Simple Changes to Make Aging in Place Easier

Many seniors are considering staying in their homes as they age—aging in place. However, changes in a home to accommodate a senior's changing needs can be expensive, ranging into the tens of thousands of dollars. Fortunately, there are many beneficial aging-in-place modifications that are simple and relatively inexpensive.



BATHROOM

- A shower chair or bench in the shower makes bathing easier.
- Swapping out a fixed showerhead for a handheld allows rinsing off while sitting.
- Replacing glass shower enclosures with non-shattering material creates peace of mind.
- Slip-resistant strips/shapes on the shower floor are more effective than mats.
- Lever-style faucets are easier for older hands to turn.

BEDROOM

- An adjustable bed can add extra comfort and be easier to get in and out of.
- A simple, motion-sensor night light can be a benefit for nocturnal risers.

LIGHTING

- Install easy-to-access light switches.
- Use lighting to create safe navigation in all areas, including basements, attics, and closets.
- Voice-activated smart lighting can be perfect for seniors.

FURNITURE

- Chairs with armrests make it easier to stand and sit.
- A lift chair with an electronic control can make sitting and standing safer.
- Consider electrical cord organizers so they don't become tripping hazards.

FLOORING/RUGS

- Lessen falling injuries with non-shag carpeting installed over concrete, ceramic, and marble floors.
- Wheelchairs or walkers are easier to use with short-pile carpet.
- Area or scatter rugs can be a tripping hazard; double-faced tape or slip-resistant backing can keep them in place.

KITCHEN

- Adjust the location of major appliances so they are easier to reach.
- If buying a new refrigerator, consider one with handles accessible from a wheelchair or walker.
- Slide-out drawers or trays make the contents of existing cabinets more accessible.

As a Seniors Real Estate Specialist® (SRES®), I have the training, expertise, and experience to help you consider what might be the right move for you in your golden years.

I'm Your SRES®.

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