Your home can present many physical challenges as you age, but corrections can be made to better meet your needs. Below is a list of possible home modifications.

**Limited Reach**

Lower the shelves three inches from the standard height in the kitchen, closets, and other storage areas for easier access.

Install a handheld showerhead to allow showering while sitting on a bath bench or chair.

Install peepholes in the front door at the right height for you.

Use height adjustable closet rods to keep your clothes within reach.

**Limited Flexibility or Lifting Ability**

Choose u-shaped or d-shaped handles for cabinets and drawers, they are easier to grasp.

Install a single lever faucet to adjust water temperature and volume more easily.

**Limited Vision**

Purchase a telephone with a large number keypad.

Increase the wattage of light bulbs.

Install overhead lights and night-lights near walkways, stairs, and entrances.

**Hearing Impairments**

Purchase smoke detectors with strobe lights.

Be sure you can hear the doorbell throughout your house.

**Limited Mobility**

Use handrails on both sides of the stairs.

Install grab bars to help you get in and out of the bathtub safely.

Lower door thresholds to ½ inch or less.

Give patios, driveways, and stairs a textured surface to increase footing stability.