

Tools for Independence: How Assistive Devices Help Prevent Falls

Grab bars can greatly improve safety—especially in areas like bathrooms and stairs. For best results, they should be installed securely and at the right height by a professional.

Find a Certified Aging-in-Place Specialist (CAPS) through the National Association of Home Builders at 800-368-5242. If you can't find one, contact your local county or tribal aging unit or Aging & Disability Resource Center (ADRC) for help.

Grab bars aren't one-size-fits-all — placement matters! For tubs and showers, aim for 3 grab bars — at the entrance, on the back or side wall, and near the faucet or showerhead.



By the toilet
33-36" from the floor



Around the bathtub
8-10" from the rim of the tub



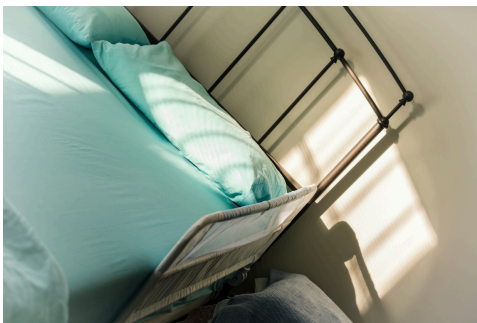
In the shower
33-36" from the floor

Tip: Some grab bars double as towel racks for added convenience and style. **Important:** Never use towel racks for support – they're not built to hold your weight.

More smart spots for grab bars: By the front door for extra stability in rain, snow, or ice and at the garage or back doors where steps or slick surfaces can be a fall risk.

Other Helpful Tools:

- **Bed rails** – for steady support when getting in and out of bed
- **Hand-held shower heads** – reduce reaching; pair with a shower chair for comfort and safety
- **Raised toilet seats or toilet frames** – make sitting and standing easier and more stable



**Your home should help you stay steady, safe,
and independent – every day! Learn more at:**

