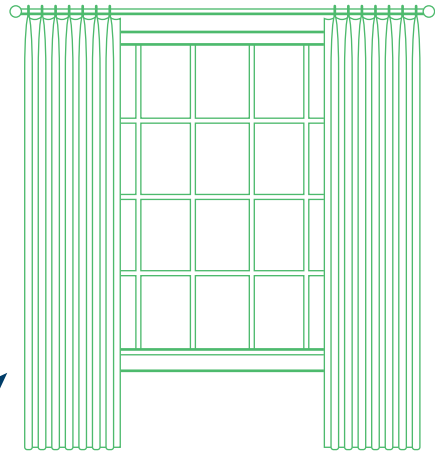


## No-Cost Home Improvements



- 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](http://aarp.org/states) or calling 888-OUR-AARP



Visit [AARP.org/homefit](http://AARP.org/homefit) to order a copy of the HomeFit Guide or read it online



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

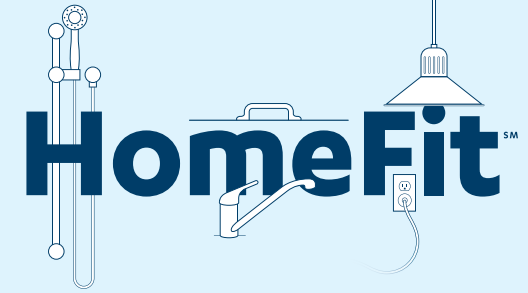
AARP is a nonprofit, nonpartisan organization that helps people age 50 and over improve the quality of their lives.



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

Learn more at [AARP.org/livable](http://AARP.org/livable) or by following us on Twitter @LivableCmnty

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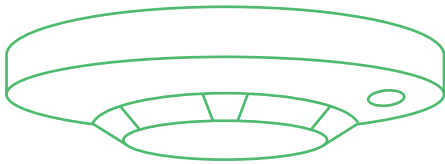
# No-Cost Low-Cost Ideas

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

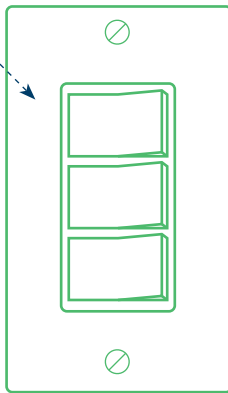


## Low-Cost Home Improvements with Products Costing Under \$35

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

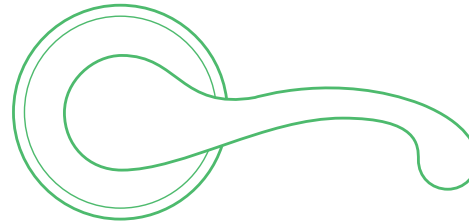


- Install night-lights in bathrooms and hallways
- Install a nonskid mat or nonslip strips in the tub or shower
- Apply nonslip adhesive strips to uncarpeted steps
- Replace knobs on cabinets and drawers with easier-to-grip D-shaped handles
- Replace traditional light switches with easier-to-use rocker-style 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

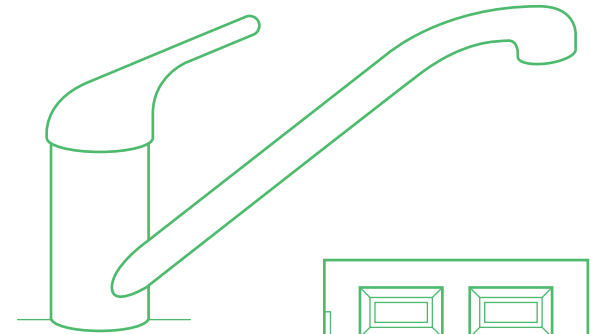
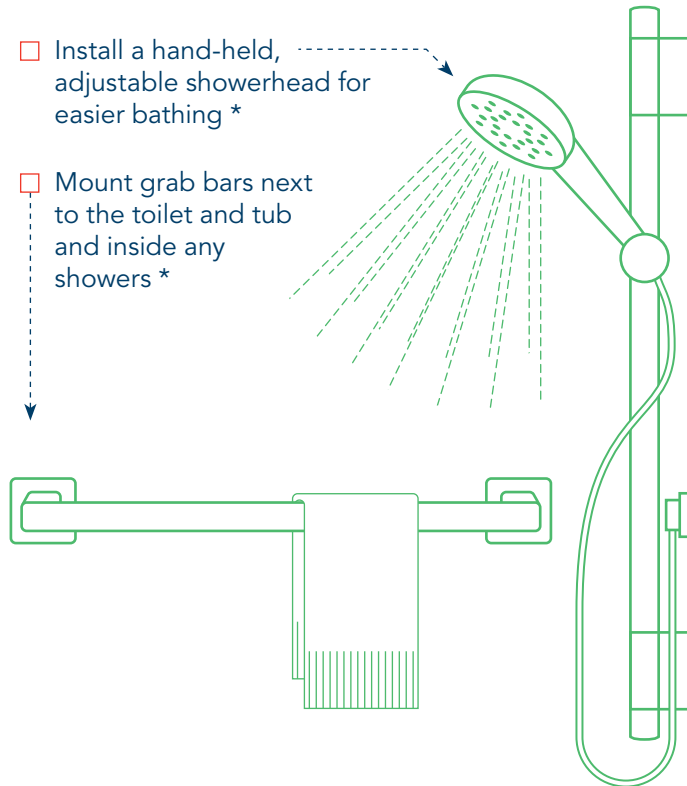


## Low-Cost Home Improvements with Products Costing Under \$75

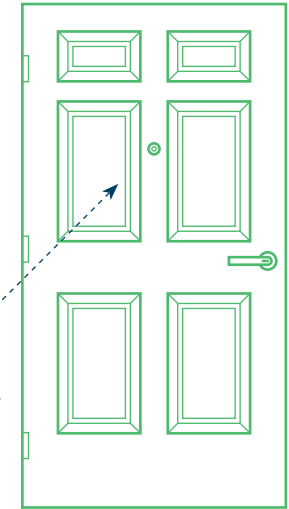
- Place a sturdy, waterproof seat in the tub and/or shower for greater comfort and safety while bathing
- Install a handrail on both sides of any staircase \*



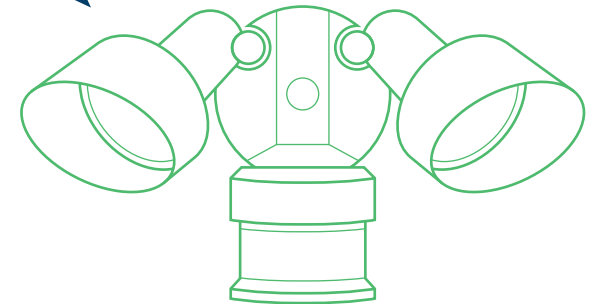
- Install lever-style handles on doors \*
- Install a hand-held, adjustable showerhead for easier bathing \*
- Mount grab bars next to the toilet and tub and inside any showers \*



- 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.