

# 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.