

TROPHY CUSTOM HOMES

The 2026 Guide to Aging in Place

Essential Home Building &
Remodeling for Lifelong Living





What ‘Aging in Place’ Really Means

It is not about medicalizing your home. It is the ability to live safely, independently, and comfortably in your own home and community, regardless of age or ability level.

- ◆ **Safety:** Modifications that support mobility and reduce fall risks.
- ◆ **Familiarity:** Keeping the home environment you love while making it work for you.
- ◆ **Independence:** Design that removes barriers to everyday living.



Build Once. Live Well for Life.

Why proactive planning protects your future.

Investment Protection

Avoids costly, reactive future renovations when urgency drives up prices.

Market Value

Aging-in-place features increase long-term home value in a market with an aging demographic.

Risk Reduction

Falls and mobility challenges are often preventable with smart design.

Continuity

Allows you to stay in the neighborhood and home you love without disruption.

Core Design Principles

1. Safety

Reducing hazards throughout the home through non-slip surfaces, effective lighting, and fall prevention strategies.

2. Accessibility

Ensuring key pathways, doors, and rooms are intuitive and navigable for everyone, regardless of mobility devices.

3. Comfort

Designing ergonomic spaces that eliminate strain, heavy lifting, bending, or reaching.

4. Future-Ready

Planning structural modifications early—like blocking for grab bars—so the home adapts without sacrificing style.

The 'One Level Living' Advantage

Eliminating vertical barriers is the foundation of a forever home.



- **Zero-Step Entries:** Smooth transitions from driveway to interior.
- **Main Floor Master Suites:** Full living capability on the primary level.
- **Accessible Utilities:** Laundry and storage located without stairs.

Focus Area: The Bathroom

Safety Meets Spa-Like Design

- 1. Curbless Walk-In Showers:** Eliminate tripping hazards.
- 2. Discreet Support:** Reinforced walls for designer grab bars.
- 3. Ergonomics:** Comfort-height toilets and accessible vanities.
- 4. Surfaces:** Non-slip flooring to prevent falls when wet.



Focus Area: The Kitchen

Designed for Ease and Ergonomics

A functional kitchen reduces bending, reaching, and lifting.

- **Pull-Out Shelving:** Brings items to you, eliminating deep reaching.
- **Optimized Hardware:** Lever-style faucets and handles reduce hand strain.
- **Work Zones:** Varied countertop heights and clear pathways.
- **Visibility:** Under-cabinet task lighting for safe preparation.



Focus Area: Living & Circulation

Freedom of Movement



Wider Thoroughfares

Hallways and doorways widened to accommodate potential mobility aids.

Seamless Flooring

Smooth, low-maintenance flooring with no threshold bumps.

Lighting Layers

Ambient and task lighting layered to reduce shadows.



Focus Area: Exterior & Entryways

Accessibility Starts at the Curb

Safe movement into and out of the home is critical for social connection.

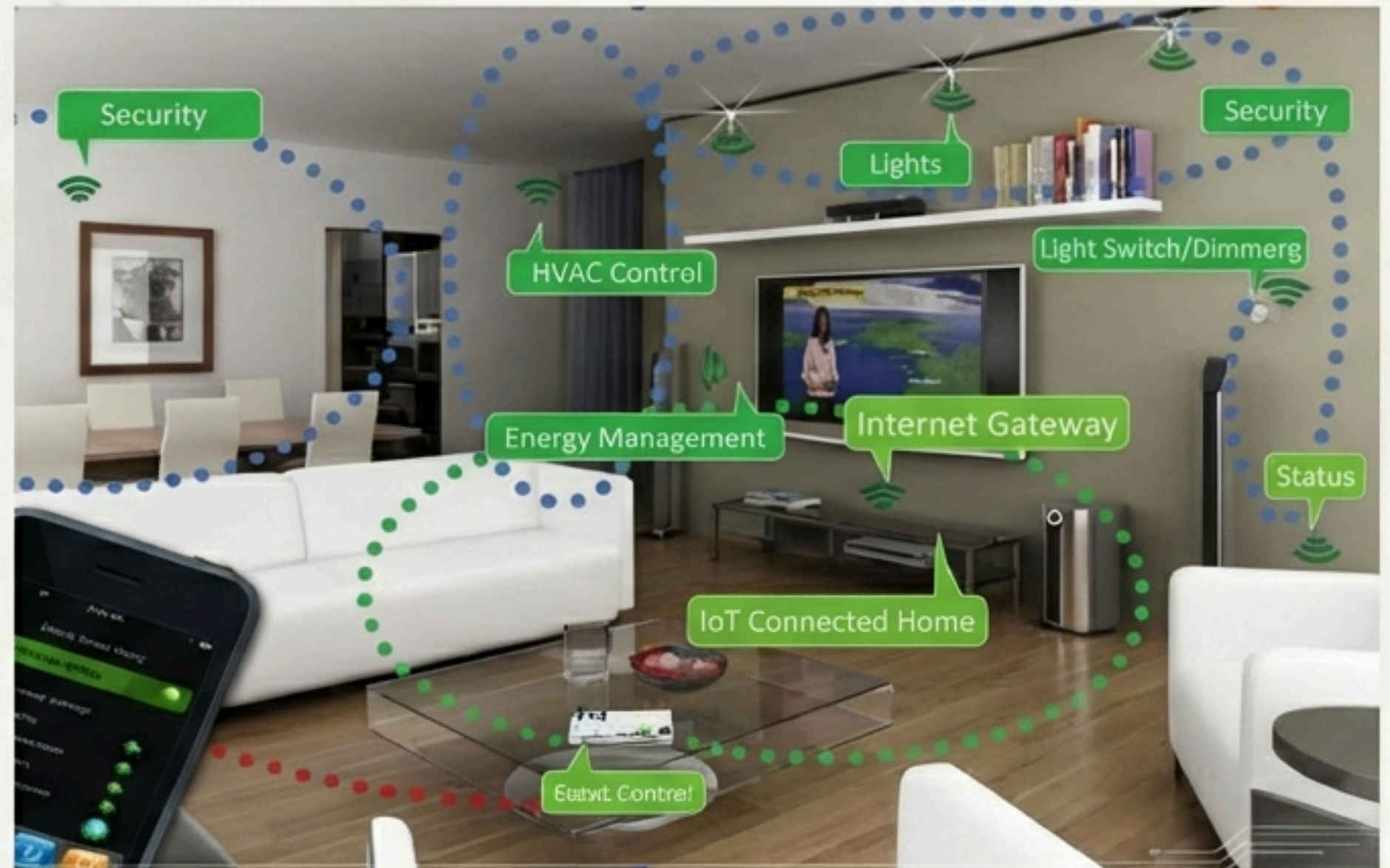
- Zero-Step Entries: Eliminating thresholds at the front door.
- Weather Protection: Covered walkways to protect against rain and ice.
- Pathways: Well-lit paths with secure handrails.
- Sensor Lighting: Automated exterior illumination.

Smart Home Technology

The Invisible Helper

Technology that simplifies, not complicates.

- **Voice Control:** Manage lights and thermostats without rising.
- **Automated Lighting:** Motion sensors that guide movement at night.
- **Security:** Smart locks and video monitoring for peace of mind.
- **Wellness:** Integration with health monitoring systems.



New Build vs. Remodel

Applying the principles to your unique situation.

Building New

- **The Opportunity:** Create perfect layouts from the ground up.
- **The Focus:** Wider hallways, zero-step entries, and structural backing for future grab bars are easy to include during framing.

Remodeling

- **The Opportunity:** Retrofit a beloved home to work for the long term.
- **The Focus:** Prioritize high-impact zones like the master bath and kitchen. Remove walls to open up circulation.

How to Plan Your Project



1. Assess

Evaluate your daily routines.
Where do you struggle?
Where are the bottlenecks?



2. Prioritize

Safety comes first. Begin
with bathrooms, entrances,
and primary living spaces.



3. Phase

Break larger remodeling
projects into stages to
manage costs and disruption.

Work with experienced professionals. Qualified builders
ensure code compliance and effective design.

The Trophy Custom Homes Difference

We blend safety with luxury.

Customization

We tailor each project to your specific lifestyle goals.



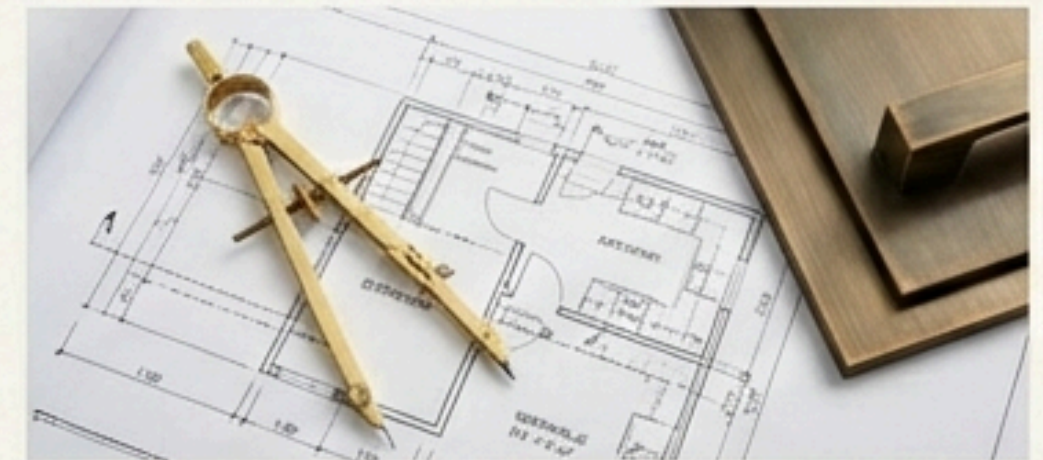
Aesthetic

We believe safety shouldn't look institutional. Our designs are seamless and beautiful.



Expertise

Deep knowledge of aging-in-place building codes and ergonomic standards.



A modern, high-ceilinged living room with large windows, a bookshelf, and contemporary furniture. The room features a light-colored leather sofa, a dark wood coffee table, and a large window with sheer curtains. A dark wood bookshelf is visible on the left side of the frame. The overall aesthetic is clean and sophisticated.

Plan Today for Tomorrow

Whether building new or remodeling, aging in place planning is most effective when it is intentional. A home designed for aging in place is simply a home designed for comfort, convenience, and safety at any age.



Start the Conversation

Schedule a consultation to plan
your aging in place home.

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