

HOME MODIFICATIONS

WHAT THEY ARE AND HOW THEY CAN HELP YOU STAY IN YOUR HOME FOR LONGER

HOME MODIFICATIONS ARE ADAPTATIONS TO YOUR LIVING SPACE THAT MAKE IT EASIER TO PERFORM DAILY TASKS.

THE GOAL OF HOME MODS IS TO CREATE A SUPPORTIVE HOME ENVIRONMENT, THAT WORKS TO REDUCE RISK OF FALLS AND OTHER PREVENTABLE INJURIES



1/3 OF OLDER ADULTS FALL ANNUALLY

78% OF FALLS OCCURS INSIDE OR NEAR THE HOME.



THERE ARE **FIVE** HOME MOD STRATEGIES, THAT CAN HELP REDUCE THESE RISKS.

ADDITIVE

FEATURES THAT CAN BE ADDED TO HOMES TO INCREASE SAFETY.

GRAB BARS, ASSISTIVE DEVICES, IMPROVING LIGHTING

SUBTRACTIVE

REMOVING POTENTIALLY HAZARDOUS FEATURES IN THE HOME.

REMOVING THROW RUGS, CLEARING FURNITURE, ORGANIZING CLUTTER

BEHAVIORAL

INDIVIDUAL INSTRUCTION TO MODIFY POTENTIALLY RISKY BEHAVIORS IN THE HOME.

CHANGING COOKING HABITS, LEARNING STABILITY EXERCISES

REARRANGEMENT

ARRANGING THE HOME TO BEST FIT THE CHANGING PHYSICAL NEEDS OF THE INDIVIDUAL.

REARRANGING FURNITURE, MOVING PET BEDS OR LITTER BOXES

TRANSFORMATIVE

LARGE MODIFICATIONS THAT RENOVATE A SIGNIFICANT FEATURE OF THE HOME.

INSTALLING A RAMP, WIDENING DOORWAYS, RENOVATING BATHROOMS