

AGING IN PLACE

TIPS ON MAKING HOME SAFE AND ACCESSIBLE

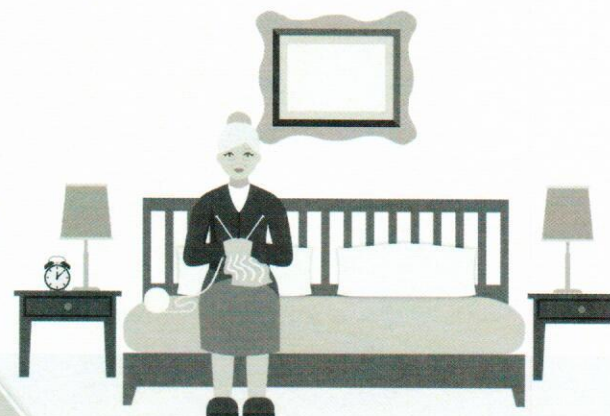
Many older adults want to “age in place”—stay in their own homes as they get older—but may have concerns about safety, getting around, or other daily activities.



A few changes could make your home easier and safer to live in and help you continue to live independently.



**Don't use
area rugs
and check that all
carpets are fixed
firmly to the floor.**



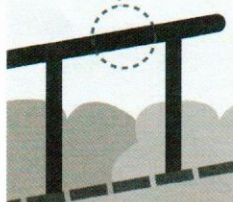


Install grab bars
near toilets and in
the tub or shower.

Replace handles
on doors or faucets
with ones that are
comfortable for you
to use.



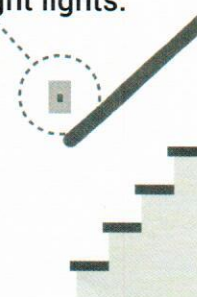
**Install
a ramp**
with handrails
to the front
door.



**Reduce fall
hazards:**
place no-slip strips
or non-skid mats
on tile and wood
floors or surfaces
that may get wet.



Place light switches
at the top and bottom of
stairs and remember to
turn on night lights.



For more information about aging in place,
visit www.nia.nih.gov/aging-in-place.



National Institute
on Aging