



Home Age Fit Introduces Engineering-Informed Approach to Aging in Place Planning

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Most aging-in-place guidance presents disconnected actions without addressing how homes function as complete physical systems. A new educational resource aims to change this fragmented approach by introducing engineering-informed frameworks that help seniors and families understand their homes as integrated environments before making modification decisions.

Home Age Fit, founded by engineer Oded Feigin in 2025, has launched a comprehensive Home Age Fit aging-in-place planning resource that examines homes through the lens of systems thinking rather than isolated safety fixes. The platform addresses a critical gap in current aging-in-place information, where advice typically focuses on individual interventions like grab bars or improved lighting without considering how these elements work together.

Movement through a home involves complex interactions between routes, changes in level, visibility, grip, reach, support, and repeated physical effort. While a home may remain familiar and attractive to its

occupants, it can gradually become harder to operate as these factors change over time. This systems-based understanding forms the foundation of Home Age Fit's approach to aging in place, which emphasizes understanding the complete picture before implementing specific solutions.

"Traditional aging-in-place advice treats symptoms rather than systems," said Oded Feigin of Home Age Fit. "By applying engineering principles to home design, we help people identify friction points before they become hazards and understand the reasoning behind every recommendation. This approach empowers families to have more informed conversations with qualified professionals about their specific needs."

The platform provides structured guidance based on five core principles: system before symptom, friction-point reduction, ergonomics, leverage and low-effort living, preventative design, and technical but understandable guidance. These principles inform comprehensive resources covering mobility changes, fall prevention, bathroom safety, lighting, stairs, circulation patterns, home layout optimization, caregiver planning, renovation decisions, and product selection.

Home Age Fit's educational methodology differs from conventional senior safety advice by treating homes as engineered systems that can be analyzed, adjusted, and optimized. The platform offers in-depth blog posts, product reviews based on physics and engineering principles, and organized topic hubs that provide detailed insights for decision-making. Each resource maintains professional boundaries, focusing on education rather than providing project-specific engineering or medical advice.

The launch addresses growing demand for more sophisticated aging-in-place planning as demographics shift and more people seek to maintain independence at home. By introducing engineering-informed frameworks to this sector, Home Age Fit helps readers think more systematically about creating safer, lower-effort, and more independent living environments.

Home Age Fit serves as an educational resource for seniors, families, and homeowners interested in homes that support long-term independence, safety, comfort, and usability. The company specializes in aging-in-place design, home safety systems, ergonomic planning, accessibility logic, independence-at-home frameworks, and preventative home optimization. Founded by Oded Feigin, the platform brings engineering expertise to the challenge of helping people age successfully in their own homes.

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Home Age Fit

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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