

KENDAL<sup>®</sup> *at Home*  
Together, transforming the experience of aging.<sup>®</sup>

# 30+ Ideas for Making Your Home Safer

A Checklist to Avoid Nursing Homes



Simple home modifications can ensure your safety and independence, and even better, they are often free or low-cost.

*Injuries from falls is one of the leading causes of nursing home admissions. Making these changes can help prevent falls or other accidents.*

We know how important it is for you to remain independent in your own home. So we've compiled a list of ways to make your home safer and more comfortable.

Read on for simple home modification and organization tips for your bathroom, kitchen and more.

## *Tips for Supporting Independence in the Kitchen*

- ❑ Unplug all portable and countertop appliances when not in use.
- ❑ Place a heatproof surface near oven or leave large, sturdy trivets on counters.
- ❑ Mount cupboard door handles that are D-shaped to allow for easy grasp.
- ❑ Keep a fully charged fire extinguisher in a place that can be reached easily.
- ❑ Decrease bending for under-counter storage space by installing pull-out drawers.
- ❑ Replace faucet with a temperature-regulated, single-lever faucet.
- ❑ Install adjustable shelving to increase access to upper cabinets.
- ❑ Add task lighting under cabinets, at the sink and stove.
- ❑ Store appliances and their cords away from water.
- ❑ Move switches and outlets to front of counter.
- ❑ Keep a sturdy step stool with a handle in the kitchen.
- ❑ Install a smoke detector in the kitchen.



## *Tips for Supporting Independence in the Bathroom*

- If installing grab bars by the toilet, or in a bath or shower, ask for help from a professional to ensure they are the proper height and securely fastened.
- Install an adjustable-height, handheld shower head.
- Create sitting knee space at the sink by removing the vanity door or replacing with a pedestal sink.
- Use an adjustable mirror for a sitting or standing view.
- Install a shower with no threshold if mobility is limited.
- Elevate toilet height by adding a toilet seat riser or install a toilet with a higher base.

## *Tips for Reducing the Burden of Doing Laundry*

- Consider using a laundry service or asking someone for help if your only option is to carry clothes up and down stairs to the appliances.
- Place the washer and dryer on the first floor or in the garage.
- Use a small table or counter for sorting and folding clothes.
- Transport clothes through the house using a rolling cart or hamper rather than a laundry basket.
- Store detergent next to the washer.
- Consider a front-loading washer and dryer to create a more accessible laundry room.
- Purchase appliances with large buttons rather than knobs.
- Install D-shaped handles on cabinet doors and drawers.
- Install bright lighting over appliances or a task light near the washer and dryer controls.

## *Tips for Keeping Things Organized*

We have all lost our car keys, cell phone or purse or wallet at least once, if not many times. Having a home — or a memory center — for these frequently used items can reduce stress and help you stay organized.

Your home's memory center should be the "go to" place for all your important information, like daily schedules or grocery lists. Consider including these things in your memory center:

- Large, easy-to-read digital clock.
- Simple, large wall calendar.
- Telephone.
- Notebook and pens.
- Emergency information
  - *Ambulance, fire, and police numbers should be posted in large print. Health information such as allergies, current medications, name of doctor, and health insurance numbers should be on one sheet of paper and clearly accessible for emergency personnel who may need to enter your home.*

*This information is presented by Kendal at Home, a unique program that enables you to age in place with the security you and your family desire. We have been able to help our members remain healthy and independent by providing a continuum of care as well as taking advantage of the latest technology advances that promote aging in place. Since opening in 2004, 99 percent of Kendal at Home's members have remained in their homes.*

To learn more about how Kendal at Home members are successfully aging in place,

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