

CREATING A **SAFER** HOME ENVIRONMENT



Simple changes can improve safety, comfort,
and independence—at home and at peace of mind.



IMPROVE HOME VISIBILITY



- Increase lighting in hallways, stairways, bathrooms, porches, and walkways.
- Install motion-sensor lights and glow-in-the-dark light switches.
- Keep lamps and switches easy to reach.
- Add task lighting over sinks, stoves, and work areas.
- Use automatic night lights in bedrooms, hallways, and bathrooms.
- Improve closet lighting and use an easy-to-read thermostat.
- Reduce glare with frosted bulbs or translucent lamp shades.
- Use daylight-simulating bulbs and maximize natural light during the day.
- Keep magnifying glasses available for reading small print.



IMPROVE KITCHEN SAFETY



- Use a counter-height stool when standing for long periods.
- Ensure stove and oven controls are easy to see and reach.
- Store heavier items on lower shelves.
- Keep electrical appliances away from water sources.
- Avoid overloading electrical outlets.
- Wear fitted clothing while cooking.
- Consider accessible appliances such as elevated dishwashers or side-by-side refrigerators.
- Install smoke detectors on every level of the home.



IMPROVE MOBILITY & ACCESSIBILITY



- Replace round doorknobs with lever-style handles.
- Install handrails and non-slip surfaces on stairs.
- Secure rugs and remove clutter and tripping hazards.
- Lower shelves and closet rods to easy-to-reach heights.
- Install grab bars in bathrooms and consider raised toilet seats.
- Add a walk-in shower, shower bench, and hand-held showerhead.
- Keep laundry and household items within easy reach.
- Keep a phone nearby at all times and consider phones in multiple rooms.
- Develop and review a family emergency escape plan.



**SMALL CHANGES CAN
MAKE A BIG DIFFERENCE.**

*A safer home helps maintain independence,
prevents injuries, and provides peace of
mind for both individuals and their loved ones.*

