

More Resources

Home Modification and Home Safety Resources

Visit tinyurl.com/28ewmajt for a listing of home safety checklists compiled by the University of Southern California and the National Council on Aging.

Housing and Health Care Providers

Housing professionals trained in home modification and health care professionals (such as occupational or physical therapists) can help you make your home safer. Visit homemods.org for a directory of providers by state.

Home Modification and Home Safety Funding Sources

Depending on income, abilities, and age, people may qualify for funding to make the changes. For home modification funding sources by state, visit homemods.org/hmin.

Home Maintenance Resources

Developed by AARP Foundation and The Hartford, this website provides home maintenance resources and information about no- or low-cost services: heretostay.aarpfoundation.org.

Providers and Resources in Tribal Communities

For services, programs, and resources in tribal communities, visit the National Resource Center on Native American Aging at www.nrcnaa.org.

Area Agencies on Aging

Area Agencies on Aging provide senior services and information, often including home modification. Contact your local Area Agency on Aging to learn about resources in your community by calling Eldercare Locator at **1-800-677-1116** or by visiting eldercare.acl.gov.

This material was developed by the National Home Safety and Home Modification Work Group. The Work Group is a collaboration of the National Falls Prevention Resource Center at the National Council on Aging and the Fall Prevention Center of Excellence at the University of Southern California Leonard Davis School of Gerontology.

For more information, visit bit.ly/NHSHMworkgroup.

Simple Fixes for a Safe and Supportive Home



Do you want to make your home safer and make activities such as bathing, moving around the house or cooking easier? This booklet lists simple home modification steps to reduce hazards that might cause falls and other injuries. Follow the directions below to get started!

Make Your Home Safer

It's as Easy as 1-2-3

STEP 1:

Review the home safety recommendations (pages 3 and 4). Select up to 3 changes to make that are a priority for you.

STEP 2:

Decide who will make the change(s). Contact a professional if needed (see resources inside).



STEP 3:

















Make the changes and make sure you are happy with them. Seek help to make adjustments as needed.






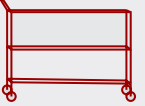








Once your first set of changes are complete, start the process again and make more changes to help you stay safe and supported in your home. From time to time, revisit these changes since needs often change over time.

Home Safety Recommendations

Note:

For items marked with a , consulting a health professional such as an occupational or physical therapist is recommended to help you make the changes that will work best for you. For items marked with a , consulting a contractor, remodeler, or other housing professional is recommended to ensure proper installation.

<input type="checkbox"/>		Purchase a shower seat and an adjustable-height hand-held shower head  
<input type="checkbox"/>		Decide if your toilet height is right for you; if not, discuss ways to raise it with a health professional 
<input type="checkbox"/>		Place adhesive anti-slip treads on shower and bathtub floors
<input type="checkbox"/>		Securely install grab bars in and around tubs, showers, and by toilets  
<input type="checkbox"/>		Set hot water heater to 120 degrees Fahrenheit or below to save money and prevent scalding
<input type="checkbox"/>		Use nightlights to light the path from bedroom to bathroom
<input type="checkbox"/>		Place a sturdy chair in your bedroom and kitchen so it is there when you need it
<input type="checkbox"/>		Move frequently used items to easy-to-reach places
<input type="checkbox"/>		If you must use a step stool, buy one with a safety bar to hold onto
<input type="checkbox"/>		Replace knob-style door and faucet handles with lever-style handles 

<input type="checkbox"/>		Remove clutter from the floor and increase storage for such items
<input type="checkbox"/>		Keep pet accessories out of walkways
<input type="checkbox"/>		Securely clip or tape cords to walls or floors
<input type="checkbox"/>		Remove throw rugs and move furniture from walking pathways
<input type="checkbox"/>		Mark uneven thresholds with contrasting tape or paint
<input type="checkbox"/>		Replace burnt-out bulbs and use bright, non-glare lightbulbs throughout your home
<input type="checkbox"/>		Place telephones in easily accessible places and keep your cell phone handy if you have one
<input type="checkbox"/>		Use a rolling cart to move items around the home rather than carrying them
<input type="checkbox"/>		Keep items off of stairs
<input type="checkbox"/>		Ensure there are secure handrails on both sides of stairs and light switches at the top and bottom of stairwells  
<input type="checkbox"/>		Place a table for packages and a chair (to sit when needed) in your entryway
<input type="checkbox"/>		Install a security peephole on exterior doors at an easy-to-use height 
<input type="checkbox"/>		Repair any loose brick or pavement on outdoor walkways and steps 