

Fall Prevention: Solutions for the Home¹

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Your home can present many physical challenges as you age, but corrections can be made to better meet your needs. Below is a list of possible home modifications.

Limited Reach

Lower the shelves three inches from the standard height in the kitchen, closets, and other storage areas for easier access.



Install a handheld showerhead to allow showering while sitting on a bath bench or chair.

Install peepholes in the front door at the right height for you.

Use height adjustable closet rods to keep your clothes within reach.

Limited Vision

Purchase a telephone with a large number keypad.

Increase the wattage of light bulbs.

Install overhead lights and night-lights near walkways, stairs, and entrances.



Limited Flexibility or Lifting Ability

Choose u-shaped or d-shaped handles for cabinets and drawers, they are easier to grasp.

Install a single lever faucet to adjust water temperature and volume more easily.

Hearing Impairments

Purchase smoke detectors with strobe lights.

Be sure you can hear the doorbell throughout your house.

Limited Mobility

Use handrails on both sides of the stairs.

Install grab bars to help you get in and out of the bathtub safely.

Lower door thresholds to ½ inch or less.

Give patios, driveways, and stairs a textured surface to increase footing stability.



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