

Quick tips for making your house safer as you age in place.

- Create one-level living if possible.
- Clear clutter. Keep floors clear of obstacles.
- Remove loose carpets.
- Place non-slip mats under throw rugs.
- Install good lighting.
- Create accessible shelving to avoid bending or reaching.
- Set up monitors.
- Modify house layout for wheelchair accessibility if necessary.
- Install ramps/lift chairs if necessary.

Banish Bathroom Hazards

The bathroom presents its own set of hazards for anyone with physical or cognitive limitations.

- Install sturdy grab bars for the toilet and tub/shower.
- Simplify the shower/tub entry if possible.
- Replace glass doors of tub with a shower curtain.
- Add a non-slip mat.
- Add a shower chair or bench.
- Install an easy to turn shower knob.
- Install handheld shower heads.
- Switch from soap bars to pump bottles.
- Add extra lighting. Add night lights.
- Install an accessible toilet or raised toilet seat with hand rails.
- Always make sure that bathroom floor is dry to avoid slip and falls.