

A Few Simple Fixes Can Prevent a Life-Changing Fall



According to the *National Institute on Aging*, 6 out of 10 falls happen at home, often due to preventable hazards, such as poor lighting, slippery bathrooms, or cluttered walkways.

The *American Seniors Housing Association* reports that 90% of adults 65+ want to remain in their homes as they age, but many do not have homes equipped to meet their changing needs.

With the right modifications, seniors can remain safe and independent without having to leave the comfort of their homes.

Common Modifications to Support Aging in Place

- Install grab bars near toilet and inside shower.
- Use non-slip mats or tape outside the tub.
- Add a raised toilet seat.
- Add motion-sensor nightlights in hallways and bathrooms.
- Widen doorways and walkways.
- Adjust bed height for easy transfers.
- Add handrails on both sides of stairways.
- Install ramps or threshold reducers at doorways.

Home Care Supports Safer Living

Even with the best modifications, falls can still happen without oversight. **Home care offers...**

- ✓ Daily safety checks & mobility support
- ✓ Bathing, toileting, & transfer assistance
- ✓ Medication reminders & hydration support
- ✓ Companionship to reduce isolation & wandering
- ✓ Fall prevention training for both clients & families

Trusted Resources for Home Modification Support

If you need help identifying and funding home modifications, use these elder-focused resources...

National Association of Home Builders (NAHB)



<https://www.nahb.org>

AARP - HomeFit Guide



<https://www.aarp.org/homefit>

National Council on Aging (NCOA)



<https://www.ncoa.org>

Rebuilding Together



<https://www.rebuildingtogether.org>

Administration for Community Living



<https://acl.gov/ltc/housing/staying-in-your-home>

We offer no-cost, in-home safety assessments and care consultations to help families take the next step with confidence. Call today!



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