

# LIVING SAFELY AND INDEPENDENTLY AT HOME



## MAKE YOUR HOME ACCESSIBLE

- Install grab bars, good lighting, and non-slip flooring.
- These changes help prevent falls and improve safety.

## USE SUPPORT SERVICES

- Home care workers, meal delivery, and transportation services can help seniors remain independent longer.
- These services support daily living and reduce the risk of isolation.



## USE ASSISTIVE TECHNOLOGY

- Devices like medical alert systems and mobility aids increase safety and independence.
- These tools can provide quick help during emergencies.

