

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.