

Home safety tips for older adults

A few changes could make your home easier and safer to live in and help you continue to live independently.

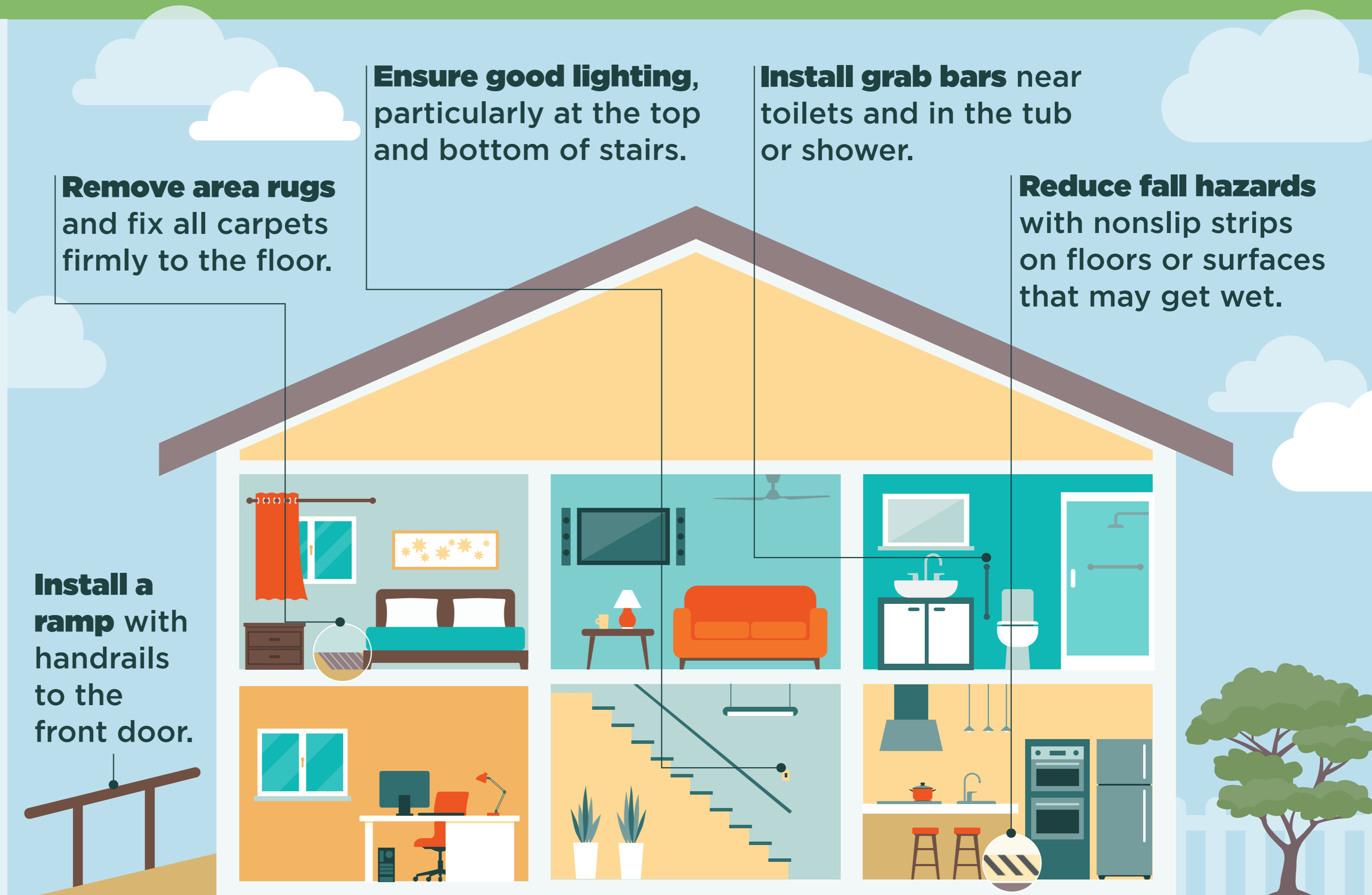
Remove area rugs and fix all carpets firmly to the floor.

Ensure good lighting, particularly at the top and bottom of stairs.

Install grab bars near toilets and in the tub or shower.

Reduce fall hazards with nonslip strips on floors or surfaces that may get wet.

Install a ramp with handrails to the front door.



For more information, visit www.nia.nih.gov/aging-in-place.