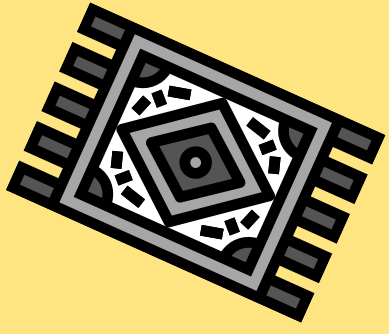




HOME MODIFICATIONS



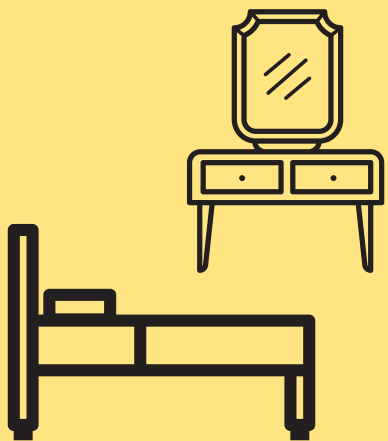
REMOVE HAZARDS

Clear the floor of extra clutter, wires or cords, shoes, and/or throw rugs. Suggest hanging decorative rugs on the wall if your client does not want to remove them completely.



ADD PHYSICAL SUPPORTS

Suggest installing ramps, grab bars, shower chairs, and hand rails on stairs. Discuss mobility aids with your clients, like canes or walkers if needed.



CLEAR A WIDE PATH

Reorganize the furniture in a room to promote wider walkways and clear paths. Do not store items on the floor.



LIGHTING AND CONTRAST



Ensure there is enough lighting throughout the home to promote visibility. Add motion sensor lighting for night use. Add tape on the edge of stairs or the shower/bath edge to add contrast.



CHANGE ACTIVITY LOCATION

If your client is no longer able to safely move up and down the stairs, suggest they move their bed and daily activities to the first level of the home if possible.

FOR MORE SAFETY TIPS VISIT

[HTTPS://WWW.AGINGINPLACE.ORG/HOME-MODIFICATIONS/](https://www.aginginplace.org/home-modifications/)

References

Panel on Prevention of Falls in Older Persons, American Geriatrics Society and British Geriatrics Society. (2011). Summary of the updated American Geriatrics Society/British Geriatrics Society clinical practice guideline for prevention of falls in older persons. *Journal of the American Geriatrics Society*, 59(1), 148–157. DOI: 10.1111/j.1532-5415.2010.03234.x

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