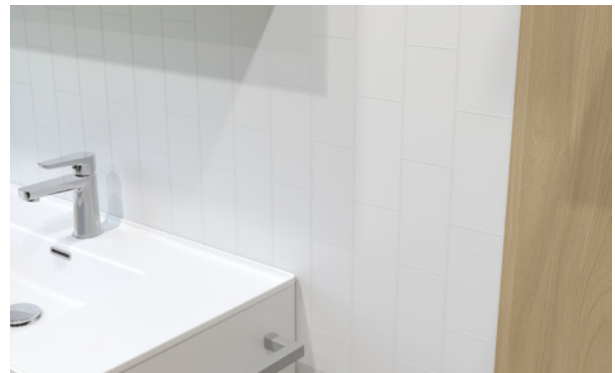


Designing accessible bathrooms that prioritize safety, comfort, and independence is a crucial aspect of creating a home environment suitable for individuals as they grow older. According to the CDC, 80% of falls among people of all ages occur within a bathroom.

Furthermore, the bathroom is a deeply personal space, and as individuals face physical challenges, the need for privacy remains paramount. Another aspect to consider is the frequency of bathroom use. Trips to the bathroom occur multiple times a day, and a poorly designed bathroom can become a significant barrier to independence.



Since the bathroom is the site of many accidents and falls, installing slip-resistant flooring is paramount. Flooring needs to be resistant to water and moisture, easy-to-clean and maintain, and provide a safe, non-slip environment.



Wall cladding should be impact-resistant and capable of withstanding potential damage from the movement of wheelchairs and other equipment within the home. Additionally, walls should be easy-to-clean and maintain for optimal hygiene.



Common areas



Entrances, corridors and common spaces

Altro Lavencia and Altro Whiterock wall designs



Dining rooms

Altro Lavencia, Altro Whiterock wall designs and Altro Tegulis



Household kitchens

Altro Lavencia, Altro Whiterock wall designs, Altro Orchestra, Altro Tegulis and Altro Wood Comfort



Bedrooms

Altro Lavencia and Altro Whiterock wall designs



Bathrooms

Altro Aquarius, Altro Lavencia, Altro Whiterock wall designs, Altro Orchestra and Altro Tegulis



Showers

Altro Aquarius, Altro Whiterock wall designs, Altro Whiterock Matte and Altro Tegulis



Product(s) shown: Altro Lavencia



Cleaning

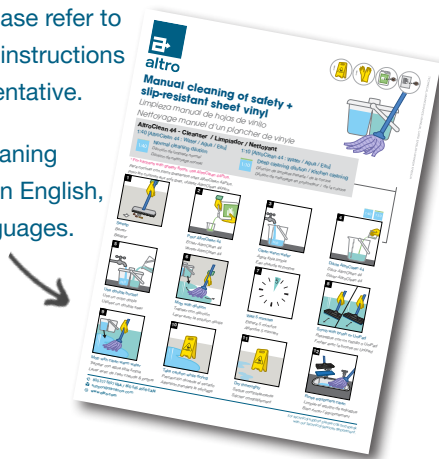
Living in place residents may be at a higher risk than the rest of the population of contracting an infection due to age and increased vulnerability to illness. Therefore, it is necessary to maintain a clean and healthy indoor environment to ensure a high quality of life for residents and peace of mind for their loved ones.

Important considerations:

- Water-resistant and easy to clean surfaces
- Flooring should remain intact, safe, and functional in heavy weight-bearing, high-traffic, and impact-susceptible areas.
- Water-resistant materials, sealed-seam construction methods, and moisture-impervious surface selections should be used for any wet areas.
- All areas subject to wet cleaning methods should have heat-welded seams with flash-coved flooring.
- The floors and wall-bases of kitchens and other areas subject to wet-cleaning methods shall be constructed of materials that are not physically affected by germicidal or other types of cleaning solutions.

For more information please refer to our website for cleaning instructions or ask your sales representative.

Laminated illustrated cleaning cards are also available in English, French and Spanish languages.



Altro cleaners and maintainers

Specially formulated for Altro products, AltroClean 44 and AltroClean 48W help maintain that fresh new look long after the initial installation. Both cleaners remove stubborn contaminants such as dirt, grease and grime that common cleaning solutions often evade.



AltroClean 44 is the preferred cleaning agent for Altro flooring products. Used in the world's top hospitals, this alkaline cleaner emulsifies stubborn dirt particles allowing for easy cleaner.

For smooth flooring we recommend AltroClean 48W. This all-in-one high-performance floor maintenance product is specially formulated to clean Altro smooth flooring ranges. It contains a unique integrated wax for maintaining aesthetics long-term. No additional flooring finish is required when AltroClean 48W is used on the floor for maintenance.

Both of these cleaners do not emit any VOCs and are safe for use in public areas including corridors, circulation areas and workspaces.

Discover Altro vinyl floor cleaners and maintenance products. Altro high-performance commercial floor cleaners will have your floors looking and performing better than ever!

Scan the QR code below to check the store on your mobile device or visit altrostore.com





Featured color palette

The classic combination of warm neutrals and natural woodgrain showcased on the front cover. This color palette features the following Altro products (left to right)

- Altro Tegulis - Subway tile in Standard White
- Altro Aquarius - Abalone
- Altro Orchestra - Oboe
- Altro Wood - Urban Cherry



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free sample set

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