

# Home Optimization Plan for Serving Our Seniors



Recommendations made by AARP

## INDOORS:

- ✓ Arrange furniture to allow for easy passage
- ✓ Install night-lights in the bathroom and hallways that are used after dark
- ✓ Apply nonslip adhesive strips to uncarpeted stair treads
- ✓ Check the carpeting on stairs to be sure it's firmly attached
- ✓ Remove all scatter rugs or use double-sided tape to secure them to the floor
- ✓ Install a rubber-suction bathmat or anti-slip floor strips or decals in the tub and shower
- ✓ Place a lightweight, easy-to-use ABC-rated fire extinguisher in an easily accessible location in the kitchen
- ✓ Set water heater to 120F or below to reduce energy costs and prevent scalding
- ✓ Install lever-style door handles, which are easier to use than doorknobs
- ✓ Have ready access to a phone near bed and in rooms Seniors spend a lot of time in (If corded phone is in use, recommend replacement to wireless to eliminate cords and allow for one in each room)
- ✓ Install a hand-held, adjustable-height showerhead for easier bathing
- ✓ Convert all filament light bulbs to LED style

- ✓ Place electrical cords along a wall where they won't be a tripping hazard
- ✓ Install smoke and carbon monoxide detectors on all levels of the house, especially in or near the bedrooms
- ✓ Replace knobs on cabinets and drawers with easier-to-grip D-shaped handles
- ✓ Create an emergency exit plan for getting out of home
- ✓ Replace traditional light switches with easier to use rocker-style light switches
- ✓ Install a handrail on both sides of any staircase
- ✓ Mount grab bars next to the toilet, tub and in the shower
- ✓ Install a security peephole on exterior doors
- ✓ Install deadbolts and other protective hardware on exterior doors
- ✓ Replace or remove any worn, torn or loose carpeting
- ✓ Insulate the attic for better heating and cooling energy efficiency

### OUTDOORS:

- ✓ Install outdoor LED floodlights with motion sensors
- ✓ Install photosensitive porch or entryway lighting that will turn on at dusk and off at dawn
- ✓ Trim overgrown shrubbery to provide a clear view from doors and windows
- ✓ Check outdoor walkways for loose bricks or pavers, and keep the paths clear of debris, including slippery wet leaves, moss or mold
- ✓ Install reflective address numbers that can be easily seen from the street
- ✓ Inspect / repair decking boards that may be worn, splintered or molded
- ✓ Inspect house to ground contact area for termites
- ✓ Inspect / relocate / replace mail box for safe / convenient use