

Five Quick and Easy Home Modifications

Make Your Home Safer Today!

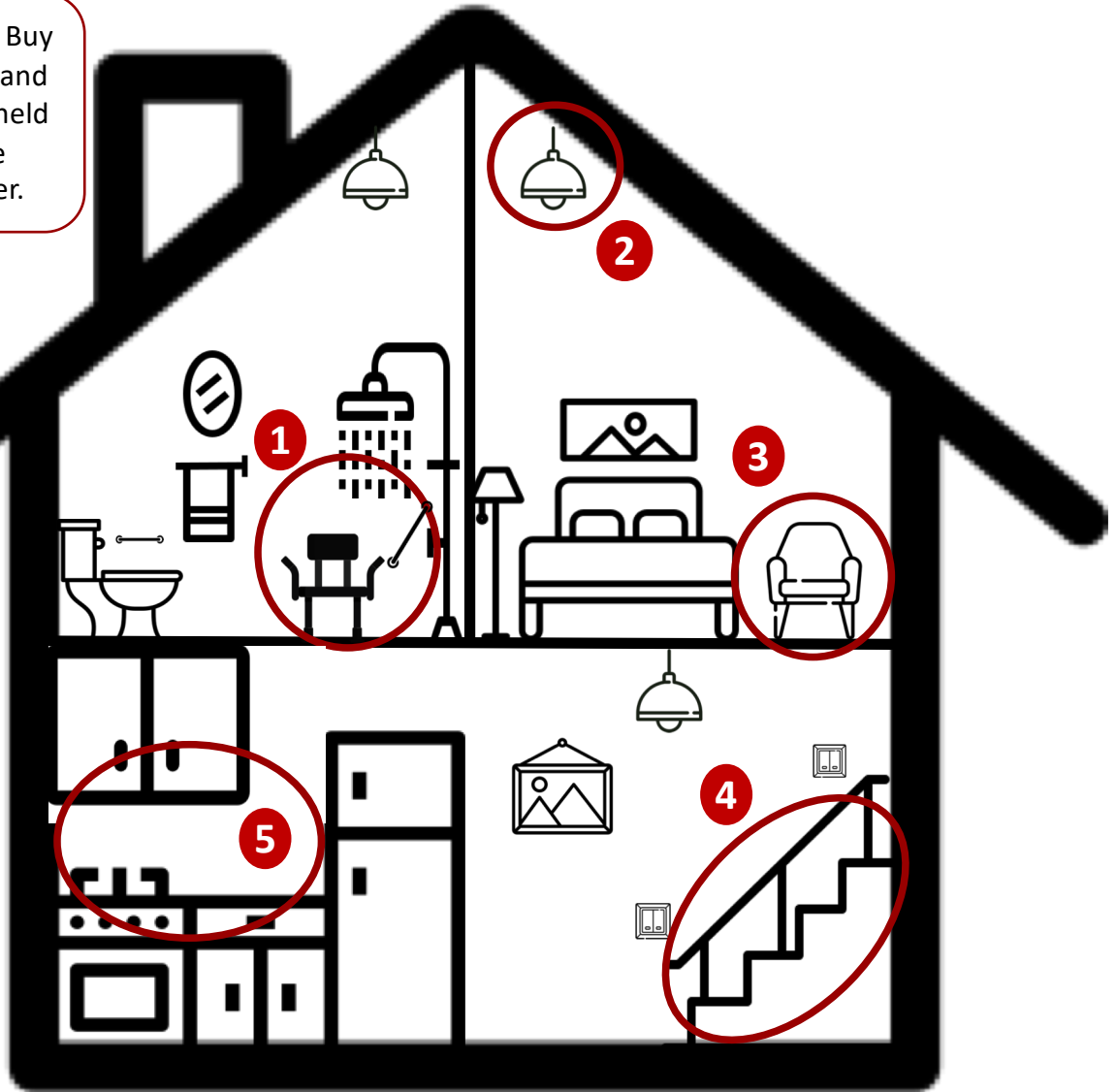
1. Secure some support: Buy a shower seat, grab bar, and adjustable-height hand-held shower head to make bathing easier and safer.

2. Light it up: Replace burnt-out bulbs with bright, non-glare lightbulbs.

3. Have a seat: Place a sturdy chair in your bedroom so you can sit while getting dressed.

4. Clear the way: Keep items off stairs and remove clutter and throw rugs from floors.

5. Store for success: Keep frequently used items between waist and shoulder height.



This material was developed by the National Home Safety and Home Modification Work Group. The Work Group is a collaboration of the National Falls Prevention Resource Center at the National Council on Aging and the Fall Prevention Center of Excellence at the University of Southern California Leonard Davis School of Gerontology. For more information, visit bit.ly/NHSHMworkgroup and www.homemods.org/hmin to find home modification funding sources.

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