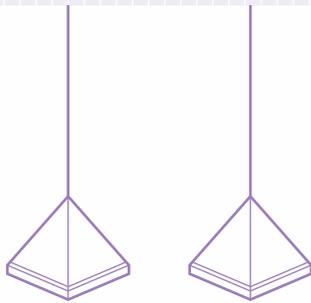


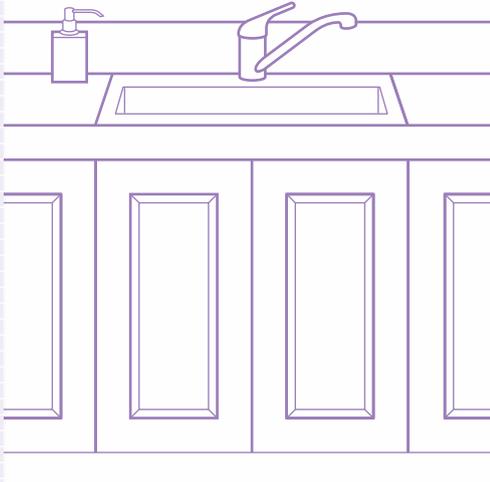
# Home Fitness for Specific Needs

Simple home modifications can make a home more user-friendly and livable for everyone. Here are just a few examples.

## To See More Clearly



- Install new lights (such as motion-sensor flood lights) or increase lighting on exterior pathways, porches and doorways
- Increase lighting on all stairs, either by plugging night-lights into wall outlets or installing overhead fixtures or wall sconces
- In the kitchen, place lighting over the sink, stove and other work areas and be sure you have a stove with controls that are easy to see
- Keep a magnifying glass in the places you may need one (kitchen, bathroom, living room, bedroom) for reading small print
- Install light switches that glow in the dark
- Place automatic, light-sensor night-lights in hallways and rooms
- Add lighting to closets
- Install a thermostat that's easy to read
- Use full-spectrum bulbs that simulate daylight
- Use halogen bulbs to reduce glare
- Open window shades, blinds and curtains for natural light during the day

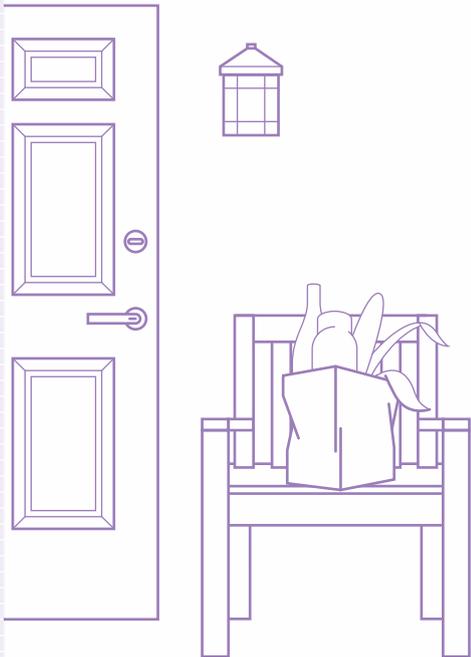


### Help is Available

An occupational therapist (OT) or Certified Aging-in-Place Specialist (CAPS) can visit your home, assess your needs and recommend helpful home modifications. See page 18.

## To More Easily Reach and Move All About

- Use adjustable and low rods and shelves in closets and cabinets. Consider pull-out or pull-down shelves, or drawers designed to close automatically
- Buy touch control lamps or “clapper” devices for lights and electronics
- Have the dishwasher elevated to reduce the amount of bending you must do
- Install a walk-in or no-threshold shower, a bath seat or bench and an adjustable, hand-held showerhead
- Choose a side-by-side or drawer-style refrigerator
- Use a front-loading washer, and place the washer, dryer, shelves and work surfaces at reachable heights
- Sit rather than stand while working at the kitchen countertop. (If necessary, have cabinet shelves or drawers removed to allow room for your knees.)
- Keep a cell phone on you, or install a telephone in multiple rooms (including the bathroom) so you’re never too far from being able to call for help



## To Lend Your Hands a Helping Hand

- Replace round doorknobs with easier-to-use lever-style door handles
- Put a chair or table near the entrance door for placing packages while you lock or unlock the door
- Replace traditional toggle-style light switches with larger, easier-to-use rocker-style light switches
- Repair or replace any hard-to-open windows

