

THE PURPOSE OF THIS BOOKLET is to provide information about home modifications that can improve the comfort and convenience of your home for you and your visitors, as well as prevent falls and disability in the future. Modifications can be made gradually along with other normal, necessary upgrades and repairs to your home or as part of major remodeling. Decisions about specific modifications depend on their cost, the current condition and design of your home, and your long-term plans for where you and your family want to live. Modifying your home to be safer and more accessible early—before a fall or injury occurs—can help to safeguard the health and well-being of your family for years to come.



THE BENEFITS OF MODIFYING your home include:

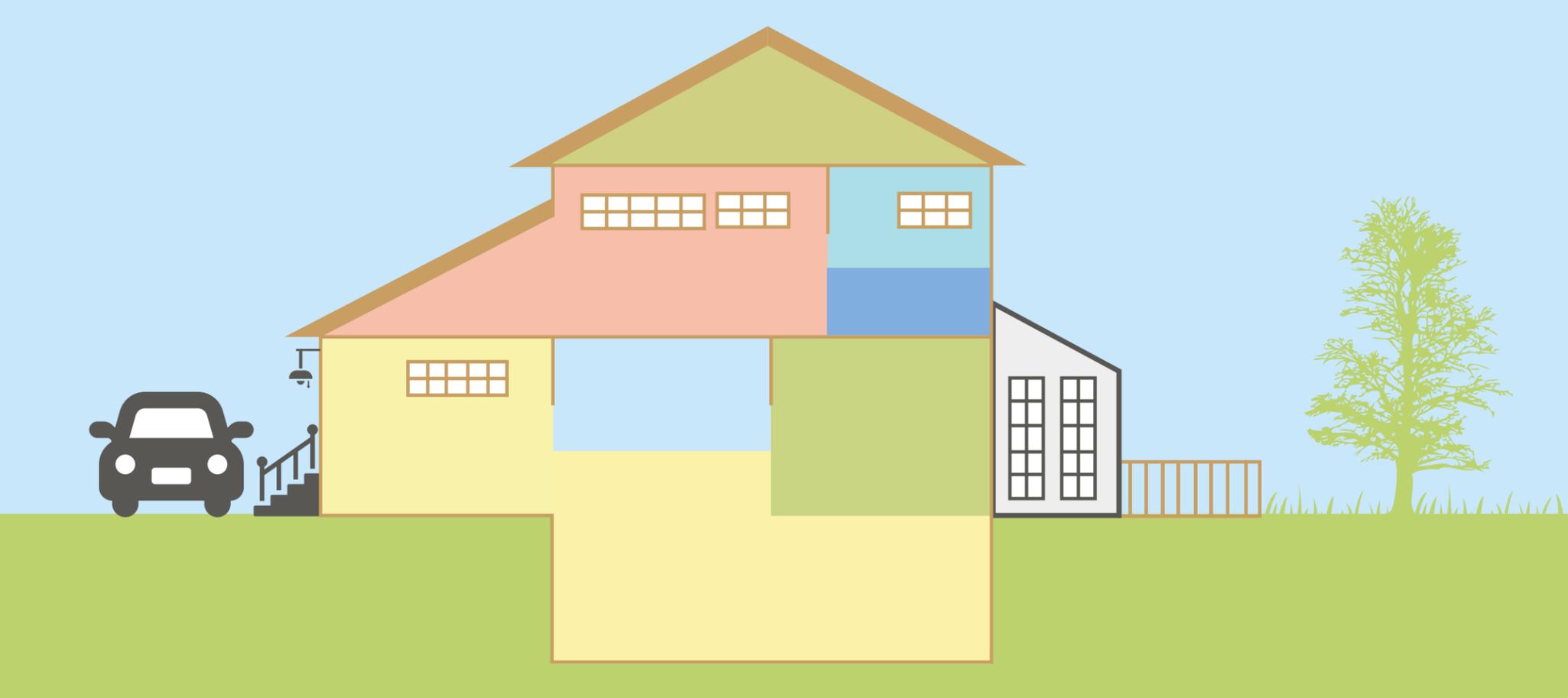
- Preventing falls and injuries
- Reducing health problems
- Delaying disability and difficulty with self-care
- Potentially reducing medical expenses
- Increasing feelings of confidence for family caregivers
- Helping you more easily move around and use your home
- Increasing your home's value
- Making your home more accessible for visitors who have difficulty walking or a disability
- Allowing you to remain in your home and age in your community



AGING AT HOME: A GUIDE FOR HOME IMPROVEMENTS

Home modifications can make our homes more livable, safe, and comfortable for those of all ages and abilities. Few homes in the United States include the variety of features that can make them accessible and usable for everyone, and this is particularly true for single-family homes built before the year 2000.





Additional Resources:

AARP Public Policy Institute (2010). Fact sheet: Home modifications to promote independent living. Retrieved from: <http://assets.aarp.org/rgcenter/ppi/liv-com/fs168-home-modifications.pdf>

Joint Center for Housing Studies of Harvard University (2014). Housing America's older adults: Meeting the needs of an aging population. Retrieved from: http://www.jchs.harvard.edu/research/housing_americas_older_adults

U.S. Department of Health and Human Services, Administration on Aging (2003). Fact sheet: Home modification. Retrieved from: http://gero.usc.edu/nrcshhm/resources/fs_home_mod.pdf

SIMPLE MODIFICATIONS

are relatively low-cost, do-it-yourself changes.

- PROVIDING BRIGHT LIGHTING AT ENTRANCES
- INSTALLING BRIGHT, NON-GLARE LIGHTING THROUGHOUT THE HOUSE
- INSTALLING STURDY HAND RAILS ON BOTH SIDES OF STAIRS, INSIDE & OUTSIDE THE HOME
- REPLACING KNOB-STYLE DOOR AND FAUCET HANDLES WITH LEVER-STYLE HANDLES
- REMOVING CLUTTER
- INSTALLING ANTI-SCALD FAUCETS
- REPAIRING OR REMOVING WORN OR TORN CARPETING
- PUTTING GRAB BARS IN THE SHOWER AND BATHROOM
- ADDING NON-SLIP FLOORING
- REPLACING TOGGLE ELECTRIC SWITCHES WITH ROCKER-STYLE SWITCHES
- ADDING STAIR TREADS
- PLACING ADHESIVE TREADS IN THE SHOWER

COMPLEX MODIFICATIONS

are more expensive and may require professional assistance.

- REMODELING THE BATHROOM TO INCLUDE A SHOWER WITH A SEAT AND NO THRESHOLD
- INSTALLING A RAMP FOR AT LEAST ONE ZERO-STEP ENTRANCE
- WIDENING ENTRYWAYS AND DOORWAYS TO 36 INCHES
- CREATING LEVEL FLOORING
- ADAPTING THE HOME TO INCLUDE A BEDROOM AND FULL BATHROOM ON THE MAIN FLOOR
- PURCHASING APPLIANCES WITH FRONT-MOUNTED CONTROLS AND ACCESS
- INSTALLING KITCHEN COUNTERTOPS AT DIFFERENT HEIGHTS AND ADDING SPACE UNDERNEATH

