

Safe Home

A few changes can make your home easier and safer to live in.

“Nearly 90% of older adults want to age at home, for as long as possible” (*companions for seniors*). Rising healthcare costs in the US have people worried about their future as they age. Home modification provides a better cost-benefit than the typical 55+ or assisted living models or a nursing home. A few simple changes can let you “live well” in a “safe home.”

This is the second of 2 infographics.

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Reduce Fall Hazards

Place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.

(nih.gov)

Install a handheld showerhead

Replacing standard showerheads with handheld, lightweight versions makes showering more accessible, regardless of mobility level. *(Bob Villa)*



Install grab bars in bedrooms, bathrooms, and other locations

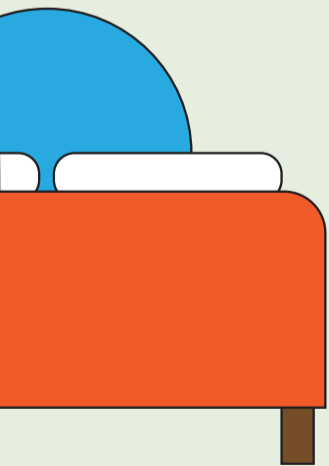
According to the CDC, 3 million older people are treated in emergency departments for fall injuries each year. Grab bars are one of the easiest and most effective methods to provide support and stability to seniors. *(SeniorHabitat)*

Lean On Me!

Lift the bed height

Older people commonly experience loss of flexibility, muscle strength, and joint pain as they age. *(SeniorHabitat)*

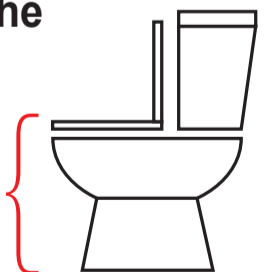
Bed risers are the most common way to make the bed taller. Mattress toppers also work. *(Nectar Sleep)*



Raise the Toilet Seat

Comfort-height toilet seats range between 17"-19" from floor to top. Either replace the toilet or **get an insert that lifts the seat height.** *(Bob Villa)*

17" - 19"



Stay safe in your space.

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