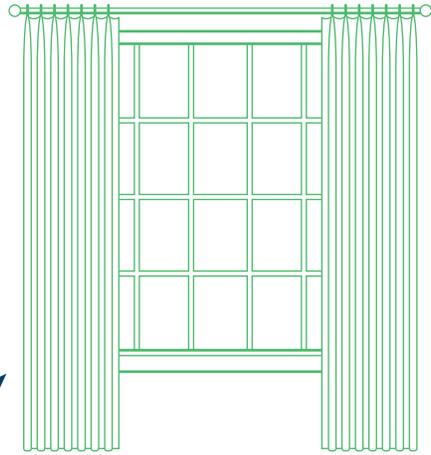


No-Cost Home Improvements



- To increase natural light inside the home, open blinds and curtains
- Place electrical and phone cords along a wall so they won't be a tripping hazard
- Set the hot water heater to 120°F or below to reduce energy costs and protect against scalding
- Remove area rugs that can cause falls
- Place items you frequently use in an easily accessible location
- Check the carpeting on stairs to be sure it is firmly attached
- Arrange furniture to allow for easy passage
- Check outdoor walkways for loose bricks or pavement that could cause a fall
- Trim overgrown shrubbery to provide a clear view from doors and windows

Make where you live "HomeFit"

This brochure is adapted from the AARP HomeFit Guide and Workshop



To attend a HomeFit workshop, contact the AARP office for your state by visiting aarp.org/states or calling 888-OUR-AARP



Visit AARP.org/homefit to order a copy of the HomeFit Guide or read it online



601 E Street NW, Washington, D.C., 20049

AARP is a nonprofit, nonpartisan organization that helps people age 50 and over improve the quality of their lives.



AARP HomeFit is a program of AARP Education & Outreach/Livable Communities

Learn more at AARP.org/livable or by following us on Twitter @LivableCmnty

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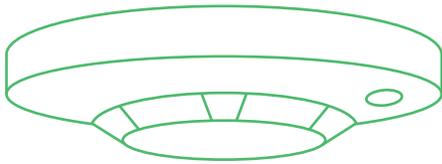
No-Cost Low-Cost Ideas

Affordable ways to make your home comfortable, safe and a great fit

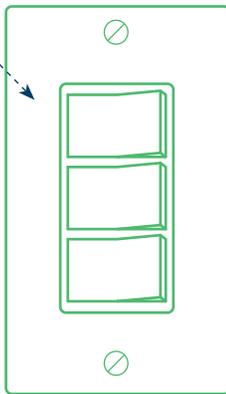


Low-Cost Home Improvements with Products Costing Under \$35

- Install smoke and carbon monoxide detectors on all levels of the home — and be sure they can be heard in all bedrooms

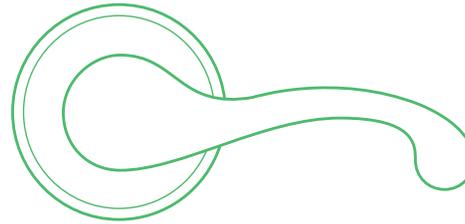


- Install night-lights in bathrooms and hallways
- Install a nonskid mat or nonslip strips in the tub or shower
- Apply nonslip adhesive strips to uncarpeted steps
- Replace knobs on cabinets and drawers with easier-to-grip D-shaped handles
- Replace traditional light switches with easier-to-use rocker-style switches *
- Install deadbolt locks and/or slide latches or chain locks on exterior doors *
- Place or mount an all-purpose, ABC-rated fire extinguisher in an easy to reach kitchen location

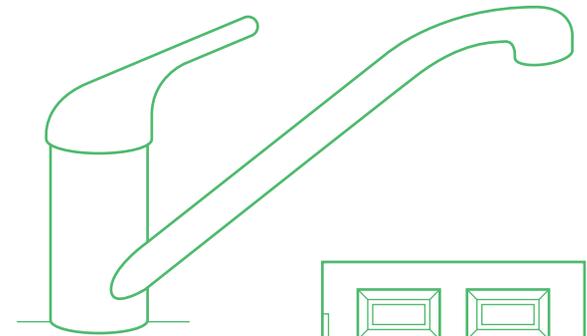
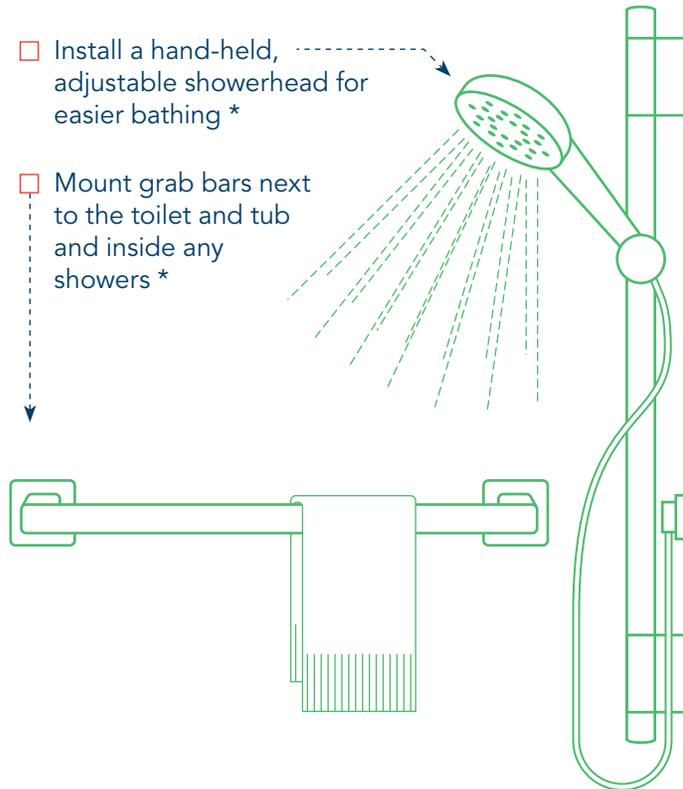


Low-Cost Home Improvements with Products Costing Under \$75

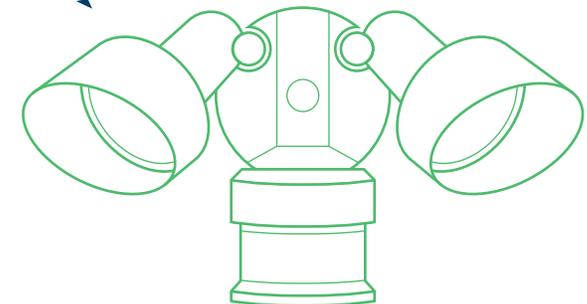
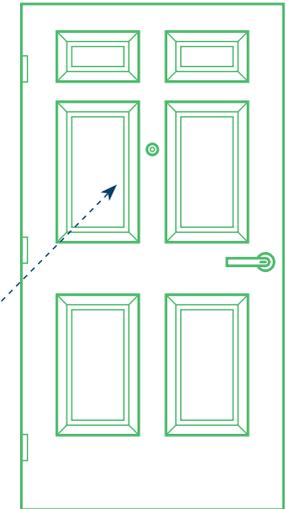
- Place a sturdy, waterproof seat in the tub and/or shower for greater comfort and safety while bathing
- Install a handrail on both sides of any staircase *



- Install lever-style handles on doors *
- Install a hand-held, adjustable showerhead for easier bathing *
- Mount grab bars next to the toilet and tub and inside any showers *



- Install easier-to-use lever-style faucets *
- Install a security peephole on exterior doors at a height suitable for you and others in the home *
- Install sensors so outdoor lights will automatically turn on at dusk and off at dawn and when motion is detected *



* Installation of these items may require the assistance of a professional contractor or individual who has home improvement skills.