



Home Age Fit Introduces Engineered System Design Framework for Aging-in-Place Planning

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Home Age Fit today announced the formal introduction of its systems-based framework for aging-in-place design, challenging conventional room-by-room approaches with a movement-focused methodology that examines homes as interconnected pathways rather than isolated spaces.

The company's new framework represents a fundamental shift in how families approach home modifications for aging residents. Rather than addressing individual rooms separately, the methodology examines movement paths, support points, surface transitions, lighting conditions, reach zones, seating heights, and entry and exit routes as connected elements that influence daily living experiences.

"Traditional home modification approaches treat rooms as independent units, but that's not how people actually experience their living spaces," said Oded Feigin, founder of Home Age Fit. "When someone moves from their bed to the bathroom at night, they don't experience three separate rooms. They experience a continuous route with multiple transition points, each affecting their confidence and safety throughout the

journey."

The Home Age Fit engineered-home framework recognizes that a single weakness in any part of a movement sequence can create hesitation or increased effort throughout an entire route. For example, inadequate hallway lighting doesn't just affect the hallway; it influences how confidently someone leaves their bedroom and approaches the bathroom threshold.

This systems-first approach examines critical interaction points throughout the home. Movement paths consider not just the distance between locations but the quality of each transition. Support points map where residents naturally seek stability during daily activities. Surface transitions identify potential friction points between different flooring materials. Lighting conditions evaluate illumination changes that affect navigation confidence.

The framework also addresses reach zones to ensure essential items remain accessible without strain, while seating heights are analyzed across multiple furniture pieces to maintain consistency and ease of transfer. Entry and exit routes receive particular attention, as these transitions often present the greatest challenges for maintaining independence.

"By thinking in terms of routes before rooms, families can identify intervention points that provide maximum benefit across multiple daily activities," explained Feigin. "A strategically placed grab bar might support three different movement paths, while improved lighting at a key transition point could reduce hesitation throughout an entire floor of the home."

The introduction of this framework aligns with growing recognition that successful aging-in-place requires more than adding safety features to individual rooms. Recent studies indicate that fall prevention and mobility preservation depend heavily on environmental continuity and predictable navigation paths.

Home Age Fit developed this approach through extensive analysis of how physical environments affect independence and safety. The company's engineering-informed perspective treats the home as a functional system where each component influences others, similar to how mechanical systems operate with interdependent parts.

Founded in 2025 by Oded Feigin, Home Age Fit provides structured, engineering-informed guidance for seniors, families, and homeowners planning homes that support long-term independence. The company serves as an educational resource, offering technical breakdowns, ergonomic frameworks, and preventative design logic through expert-led guidance, product reviews, organized topic hubs, and detailed blog posts.

Home Age Fit's resources help families understand homes as functional environments that can be systematically adjusted and optimized for changing physical needs.

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