



Aging in Style

Thoughtful bath and kitchen design for a couple's future



A RETIRED BUT YOUTHFUL COUPLE who had recently moved to San Diego was in the market for a home built with health, well-being and aging in place in mind. They turned to senior interior designer Tatiana Machado-Rosas and architect John Kavan of Jackson Design & Remodeling to carry out their wishes for ocean views in a contemporary, minimalist style.

“When we first met the clients, they made it clear that they wanted the whole home to be safe and accessible but not evidently accessible,” said Kavan, who explained that this begins with a subtle ramp to the side of the main exterior stairs that leads to a first level with an open floor plan.

FIRST-FLOOR FUNDAMENTALS

The main level houses the kitchen, dining and living areas in a large great room, as well as a laundry room and a suite that could serve as a master if the couple ever needed to live on only one floor. A side door off of the kitchen also leads to an outdoor barbecue area. Aging-in-place design elements are carefully incorporated among the home's clean, horizontal lines and subtle color palette.

ABOVE The ovens are self-cleaning, and the convection unit has ample countertop space on either side. All appliances were installed at an accessible height.

ABOVE INSET White upper cabinets with glass doors contrast the lower, darker cabinets and allow the homeowners to easily see what is inside.

By CHELSIE BUTLER

A large, sliding window connects the kitchen to the outdoors and brings in ample natural light, and all windows in the home have low-E protection from ultraviolet rays. The kitchen itself offers 48 inches between the cabinets and countertops for easy circulation. There are no level transitions among the spaces, and the low-glare European white oak flooring with an aluminum oxide finish is easy to maintain. The quartz countertops are also low maintenance, and they offer ample space on either side of the cooktop.

“Food preparation, cooking and storage are primary concerns for the clients, who are focused on healthy cooking and eating,” said Machado-Rosas. “The kitchen seamlessly integrates a convection oven, a steam oven, two warming drawers and a microwave, along with two refrigerators with freezer drawers. Extra appliances are a carefully considered option for aging in place when live-in help may be required.”

The storage is easy to access with plenty of rollouts and drawers and offers lever-style handles. The appliances are positioned to accommodate both homeowners, who have differing heights. The island has ample seating and is large enough to accommodate multiple people who may be prepping food or engaging with the hosts.

The lighting plan in the home was designed for improved illumination and reduced glare. Multiple layers include recessed LEDs for general lighting, decorative pendants at the island and task lighting above the sink and under the cabinets – all with dimmer switches to change the intensity. Wall outlets are placed at various heights so both homeowners can reach them, and rocker switches feature a wide, spring-loaded button that is easy to push with an elbow if needed.



GETTING DOWN TO BATHROOM BUSINESS

The bedroom and bathroom on the main level are now reserved for guests, but it was a careful consideration by the team to design something that could eventually serve the homeowners as their needs change. Accessibility is addressed in this and the master bath by not including a transition between the curbless shower area and the main space – both of which are wide enough for a wheelchair or walker user. The showers feature a bench, a fixed showerhead and detachable handheld showerhead with a flexible hose on a vertical slider bar.

Oversized, non-slip floor tiles in the bathrooms provide more of a contrast between spaces so there is no confusion if one of the homeowners becomes vision impaired. Their large format also makes them easier to clean.

Each of the bathrooms has single-lever faucets for the sink and tub, which are easier to use for those with limited dexterity, and the walls have been reinforced to add grab bars at a later date. The vanities – at various heights – incorporate adjustable shelving that can be taken out to accommodate a wheelchair user. Comfort-height toilets in each bathroom are centered 18 inches from one wall to ensure grab bars are easy to reach.

AN INVITING MASTER SUITE

The design team decided to add a small kitchenette here for convenience in case it gets hard for one or both of the homeowners to go downstairs on a regular basis. It includes a coffeemaker, a beverage fridge and plush seating. The designer said the couple already spend a great deal of time in their master suite and that they have already said they could live there if that became a need in the future.

ABOVE Each of the bathrooms features non-slip tubs, as well as anti-scald mechanisms in the tub and shower areas.

BELOW The guest bath features a black, white and gray color palette, and an upper window lets in natural light. A wide deck on the undermount tub can assist someone getting in and out.

The spa-like master bath is a generous space that would be easy to circulate in a wheelchair. The shower floor was ramped from the outside to create a gentle slope into the curbless shower and drain. The tub offers a wide, curved ledge that functions as a bench, and the toilet area was designed with sliding doors that look like Shoji screens for easy removal to accommodate a wheelchair user.

“The only challenge our team had to overcome was to fit the clients’ vision of an accessible space that did not appear clinical,” said Machado-Rosas. “Because we are certified aging-in-place specialists and have a lot of experience in this area, we were able to grant all their wishes.” ●



SOURCES

DESIGNER: Tatiana Machado-Rosas, Jackson Design & Remodeling; **ARCHITECT:** John Kavan, Jackson Design & Remodeling; **PHOTOGRAPHER:** Jackson Design & Remodeling

KITCHEN

CABINETS: DeWils; **COOKTOP:** Wolf; **COUNTERTOPS:** Cosentino; **DISHWASHER:** KitchenAid; **FAUCET:** Kohler; **FLOORING:** Prosource of San Diego; **HARDWARE:** Home Depot; **HOOD:** Zephyr; **LIGHTING:** Canarm & Lamps Plus; **OVENS & WARMING DRAWER:** Miele; **REFRIGERATION:** Sub-Zero; **SINK:** Blanco

MASTER BATHROOMS

ACCESSORIES, FAUCETS & TOILET: Delta; **CABINETS:** DeWils; **COUNTERTOPS:** Pentel Quartz; **DRAINS:** Infinity Drain; **HANDSHOWERS & SINKS:** Kohler; **HARDWARE:** The Home Depot; **LIGHTING:** Lamps Plus & Possini; **TILE:** The Home Depot; **TUBS:** MTI Baths