



**SENIORS Helping SENIORS®**  
...a way to give and to receive®

## BEDROOM

- Bed rails: Bed rails not only provide support when getting in and out of bed, but helps prevent falls.
- Dressing devices: Getting dressed and undressed can be difficult for those suffering from conditions like arthritis and Parkinson's disease. Things like sock aids and shoe horns can provide necessary assistance and are relatively inexpensive.

## LIVING ROOM

- Stairless entrance: Install ramps in places where your loved one would need to lift their leg over a threshold will prevent tripping hazards.
- Lever-handle doorknobs: Swap out round door knobs to lever handles. Those with health conditions such as arthritis can have a hard time grasping down handles.
- Remove throw rugs: Throw rugs are a large source for falls. Toss the rugs and keep the objects on the floor to a minimum.

## BATHROOM

- Grab bars: Install grab bars around the toilet, tub and shower. Towel racks do not provide the appropriate amount of support for an adult's weight, so it's important to install grab bars.
- Shower benches: Benches allow you your loved one the option to sit and slide in and out of the shower easier.
- Elevated toilet seats: These toilet seats fit directly on a toilet seat and will decrease the distance required to sit or stand in using the toilet.
- Non-skid mats: It's important to use high-quality non-skid mats in front of the bath tub/shower and sink. They should absorb any excess water and prevent any falls.
- Water temperature controls: Avoid burns by turning the water temperature to a max heat of 120 degrees.
- Lever-handle faucets: Like door handles, it's important to swap out round faucets for lever-handled ones.

## KITCHEN

- Lighting: Install light switches right at each entry point in every room. Additionally, set up night lights throughout the room for additional assistance.
- Pull-down shelves: Cabinets and their contents should never be difficult to access. Pull-down shelves make it easier to access deep cabinets or cupboards.
- Remove garbage disposals: Garbage disposals are another source of a potential accident for your loved one.