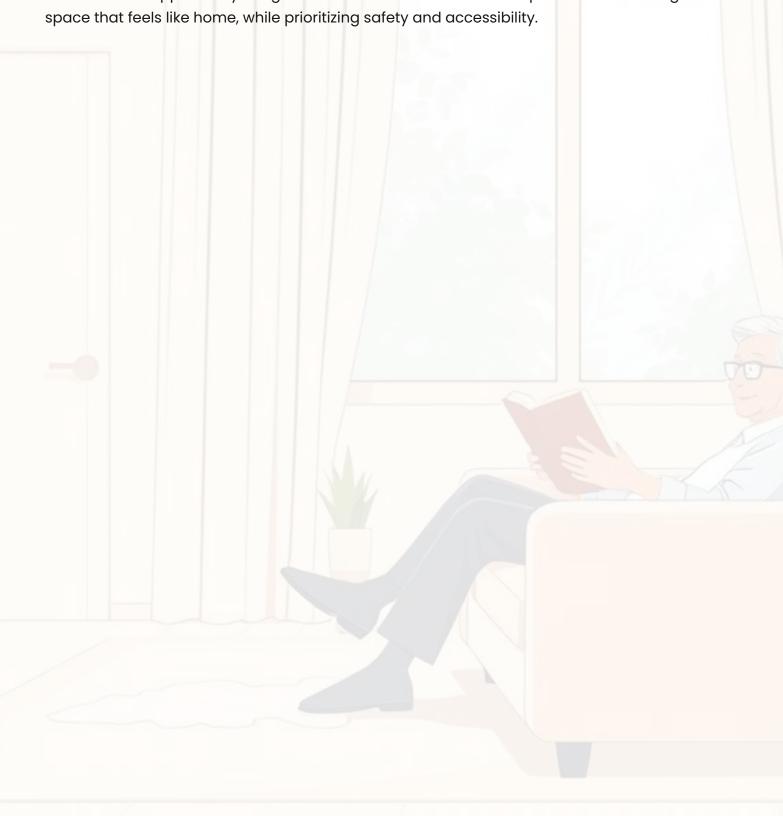
# Senior-Friendly Home Environment Setup Guide

This guide provides comprehensive insights and practical steps for transforming your loved one's home into a safe, comfortable, and empowering environment. Our goal is to enhance independence and well-being by meticulously addressing potential hazards and incorporating features that support daily living for seniors. We understand the importance of creating a space that feels like home, while prioritizing safety and accessibility.



## Prioritizing Safety and Accessibility

Creating a senior-friendly home involves thoughtful modifications that prevent accidents and facilitate ease of movement. Falls are a leading cause of injury among older adults, making fall prevention a primary concern. Beyond physical safety, accessibility ensures that daily tasks remain manageable and that your loved one can continue to live with dignity and independence.

ŵ,

## Clear Pathways & Clutter Reduction

Ensure all walking areas are free from obstacles. Remove throw rugs or secure them with non-slip backing. Keep furniture arranged to allow for wide, unobstructed paths.



### **Enhanced Lighting**

Install brighter, uniform lighting throughout the home, especially in hallways, stairwells, and bathrooms. Use nightlights in bedrooms and paths to the bathroom. Consider motion-sensor lights for convenience.



#### **Bathroom Modifications**

Install grab bars in showers/tubs and next to toilets. Use non-slip mats in the shower and on the bathroom floor. A raised toilet seat and a shower chair can also significantly improve safety and comfort.



#### Stair Safety & Support

Ensure sturdy handrails are installed on both sides of staircases. Add contrasting tape to the edge of each step to improve visibility. If stairs are a significant barrier, explore stair lifts or consider relocating essential living areas to a single floor.

By proactively implementing these modifications, you can create a secure and supportive environment that fosters greater independence for your senior family member, giving everyone peace of mind.