



CONVENIENCE IS IMPORTANT

Reduce your risk of falls!

According to the National Council on Aging, one in four adults over the age of 65 fall each year. It is important to consider convenience when looking at your home and aging in place.

Bathroom location & accessibility from the bedroom and living room are key to preventing falls, especially if incontinence is a concern.

Are frequently used items such as remotes, phones, emergency alerts, lighting, food, drinks and mobility equipment placed close enough to reach without challenging your balance?

Seating location is important for people who tire easily, especially in the kitchen and bathroom.

"Convenience issues are safety issues."

COMMON ADAPTIVE EQUIPMENT



- Raised Toilet Seat
- Bedside Commode
- Grab Bars
- Shower Chair/ Tub Transfer Bench
- Reacher/Grabber
- Ramps/Electric Stair Lifts
- Lever Style Door Knobs
- Increasing Width of Doorways
- Increased Lighting options
- Handheld Shower Head
- Walkin/Rollin Shower

EVALUATING YOUR SPACES

Simple list of considerations when looking at your current living spaces.

- Is there enough room to move around the furniture? (ADA typically recommends a 5 foot by 5 foot space when using a wheelchair)
- Can I access everything I need in the room without losing my balance or putting myself in danger of having a fall?
- Is the room set up for my needs or can I re-position the furniture to increase safety?
- If I do not have enough room, do I need to consider adding on a space or can I remodel/redesign my current home to better fit my needs?
- Is the lighting & flooring optimal for my safety?
- Is there at least one 0-step entry into my home?
- Are the doorways wide enough to enter/exit the room for a wheelchair/walker/etc.?
- What type of changes are best for my situation (built-in vs. removable)?
- Are there adequate places to sit and rest safely if needed?

