



## Home Adjustments For Aging Residents

Many people are opting to adapt their homes so they can remain in familiar surroundings after retirement. As residents age, consider the following home adjustments:

- [1] Get a home assessment from a certified aging-in-place specialist to see what changes are needed.
- [2] Add grab bars to your toilet and tub areas. Decorative bars are now available; there's no need for a hospital look.
- [3] Remove any rugs that might cause someone to slip and fall; secure remaining rugs with double-sided tape.
- [4] Change round doorknobs to lever style.
- [5] Install a hand-held showerhead and a bathtub seat.
- [6] Place microwave at countertop level, not above the stove where hot items could spill as they're being removed.
- [7] Add reflective, non-slip tape on all stairs without carpet, including any outdoors.
- [8] Install rocker light switches instead of traditional ones.
- [9] Add extra lighting where needed.
- [10] Widen doorways.
- [11] Add an elevator or chair lift for stairs.
- [12] Replace vanity in bathroom with a sink with space underneath, so that a wheelchair could access the sink if necessary.
- [13] Use dishwasher drawers or an elevated dishwasher for easier access.
- [14] Use an induction cooktop, which only heats where a pan is touching it.
- [15] Install flooring in the kitchen that is easy to stand up on, such as hardwood, cork, or vinyl. Ceramic tile is hard on backs and legs after long periods.
- [16] Avoid 90-degree edges on countertops so that no one bumps against them.
- [17] Install pull-down closet rods.