

# Simple Changes to Make Aging in Place Easier

Many seniors want to age in place, but home modifications can be costly, often reaching tens of thousands of dollars. Fortunately, simple, affordable changes can help accommodate their needs.



## Bathroom

- Use a shower chair or bench for easier bathing
- Switch to a handheld showerhead for easy rinsing while seated
- Replace glass enclosures with shatterproof materials for safety
- Install slip-resistant strips on the shower floor instead of mats
- Lever-style faucets are easier for older hands to turn

## Bedroom

- An adjustable bed can add comfort and ease of access
- Motion-sensor night lights can benefit nocturnal risers

## Kitchen

- Rearrange major appliances for easier access
- Choose refrigerators with wheelchair-accessible handles
- Use slide-out drawers for easier cabinet access

## Furniture

- Chairs with armrests make it easier to stand and sit
- A lift chair with an electronic control can make sitting and standing safer
- Organize electrical cords to prevent tripping hazards

## Lighting

- Install easy-access light switches
- Use lighting to create safe navigation in all areas
- Voice-activated smart lighting can be perfect for seniors

## Flooring/rugs

- Use non-shag carpeting over hard floors to reduce fall risk
- Wheelchairs or walkers are easier to use with short-pile carpet
- Slip-resistant backing can keep rugs in place and reduce tripping hazards



**An SRES® has the training, skills and experience to help you with the right move for you in your golden years.**