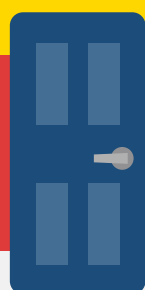




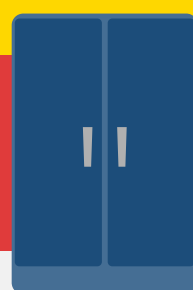
How To Make A Home More Accessible For Aging Loved Ones

Follow these tips to make it easier for aging loved ones to navigate these living areas.



DOORWAYS AND HALLWAYS

- Make sure thresholds are flush with the floor.
- Consider installing pocket doors or lever-style doorknobs for ease of use.
- Widen doorways to provide 32 inches of clearance for walkers or wheelchairs.
- Use automatic night lights to keep hallways lit at night.
- Remove loose carpeting or rugs.
- Add a shelf to the front porch as a place to leave packages or hold items while opening the front door.
- Install electronic keyless locks on exterior doors.



KITCHENS

- Ensure appliances and their access points are within arm's reach.
- Keep shelving open for easy access.
- Clear counter space near appliances to rest dishes.
- Make sure appliances have easy-to-use controls, such as raised buttons.
- Install faucets with lever handles or touchless controls.
- Replace standard appliances with side-by-side refrigerators or ovens to reduce the need to bend over.
- Use nonslip flooring or mats/rugs.



STAIRS

- Install a chair lift or elevator if stairs aren't traversable.
- Make sure there are railings on both sides of the stairs.
- Use contrasting colors for risers and steps to make them more visible.
- Install ramps in place of stairs outside the house.



BEDROOMS

- Move light switches to easy-to-reach locations.
- Install lighted light switches to make them easy to find in the dark.
- Keep a landline or cellphone next to the bed.
- Adjust the bed height to make getting in and out easier.
- Use lamps that turn on/off with a touch.
- Have a chair in the room to provide stability while dressing.



BATHROOMS

- Install support bars in the tub and near the toilet.
- Use adjustable or handheld showerheads with at least 6 feet of hose connecting them to faucet.
- Make sure the shower stall is well lit and curbless.
- Use slip-resistant mats on the floor and in the shower/tub.
- Apply a contrasting-color border on the edge of countertops.
- Install toilet paper holders that can be changed with one hand.



GARAGES

- Add a ramp to the doorway.
- Ensure ramps or stairs have handrails on both sides.
- Leave at least 5 feet between an accessible van and another car in the garage for ease of access.
- Pave driveways and make sure walkways are level.