

Home Age Fit Addresses Gap Between Concealed Storage Trends and Accessible Kitchen Design

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A kitchen that looks less cluttered is not automatically easier to use. Home Age Fit, an engineering-informed aging-in-place educational resource, is drawing attention to the distinction between visual minimalism and functional accessibility following the release of the National Kitchen & Bath Association 2027 Kitchen Trends Report on October 14, 2026.

The NKBA report, which surveyed 830 kitchen and bath industry professionals across North America, points to a growing shift toward concealed appliances, enclosed storage, and more deliberately separated kitchen activity zones. Home Age Fit notes that these trends, while visually appealing, warrant closer examination for households planning to age in place. Concealing everyday kitchen items can add physical effort when cabinet locations, hardware, clearances, and movement routes are not designed around the people who use them.

The concern gains relevance alongside the 2026 U.S. Houzz Kitchen Trends Study, released January 13, 2026, which surveyed 1,780 U.S. homeowners with recent, ongoing, or planned kitchen renovations. In that

study, 53 percent of renovating homeowners reported addressing current or future special needs, including but not limited to aging. Among respondents incorporating age-related changes, 59 percent chose pullout cabinets, 51 percent added lighting, and 44 percent incorporated wide drawer pulls. The two studies cover different populations and are not directly comparable, yet together they illustrate a design environment where concealment trends and accessibility planning are advancing at the same time.

"Hidden storage and accessible storage are not the same thing," said Oded Feigin, founder of Home Age Fit. "Cabinet depth, mounting height, door opening mechanisms, and required hand strength all determine whether an item is genuinely reachable. A minimalist kitchen can quietly increase reaching, bending, and turning if those factors are not evaluated first."

Home Age Fit explains that additional activity zones and concealed preparation areas can raise the movement cost of a layout, increasing walking, carrying, and turning during ordinary cooking routines. The organization encourages homeowners to consider accessibility measures before renovation, including storing frequently used items at comfortable reach heights, installing pullout storage and full-extension drawers, positioning reachable controls, and placing task lighting where it supports work zones.

"The time to evaluate clearances, reach zones, work-surface heights, and seated-use requirements is before cabinetry is installed," Feigin said. "Planning for changing needs early is far more practical than reworking a finished kitchen later."

To support this planning, Home Age Fit publishes several resources, including the Home Age Fit Accessible Kitchen Design Guide, which outlines a framework for reducing physical effort across layout, storage, appliances, and lighting. The Home Age Fit Guide to Accessible Kitchen Storage compares reachable storage solutions and hardware options, while the Home Age Fit Accessible Kitchen Remodeling Checklist translates general goals into measurable assessments across circulation, counters, storage, appliances, controls, lighting, and flooring.

Home Age Fit provides engineering-informed aging-in-place design resources intended to help seniors and their families prepare a home for the next phase of life. Led by founder Oded Feigin, the company offers expert-led guidance, decision-friendly product reviews, organized topic hubs, and in-depth articles grounded in ergonomic frameworks and preventative design principles rather than generic safety tips. Home Age Fit operates as an independent educational resource and not as a renovation service.

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Home Age Fit provides engineering-informed aging-in-place guidance, helping seniors and families plan safer, more comfortable homes through ergonomic frameworks, preventative design, product reviews and practical independence-at-home solutions for life.

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