# Senior Safe Living Space

This playbook outlines the steps for modifying a home to meet the needs of elderly occupants. It emphasizes fall prevention and enhancing accessibility to create a safe living environment for seniors.

### Step 1: Assessment

Conduct a thorough evaluation of the senior's current living space, identifying potential hazards and areas that require modification to improve safety and accessibility.

### Step 2: Planning

Create a detailed plan that addresses the identified hazards, prioritizes modifications based on the senior's needs, and outlines the required budget and resources.

### Step 3: Clearing Clutter

Remove unnecessary items from walkways, stairs, and high-traffic areas to minimize the risk of tripping and facilitate ease of movement.

### Step 4: Lighting

Enhance lighting throughout the home, especially in stairwells, hallways, and bathrooms to improve visibility and reduce the risk of falls.

### Step 5: Grab Bars

Install grab bars in critical areas such as the bathroom (next to the toilet and in the shower) to provide support and stability for the senior.

### Step 6: Non-Slip Surfaces

Apply non-slip mats or strips to areas that are prone to wetness or moisture, like the bathroom floor and shower, to prevent slipping.

### Step 7: Furniture Adjustment

Rearrange or replace furniture to ensure there is ample space for movement, particularly for seniors who may use mobility aids.

### Step 8: Accessibility

Make necessary adjustments to enhance accessibility, such as installing a stairlift or ramp, lowering countertops, or adjusting door handles and faucets for easier use.

### Step 9: Emergency Systems

Set up emergency alert systems or communication devices that the senior can easily access and use in case of an emergency.

### Step 10: Maintenance

Regularly inspect and maintain the living space, ensuring that all modifications remain in good condition and continue to provide the intended safety benefits.

## General Notes

### Consultation

Consider consulting with an occupational therapist or a professional specializing in home modifications for seniors to provide expert advice tailored to the individual's needs.

### Personalization

Tailor the modifications to the senior's specific health conditions, mobility issues, and personal preferences for a comfortable living environment.

### Legal Compliance

Ensure that all modifications comply with local building codes and regulations, and acquire any necessary permits before beginning construction or alteration work.