

AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

Many older adults want to “age in place” —stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.

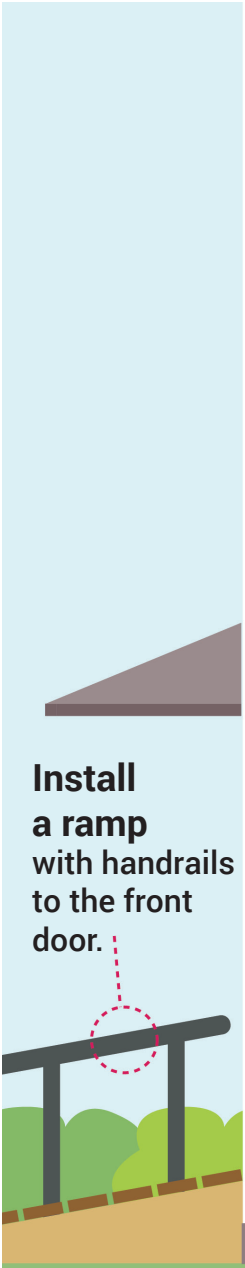


A few changes could make your home easier and safer to live in and help you continue to live independently.



Don't use area rugs and check that all carpets are fixed firmly to the floor.





Install a ramp with handrails to the front door.



Install grab bars near toilets and in the tub or shower.



Replace handles on doors or faucets with ones that are comfortable for you to use.



Reduce fall hazards: place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.

Place light switches at the top and bottom of stairs and remember to turn on night lights.

