



HOME DANGER ZONES

These Areas Can Threaten a Senior's Safety

TUBS, SHOWERS & TOILETS

Sunken tubs (tubs below floor level or hot tubs), slippery steps and nothing to hold onto. Toilets too low to the ground.

Fixes

- A curb-less walk-in shower
- Grab bars - one at the entrance to the shower, one along the back wall and another near the toilet
- Higher toilets for easier access



THRESHOLDS

A threshold (or step up) into a house of 6 inches or more.

Fixes

- A removable ramp for easier entrances and exits
- A lift, for homes with vertical entrances of more than 2 ft
- An automatic door bottom to create a zero threshold



STAIRS

Slippery rugs and floor surfaces. Railings only on one side of stairs and poor lighting.

Fixes

- A stair lift or glide
- Additional handrails
- Better lighting

FLOORS

Slippery bathroom and kitchen floors. Throw rugs without rubber backing or that are unattached.

Fixes

- Runners with rubber backing
- Floor safety treatment options that can be brushed on and permanently treat a floor
- Peel and stick traction slips for floor surfaces



LIGHTING

Inadequate lighting in entrances, bathrooms, hallways and bedrooms. Under-lit bedrooms.

Fixes

- LED bulbs with the potential for brighter light and a longer service life
- Accent lighting such as under counter lighting in a kitchen
- A lighting plan with the correct number of lights for the space



For more information, check out the resources at HomeYourOwnWay.com.

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