

6 WAYS TO ACCOMMODATE AGING IN PLACE

RENOVATION AND RETROFITTING IDEAS FOR SENIORS WHO PLAN TO AGE IN PLACE

1. THE FRONT DOOR



- ✗ Add railings to stairs leading to outside doors.
- ✗ To make the house wheelchair accessible, remove outside stairs and install a ramp.
- ✗ Add stair treads to outside stairs for better traction (particularly during winter months).

2. THE KITCHEN

- ✗ Replace faucets with lever-style handles for ease of use.
- ✗ Install a motorized sink that raises and lowers to allow each user to adjust the sink to a comfortable height.
- ✗ Add pullout shelving in lower cabinets and pull down shelving in upper cabinets.



3. THE BATHROOM



- ✗ Roll-in showers and walk-in tubs are accessible options that can be installed if needed.
- ✗ Install hand held shower heads and shower seats as an affordable ease-of-use option.
- ✗ Place grab bars in showers, tubs, and next to the toilet.
- ✗ Consider installing a 17" toilet or a raised seat to make toilet use easier.

4. THE BEDROOM

- ✗ Add safety handles to the bed to aid stability and lower the risk of falling.
- ✗ Place commonly used items on lower shelves in the closet.



5. THE STAIRS



- ✗ Add low-glare overhead lighting to all stairwells.
- ✗ Install handrails on both sides of the stairs.
- ✗ If the stairs are made of a smooth material (wood, painted, tile, etc.), install rubber or abrasive treads or anti-slip tape for proper footing and grip.
- ✗ If mobility issues hinder stair use, install a stair lift for ease of access.

6. THE HOUSE

- ✗ For wheelchair accessibility, place light switches and thermostats no higher than 48" from the floor.
- ✗ Replace round doorknobs with lever style doorknobs.
- ✗ Doorways should be a minimum of 32" wide for wheelchair access. Additional door clearance can be obtained by installing swing clear, offset hinges.

