

Home Improvements For Safety

(NAPS)—Research shows that most older adults want to live in their homes and communities for as long as possible. Most homes, however, were not built to support the mobility, sensory and cognitive changes that often accompany aging.

Fortunately, older adults and caregivers can make simple updates such as clearing clutter from the floor, improving lighting and removing rugs to help prevent falls—all of which can make homes meet the changing mobility, sensory and cognitive needs of the older



One call to the Eldercare locator can connect older adults to local resources that can help them modify their homes so they can live there safely for many years to come.

adults who live in them. Other changes such as installing a stair lift or renovating a bathroom are more complex and require outside assistance.

Many older adults who need to modify their homes don't know where to turn for advice or assistance—or even what modifications they may need. That's where the Eldercare Locator, a public service of the U.S. Administration for Community Living, comes in. It connects older adults and caregivers across the country to Area Agencies on Aging and other resources—that can help determine what needs to be done, how to find a contractor to do it and look for ways to pay for it all—that can help ensure their homes meet their evolving needs.

To that end, the Eldercare locator created a brochure, “Modifying Your Home for Healthy Aging.” For a free copy and further advice, call (800) 677-1116 or visit the Eldercare Locator at eldercare.acl.gov.