

Easy to do Safety Suggestions for a Safer Aging in Place

- Install handrails on both sides of all steps (inside and out).
- Install grab bars in the bathroom.
- Remove all throw rugs. Secure all carpets and area rugs with double sided tape.
- Install easy-to-grasp handles on all drawers and cabinet doors.
- Use brighter light bulbs in all settings.
- Install night lights in ALL areas that you would roam during the night (hallway to the kitchen or bathroom and lights in those rooms as well).
- Add reflective, non-slip tape to all non-carpeted steps (inside and out).
- Place a bench near entrances (also next to the refrigerator) for setting down purchases &/or resting.
- Set water tank to a non burn temperature.

A Little more Effort:

- Install closet lights, as well as adjustable rods and shelves.
- Install rocker light switches/glow in the dark (@42" from floor.
- Relocate thermostats to waist level.
- Raise electric sockets toward waist level
- Lever door handles instead of knobs (Easily locked doors/ windows).
- Contrast colors between floor and walls.
- Color borders around floor and countertop edges.
- Programmable thermostats for heating and cooling
- Non-glare, matte finish, flooring, paints and surfaces
- Specific task lighting
- Seating at least 18" off floor
- Side by side refrigerator
- Front load washer and dryer
- Cook top with front controls

A Bit more Planning and Effort

- Plan for one floor living
- One or No step entry into house
- 36" wide doorways
- Easy garage or parking access
- Low threshold bath/shower with bath seat with grab bar
- Wheelchair and walker accessible bathroom, kitchen etc.