

Home Modifications for a Senior Who Lives with You



How to Modify Your Home for Senior Living

When your loved one plans on aging in place, home modifications for seniors help them thrive. If they want to move in, you have many options to consider. You can change your home's layout, furniture, hardware or other aspects of the building to make it friendlier for seniors. Creating a safe and comfortable home for your loved one involves their unique needs. So, we created this list of home modification ideas to inspire you.

General Modifications and Layout Changes

The following adjustments to common elements in your home and its layout make the entire house easier to navigate:

- Widen doorways to make room for mobility aids such as wheelchairs
- Move all essential rooms to the first floor, including your loved one's bedroom
- Change round doorknobs to lever doorknobs for ease of opening
- Make the floor surface as even as possible by removing rugs and thresholds
- Add lighting throughout the house and use bright lightbulbs for increased visibility

These changes will improve your home's safety for your loved one. They can maneuver to the necessary parts of their home and have better visibility during everyday tasks.

Bathroom Modifications for Safety and Ease of Use

You can simplify everyday routines with these changes to your bathroom:

- Replace a standard bathtub with a walk-in shower or tub
- Adapt your existing bathtub or shower with grab bars, a built-in seat or extendable showerhead
- Lower the bathroom sink and add knee clearance for a senior who uses a wheelchair
- Add a raised seat to your toilet for easier transfer and more comfort
- Make personal care items easier to reach with open cabinets or easy-close cabinet doors

With these modifications, you can support your relative's mobility and autonomy during daily care. They can do more grooming on their own, improving their emotional well-being. Some of the changes also help you assist with their care.

Changing Your Kitchen for Increased Accessibility

Certain modifications to your kitchen can increase safety and ease of use for seniors of all abilities:

- Buy a stove with an automatic shut-off or lock-out features for a senior with dementia
- Lower cooking and preparation surfaces for seniors with mobility needs who can cook
- Leave ample maneuvering space for ease of access
- Adjust appliance heights to put them within reach, such as raising a dishwasher
- Store staple foods like sugar and flour in easy-to-reach areas

When you change your kitchen, your adjustments will depend on whether your loved one can cook. You may need to keep specific appliances away from them or make them easier to access.

In-Home Senior Care Referrals from Active Home Care

If you need someone to assist you with your loved one's care, let us refer you to our qualified caregivers. Our network of care professionals can support your relative and address their needs. They can assist during the workday or only now and then. Before you hire one of our professionals, we provide free interviews where you ensure they meet your standards.

For more information, we welcome you to call us at 786-360-3449.