SIMPLE SOLUTIONS:
Practical Ideas and Products to Enhance Independent Living

THE HARTFORD
Center for Mature Market Excellence

THE HARTFORD
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Have you taken a good look around your home to see if it will accommodate the changes your body will likely go through as it ages? Have you done a similar scan at the home of an older relative or friend where you might be helping out?

It’s not a bad idea. We make sure our homes are protected against break-ins and we’re vigilant about making them safe for visiting children. Why not make them more comfortable and convenient to accommodate the normal age-related physical changes that creep up on us? Why not make the home more functional and safe to accommodate limitations we may experience due to disease or chronic health conditions?
At some point, many of us will find that the house that once fit us so perfectly no longer does. Maybe it’s the stairs or the bathtub or the carpet or the lighting. But, given that most of us would prefer to remain in our homes rather than move, it makes sense to change our homes to accommodate these changing needs.

The Hartford Center for Mature Market Excellence has created this guide of products and ideas to help you create a living space that works well at all different points in life. Whether you’re making a structural modification or buying a simple household product, you’ll find creative ways to make any home safer and more comfortable for people of any age.

As you’ll see, most of these products are inexpensive and easy to install, and the ideas can make your home more functional without looking institutional.

This guide includes:

• A Solutions Guide, starting on page 4, which provides more than 200 products and ideas. For most products, a three-letter supplier code is provided, along with the approximate retail cost.

• A Supplier Guide, beginning on page 40, with information about where you can obtain the products. (Because suppliers often change their product offerings, be sure to contact them or check their websites for the latest information.)

• A Home Checklist on page 47 that will help you apply these ideas to any home.

We hope you will find Simple Solutions useful in creating a home that can accommodate changing needs and enhance independent living for anyone.

Please note that the inclusion of a product in this guide does not constitute a product endorsement or warranty by The Hartford Financial Services Group, Inc. You are advised to evaluate for yourself the appropriateness of any product or idea listed.
Vision Solutions

Almost everyone experiences some deterioration in vision by the time they reach 50. We notice the newspaper print is too tiny, and the room is never bright enough. Most of us are bothered by these issues but we easily manage them.

More difficult to deal with is the uncorrectable “low vision” caused by eye diseases such as glaucoma, macular degeneration and diabetes. People with low vision have trouble reading, may be unable to distinguish certain colors and often can’t see low furniture or a slightly raised surface like a door threshold.

No matter what level of visual impairment you’re dealing with, the following solutions can make any home a little brighter and easier to navigate.

LIGHTING

Design and Other Ideas

• Provide sufficient, even lighting throughout the house; you need more than you think you do. A 60-year old requires approximately twice as much light to read as does a 20-year old. Start by increasing the amount of natural light; open the blinds and curtains and raise shades. Move large items that might be blocking light away from the windows.

• Add lighting to eliminate any dark or shadowy areas.

• Install additional lighting where safety hazards exist, such as overhead in the bathtub and shower and in stairways, sites of most accidents in the home.

• Choose light-colored wall coverings, work surfaces and counters to increase the reflectivity of available light.

• Control glare throughout the home by selecting matte-finish paint, wallpaper, counter tops, and other surface materials.
Products

1. Use a 100- to 200-watt bulb to provide extra light, and position lamps carefully for such close-up activities as cooking, dining, reading, writing, handiwork, shaving, and especially, taking medication. Use a wall or floor lamp with a swing-arm to help direct light where you need it. Magnifying attachments are available for some task light options. ($30 - $200)
   Suppliers: ILA, LMP, LSS, SOL, VER

2. Use long lasting “daylight” or full spectrum light bulbs, or purchase daylight lamp to reduce eye strain and improve concentration. These glare-free bulbs are made of special glass that allows the true spectrum of colors to be seen, enhances the contrast between black and white, and contributes to greater well-being. ($7 - $26 per pkg of bulbs; $30 - $210 per lamp)
   Suppliers: HMT, ILA, LSS, MAX, TAY, VER

3. Install a cordless battery-operated light or use a cordless floor lamp wherever additional lighting is needed and no electrical outlets are available, such as in closets or cabinets, at your chair for reading, or above a desk or table. ($8 - $40)
   Suppliers: AUB, HMT, HOM, LSS, MKC, QVC, SOL, SPL, TAY

4. Install fluorescent lights under overhead kitchen cabinets and over the stove to provide extra illumination for meal preparation. ($13 - $135)
   Suppliers: AUB, ELI, HOM, KCL, LOW, PRO

5. If you like to read in bed, buy a light that clamps onto the headboard to provide better illumination. ($15 - $35)
   Suppliers: HAR, PLO, VER
6. Place a night light in the pathway between the bedroom and bathroom, where falls often occur. You may want to opt for an automatic light that turns itself on at dusk and off at dawn, or one that is motion sensitive. ($4 - $37) Suppliers: HMT, IMP, MAX, MKC, SOL, SPL, TAY, WDS

7. Add a motion-sensitive adaptor to an existing light fixture or lamp so that it will turn on automatically when someone enters the room. ($8 - $40) Suppliers: HMT, SOL

8. Adapt an interior light to turn on at dusk or at a predetermined time with a plug-adaptor into which a standard lamp or light bulb is inserted. ($8 - $13) Suppliers: HMT, IMP

9. Never come home to a darkened front door or sidewalk. Adapt the existing exterior lighting at your entry, porch or light post by simply screwing a solar-activated photoelectric socket into the light fixture, and then screwing the light bulb back into the socket. The light will automatically turn on at dusk and off at dawn. ($10) Supplier: SPL. Purchase solar-powered light fixtures to light your sidewalk and yard. ($11 - $80) Suppliers: HAM, HMT, HOM, IMP, LOW, NAT, PLO, QVC, SPL, TAY. Battery-powered LED lights are also available. ($52/pair) Supplier: SPL

10. Install motion-sensitive security lights for extra exterior lighting coverage. ($13 - $60) Suppliers: HAM, IMP, NAT, SOL, SPL

11. Buy an emergency light that goes on automatically during electrical outages and doubles as a flashlight. ($15 - $30) Suppliers: MAX, SPL

12. Make sure all lights, including chandeliers, have translucent shades, as looking directly into uncovered light bulbs can be painful and hasten deterioration of the eye’s retina. ($5 - $30) Suppliers: JCP, LMP, PRO
13 Use a handy sound-activated mini-light that snaps onto your house key to illuminate a dark keyhole. The key light yields a bright beam of light for an added measure of safety and convenience. ($10 - $20) Suppliers: AMZ, HMT, MKC

14 Control glare from sunlight with proper window treatments. Miniblinds will deflect the sun’s light, while sheer draperies and translucent or perforated shades will diffuse it. Suppliers for miniblinds: HOM, JCP, LOW, SWF. Suppliers for pleated window shades: HOM, JCP, LOW, SWF. Suppliers for glare-reducing shades: HMT, JCP, LOW, NEW, ORV

15 Eliminate the glare of the sun, reduce fading of drapes and furniture, and insulate against heat and cold with tinted, transparent adhesive vinyl placed on the inside surface of your windows. ($25 - $35 per roll) Suppliers: HMT, IMP, MMM

VISUAL TASKS

Design and Other Ideas

• Keep emergency numbers clearly written in large type near all telephones.

Products

16 To compensate for difficulty in reading small numbers and fine print, buy items featuring large typefaces with extra white space between lines of print. Examples include: address book; bathroom scale; books; calculator; calendar; check register; clock; cookbooks; crossword puzzle book; dictionary; dominoes; measuring tape; personal organizer; playing cards; games; watch; thesaurus; timer; and window thermometer. Suppliers: DRL, HMT, ILA, LSS, MAX, MON, MKC, S&S, SPL, TAY, WDS
17 Make your own tactile, large print and/or Braille markings to ease identification of controls on appliances and equipment. Handy options include stick-on letters/numerals, labels, buttons, and liquid marking systems. ($2 - $40 per pkg) Suppliers: ILA, LSS, MAX

18 Raised numerals and Braille dots on a ruler or tape measure allow a person with vision impairment to locate each increment of measurement. ($3 - $26) Suppliers: ILA, MAX

19 Large numbers on measuring cups and spoons make reading measurements easier. Some measuring cups and spoons are also color coded for easy identification. ($4 - $7) Suppliers: ILA, MAX

20 Buy a thermostat that features large numerals and raised temperature settings that click and vibrate each time the thermostat is adjusted. Some also include a “talking” feature. ($14 - $80) Suppliers: HON, ILA, LSS, MAX, SMT. Or, buy a magnifier that snaps over an existing round thermostat. ($12) Supplier: MAX

21 Buy large print stickers for push button phones or a large print dial overlay for rotary dial telephones. These items lay over the buttons or dial and feature large numerals and letters that are widely spaced for easy identification. ($1 - $6) Supplier: MAX

22 Use a telephone that features large buttons, a lighted dial, large text Caller ID, and volume and sound clarifying adjustments. ($20 - $200) Suppliers: HMT, ILA, LSS, MAX, QVC, WAL, WMT
23. Buy a “talking” alarm clock, watch, or alarm clock key chain with large numerals and adjustable volume. Some clocks also project the time in large print text onto the wall or ceiling. ($6 - $135) Suppliers: HAM, ILA, LSS, MAX, MKC, TAY

24. Avoid the need to read tiny print and reduce medication errors by using a Talking Rx that plays prerecorded prescription information. A pharmacist or caregiver records instructions for taking the medication into the Talking RX. When the medication bottle is set into the base and a button is activated, these instructions are read to the user. Two sizes are available to accommodate different size containers. ($15 - $27) Suppliers: LSS, MAX

25. Utilize other “talking” products to provide important audible information for those with low vision:
- Personal scale ($50 - $90)
  Suppliers: ILA, LSS, MAX
- Kitchen scale ($40 - $100)
  Suppliers: LSS, MAX
- Measuring container ($100)
  Supplier: ILA
- Coffee maker ($80)
  Suppliers: ILA, LSS
- Microwave oven ($140 - $370)
  Suppliers: ILA, LSS, MAX
- Kitchen timer ($12 - $74)
  Suppliers: ILA, LSS, MAX
- Indoor/outdoor thermometer ($16 - $20)
  Suppliers: ILA, MAX
- Clinical and ear thermometer ($11 - $33)
  Suppliers: ILA, LSS, MAX
- Glucose meter ($20 - $85)
  Suppliers: ILA, LSS, MAX
- Blood pressure monitor ($50 - $600)
  Suppliers: ILA, LSS, MAX
- Pedometer ($8 - $15)
  Suppliers: ILA, LSS
- Calendar ($40)
  Supplier: ILA
- Calculator ($9 - $545)
  Suppliers: ILA, LSS, MAX
- Compass ($70 - $75)
  Suppliers: ILA, LSS
- Tape measure ($100 - $120)
  Suppliers: ILA, LSS
- Weather forecaster ($130)
  Supplier: ILA
- Tire gauge ($15) Supplier: MAX
26. Attach a magnifier to the window of a cell phone or smart phone to increase the size of the window display for easier reading. ($10 - $60) Suppliers: ILA, LSS, MAX. “Jitterbug” cell phones offer larger numerals/text, backlit buttons, color screen for clarity, and adjustable sound features. ($147) Supplier: LSS

27. Attach a magnifying device to the screen of your computer monitor (either laptop or standard). Some devices also reduce painful glare on the computer screen. ($35 - $92) Suppliers: ILA, LSS, MAX, SAM

28. Affix large print or Braille labels to the keys of your computer keyboard. White on black as well as black on white options are available. ($8 - $22) Suppliers: ILA, LSS

29. Purchase a large-print keyboard with high contrast between the letters and the keys. Some keyboards are designed for one-handed operation, are foldable, or feature Braille characters. ($16 - $120) Suppliers: ILA, LSS, MAX

30. Increase the size of text on your computer screen with special Zoomtext software that makes the text easier to see, hear, and use. A special USB drive makes it possible to use Zoomtext on any computer. ($400 - $700) Suppliers: ILA, LSS, MAX

31. Install television screen enlargers to increase the size of any TV image without distortion. ($35 - $115) Suppliers: ILA, LSS, MAX

37. A TV remote control with large buttons and high-contrasting numerals/text is easy to use. Buttons on some models glow in the dark or “talk” when the buttons are pressed. ($10 - $50) Suppliers: ILA, LSS, MAX, RAD
32 View text from books, personal papers, and other reading material in a larger format on your TV or computer screen using a CCTV (electronic magnifier) device. Smaller wireless “mouse magnifiers” and portable CCTV devices are also helpful. ($50 - $2,900) Suppliers: HAM, ILA, LSS, MAX, TAY, WDS

33 Use a hands-free magnifier when doing work with both hands. Choose from a magnifier for table use, an adjustable 36” stand or one that fastens around the neck or about the head. Some also include lighting. ($7 - $330) Suppliers: HAM, HMT, ILA, LSS, MAX, S&S, SAM, TAY, WDS

34 Keep a hand-held magnifying glass or magnifying sheet handy. Some include a built-in light. ($2 - $100) Suppliers: DRL, HMT, ILA, LSS, MAX, SOL, SPL, WDS

35 A magnifying cap remover, called a Medi-Cap, can be handy when taking medications. The 4x magnifier makes reading labels easier, while the design of the Medi-Cap facilitates the removal of pill bottle tops. ($5 - $6) Suppliers: LSS, MAX

36 Small tools with a built-in magnifiers make personal care activities easier:
- Scissors ($6) Supplier: LSS
- Nail clippers ($7 - $10) Suppliers: LSS, MAX, TAY
- Tweezers ($7) Supplier: LSS
- Medication cap remover ($5) Supplier: LSS
- Pill cutter ($6) Supplier: LSS
- Needle-nose pliers ($11) Suppliers: LSS, MAX
COLOR CAN INFLUENCE OUR LIVES

Design and Other Ideas

• Choose colors that will remain visible and can be differentiated from one another, for example, use colors from the red-orange family against blue, green or other cool colors.

• To help objects stand out from their backgrounds and to help distinguish between surface levels, furnishings, and potential safety hazards, use the “contrast principle” where the object you want people to see contrasts with its background. For example, light-colored wall coverings will contrast with darker floors to bring attention to a vertical vs. horizontal surface. The colors of draperies, upholstery, furniture, cabinets – even the light switch plates and the tableware – can be chosen to contrast with their backgrounds for enhanced visibility.

• Choose dishes that contrast with the color of the table or place mat so they are easier to identify. The center of a plate should be a solid, light color so food can be seen clearly.

• To help signal a change in elevation between adjacent rooms, use flooring that is in strong-contrasting colors. If the floors are the same level, use the same or similar intensities of floor colors.

• Choose a counter top color that contrasts with the color of the floor beneath, to enable the counter’s edge to be easily seen.

Products

Those who have trouble discriminating between colors can use a product that “reads” and announces colors. Some products include an earphone jack and carrying case, and are available in both English and Spanish. ($140 - $750) Supplier: MAX
For various reasons, many of us experience some degree of hearing loss as we get older. Some of it is merely a nuisance – we might find it hard to hear certain tones or to hold a conversation in a noisy room.

But hearing problems can go beyond annoying and venture into dangerous if, for example, we can’t hear a smoke alarm or the whistle on a teakettle.

The following design changes and products address hearing issues with solutions that can help things sound a little clearer – and make the home a little safer.

**Design and Other Ideas**

- Use carpeting, upholstered furniture and fabric window treatments instead of hard surfaces, such as wood and tile floors and walls, to reduce echo and absorb noise.

- Hang a textured, acoustical wallcovering where appropriate (e.g., over a desk or lowered work area in the kitchen) to help absorb sound and echoes. The acoustical wallcovering can double as a surface for tacking up emergency phone numbers, reminders and other notices. Suppliers: COR, SWM

- Place chairs three to six feet apart and facing each other to facilitate conversation for people with hearing loss.

**Products**

1. Install a volume-control attachment on the telephone to enable the user to adjust the sound level of the caller’s voice. ($2 - $99) Suppliers: DRL, HIT, HMT, LSS, MAX, RAD, WAL. Or purchase a new telephone that features volume-control (some have “talking” caller ID features.) ($50 - $170) Suppliers: HIT, LSS, MAX, RAD

2. Add a ringer amplification device to the telephone. ($8 - $45) Suppliers: HAR, LSS
3 A flashing light can draw attention to a ringing phone. A special attachment plugged into the phone jack connects the telephone to a lamp. When the phone rings, the lamp flashes. ($19 - $50) Suppliers: HIT, ILA, LSS, MAX, TAR

4 Purchase a new phone that illuminates to signal an incoming call or announces Caller ID. Some phones also include volume and sound-clarifying adjustments as well as other features helpful to those with hearing and/or sight limitations. ($22 - $200) Suppliers: HMT, ILA, LSS, MAX, QVC, WAL, WMT

5 Use television hearing devices that allow an individual to listen to a TV without disturbing others. These devices use invisible infrared rays to carry sound from a TV set to a cordless headset that allows the user free movement over a 250-square-foot room. ($12 - $250) Suppliers: BRK, HIT, ILA, LSS, MAX, RAD, SPL, WAL

6 Use a watch or clock that vibrates hourly or at pre-set times. Some also coordinate with bed shakers, or vibrate when alerted by a smoke alarm, doorbell, or baby monitor. ($30 - $241) Suppliers: ILA, LSS, MAX

7 Extend the range of door chimes with a simple attachment to the chime box, which transmits the sound, up to 50 feet away, to a receiver plugged into any standard electrical outlet. ($15 - $120) Suppliers: ACE, HIT, ILA, SPL. Purchase a wireless door chime that can be mounted outside your door, and use a portable receiver anywhere in your home. Some also include an adjustable volume control, strobe lights and/or bed/chair shaker. ($20 - $64) Suppliers: HAR, HIT, HOM, ILA, LSS, RAD, SMT, SPL, WDS

8 Be alerted to someone knocking on your door by installing a device that transmits the vibration to a flashing light within your home. ($30 - $95) Supplier: HIT

9 For an added measure of safety, select and install smoke detectors that feature flashing lights in addition to an alarm. ($80 - $190) Suppliers: FIR, ILA, MAX
Who among us hasn’t had a bum knee or a bad back at some point? As we age, the chances of those injuries or ailments are likely to increase. Arthritis, too, may take its toll, causing stiffness and pain that can impede our daily activities.

Compounding the mobility problem is the fact that our sense of balance can get a little wobbly from age, disease or medication. The result can be a debilitating fall.

To address these issues of mobility and balance, take a look at how these solutions can help maintain a balance of safety and comfort in the home.

### Design and Other Ideas

- A dense, level-loop carpet glued directly to the floor without a pad will provide greater stability and better mobility than deep, heavy pile carpeting and a thick pad.

- Many accidents occur on stairs, when people lose their balance or fail to recognize the last step or two. In addition to assuring there is sufficient lighting, install handrails with ends that curve in toward the wall and extend past the last step, on both sides of the stairs. These will provide support as well as provide warning that the last step is underfoot.

- Eliminate thresholds between different flooring materials and between rooms to eliminate a tripping hazard.

### Products

1. Avoid using throw rugs, a source of slips, trips and falls. If throw rugs must be used, secure them with double-sided carpet tape, self-stick carpet mesh, or sprays. ($2 - $120)

   Suppliers: CMP, HMT, IMP, PLO, QVC, TAY
Do not carpet stairs. Instead, highlight the edge of each stair with a textured tape in a contrasting color. Mark stairs in dark or potentially dangerous areas with a fluorescent tape that is nonskid, flexible and waterproof. ($5 - $156 depending on length) Suppliers: CMP, HOM, LOW, MAX, NSP, VER. Or, use rubber stair treads to reduce slipping. ($6 per tread) Suppliers: HMT, VER

Replace a standard door hinge with an offset door hinge to add two inches of clearance to a narrow doorway and provide for greater access for wheelchairs and other mobility aids. ($10 - $25) Suppliers: DYL, MAX, SAM

Slide a “sofa saver” beneath the sagging cushions of chairs, sofas and mattresses to provide firmer support and facilitate getting in and out of the seat or bed more easily. ($8 - $40) Suppliers: HAR, HMT, IMP, MKC, SOL, TAY, VER

Place an automatic “seat assist” in your chair; this will enable you to get up more easily because it will gradually elevate you to your feet. No special installation, wiring, or electrical connections are needed. ($100 - $280) Suppliers: DRL, DYI, HMT, MAX, SAM

Use the handle of a bed support rail to facilitate getting into or out of bed. Offering even greater stability and balance, some types of rails include a platform that slides securely between the mattress and box spring, while others adjust in height to form a brace between the floor and ceiling alongside the bed. ($30 - $350) Suppliers: MAX, SAM, WDS, TAY

Reduce the potential for falls on a wet bathroom floor by installing a slip-resistant flooring material, such as sheet vinyl, vinyl tile, sheet rubber, or rubber tiles. Suppliers: ARM, FOR

Place a microfiber bath mat at the edge of the tub or shower to absorb water on the bathroom floor and reduce the danger of slipping and falling. To optimize safety, it’s best to choose a color that contrasts with the flooring. Be sure to be aware of the edges of the mat when using. ($10 - $20) Suppliers: DRL, HMT, TAY
Design and Other Ideas

• “Low profile” furniture, such as a coffee table or footstool, presents a tripping hazard. Place a low table between two chairs rather than in front of a sofa.

• Select seating with appropriate heights (approximately 17-18 inches from the floor) and depths, well placed, wide arms that extend to the front edge of the seat, and supportive backs – all of which will make sitting down and getting up easier. When you are seated, your upper legs should be parallel to the floor, and your feet should rest flat on the floor. Chairs that are too low, too high or too deep do not provide appropriate back support and can cause legs and feet to swell or fall asleep. Chairs that do not include properly designed arms can contribute to poor posture, backaches, neck aches and muscle fatigue.

• Install the bathroom vanity at a “back saver” height – 36” instead of the standard 32” – to reduce the need for excessive bending at the sink.

• Hang a vertical mirror so that its bottom reaches to the counter top level of the bathroom vanity to allow the mirror to be used while a person is standing or sitting.

9 Place a portable bath step with slip resistant surface and rubberized feet just outside or just inside the edge of the tub. This makes getting into and out of the tub safer. Two steps can be stacked for use with deeper tubs. ($30 - $80) Suppliers: HMT, SAM, TAY

10 Use a specially designed “bath board” to make getting into and out of the tub easier and safer. The user simply sits on the edge of the tub and slides across the non-slip board surface. ($50 - $460) Suppliers: MAX, SAM
People who are unsteady on their feet can bathe or shower more safely by using a portable chair with a back and rubber feet. The chair is placed in the tub or shower. Some products include seats that rotate for easier use, many include arms, some have adjustable height seats, and many can be folded for storage. ($25 - $276) Suppliers: DRL, DYL, HAM, HMT, ILA, IMP, MAX, SAM, SOL, TAY, WAL, WDS.

For additional stability and comfort, use a combination safety seat/transfer bench. ($80 - $540) Suppliers: DRL, ILA, MAX, SAM

Install a hand-held shower hose to make bathing safer and easier. ($12 - $560) Suppliers: ALS, DYL, HAM, HMT, ILA, IMP, MAX, SAM, SPK, WAL. A wall-mounted hose holder installed at a convenient height provides the perfect hanger when the hose is not in use. ($9 - $15) Suppliers: ALS, HOM, LOW, SPK

Place a non-slip, machine washable and mildew resistant vinyl mat in the bathtub and shower to help guard against falls. ($9 - $300)

Suppliers: DRL, HAR, HMT, IMP, LIL, MAX, MKC, SAM, SOL, TAY, VER, WDS

Install a “comfort height” toilet with an 18” high seat (16 ½” to the rim) to replace a standard residential toilet. ($188 - $2,110) Suppliers: HOM, LOW

Add a seat extender to an existing toilet to raise the height of the seat. ($10 - $158) Suppliers: BEN, DRL, HMT, MAX, SAM, TAY, WMT. Some models also include arms for added support. ($20 - $172) Suppliers: BEN, DRL, ILA, MAX, SAM, WMT

Install grab bars in the tub and shower. Be sure to securely mount the grab bars into studs or walls backed with wood blocking for additional safety. Otherwise, an unsteady individual might pull an unanchored grab bar from the wall, resulting in a fall. ($12 - $230) Suppliers: DYL, MAX, SAM, WMT
17 Install decorative grab bars that can double as towel bars at key locations in the bathroom, including adjacent to the toilet and within the tub or shower space. A grab bar provides greater support for unsteady individuals who may reach for a towel bar to steady themselves. ($38 - $82) Suppliers: DYL, HOM, LOW, WMT

18 If wall-mounted grab bars are difficult to install, buy an adjustable safety rail that clamps onto the edge of any bathtub to provide a steady hand-hold when getting into or rising from the tub. ($7 - $70) Suppliers: DYL, HOM, HMT, ILA, KMA, LOW, MAX, SAM, TAY, WDS

19 Install a barrier-free walk-in bathtub and shower. These fiberglass tubs look like standard bathtubs, but come equipped with a water-tight door for easy walk-in access. ($3,610 and up, without installation) Suppliers: BAT, HOM, LOW

20 Lay tape that is textured and/or “glows in the dark” in a contrasting color at the threshold of the shower to mark the potential safety hazard of a raised threshold. The tape’s abrasive surface also enhances safety on a wet surface. ($10 - $132) Suppliers: NSP, MMM

21 Install a wall-mounted, extending magnifying mirror near the vanity to allow a person to sit while shaving, applying makeup, inserting contacts or performing other personal grooming tasks. Portable, lighted magnifying mirrors are also convenient. ($9 - $150) Suppliers: BRK, DRL, HAM, HMT, ILA, LSS, MAX, QVC, SAM, SOL, SPL

22 Maintain traction and balance when walking on ice and snow using stretch bands with grippers that slip over your shoes or boots. ($17 - $20) Suppliers: QVC, SOL
No matter how hard we try to keep ourselves strong and fit, almost all of us lose some degree of strength and dexterity as we age. It may get a little harder to lift a cooked dish out of the oven, to button a shirt or to carry a bag of groceries.

The problem is even worse for frail adults who may have had several impairments over the years and for those who have osteoporosis or other diseases that can sap bone and muscle strength. They are more likely to fall – and the results can be serious.

Depending on the level of the problem, there are a number of solutions to address issues of strength, dexterity and reach. See which ones will help you create a more functional and comfortable home.

**Design and Other Ideas**

- Replace round doorknobs with lever handles. Round doorknobs pose problems for many people who have arthritis, limited strength or difficulty grasping. Lever handles also benefit small children or anyone who may have their hands full.

- Install a built-in wall oven at counter height to reduce the need to bend over to move hot, heavy pans.

**Products**

1. As an inexpensive alternative to replacing round doorknobs, buy lever adapters that can be clamped onto round door knobs, converting them into lever handles. ($7 - $23)
   Suppliers: DYL, MAX, SAM
2 Cover doorknobs, sink and tub faucets, and outside water faucet handles with soft ribbed grips to provide a non-slip gripping surface and make handling conventional knobs and handles easier. ($4 - $10) Suppliers: MAX, SAM

3 Install lever faucet handles in the kitchen and bathroom sinks, and in the bathtub and shower. ($40 - $1500) Suppliers: HOM, KOH, LOW, SPK

4 If changing sink, tub and shower hardware is too costly, buy a gripper tap-turner that will fit over existing faucets, converting standard faucets into lever faucets. ($10 - $12) Suppliers: DYL, MAX, SAM

5 Install a “touchless” water faucet, which automatically turns on the flow of water when you place your hands under the faucet. These are ideal for people with arthritis, rheumatism or limited dexterity. ($30 - $790) Suppliers: HOM, KOH, LOW, MAX, JCP, SPK, SPL

6 Install an oversized rocker switch to replace standard wall-mounted light switches so that lights are easier to turn on and off. Some switches are illuminated and visible in the dark or function with wireless devices. ($3 - $35) Suppliers: AUB, HOM, LOW, SMT

7 Use special floor and table lamps that feature large on/off rocker switches in easy-to-reach locations (instead of small, round knobs located near hot light bulbs). Some lamps come equipped with night lights, handy convenience outlets, weighted bases, and/or washable shades that give glare-free lighting. ($165 table lamp, $202 floor lamp) Supplier: JES
Replace the small, round on/off knobs found on many floor and table lamps with easy-grip “lamp switch extension levers” that can be threaded onto most standard lamps. Three large spokes on the new switches make it easier for people with arthritis or limited dexterity to turn lamps on and off. ($8 - $18) Suppliers: MAX, SAM

Avoid burns from hot light bulbs and eliminate the need to reach for difficult-to-turn switches on lamps by converting metal base lamps into ones that can be turned on or off simply by touching the base. Simply insert the gadget between the light bulb and socket, or plug the converter into an outlet. ($8 - $40) Suppliers: AMZ, HMT, LOW, SAM. Purchasing a touch-on table lamp is also an option. ($45 - $90) Suppliers: JCP, TAR

Equip non-metal-base lamps and other small appliances with remote on-off devices. ($20 - $35) Suppliers: AMZ, HOM, MAX, SPL

Install a voice- or sound-activated adapter so that you can turn on lights and other appliances without getting up from your chair. Simply plug the adapter into any electrical outlet and then plug the lamp, TV, etc., into the adapter. ($16 - $25) Supplier: AMZ

If your furniture has difficult-to-grasp drawer or door pulls, try attaching decorative tassels that are easier to pull. ($2 - $17) Supplier: HAN

Fit a triangular-shaped gripper with a center hole over pens, pencils, toothbrushes, and small tools so that they are easier to grasp. Use steady-grip writing pens or a writing aid to make writing easier. ($2 - $30) Suppliers: ILA, LSS, MAX, OXO, S&S, SAM
14. Use a button valet to pull difficult-to-hold buttons through a button hole. ($8 - $17) Suppliers: DYL, HMT, MAX, SAM, SOL. Use a zipper-pull on difficult-to-hold zippers. ($5 - $17) Suppliers: MAX, SAM, SOL.

15. Replace knobs or recessed grips with C-shaped drawer, cabinet and closet door handles for easier opening. ($1 - $25) Suppliers: HOM, LOW.

16. Use a handy knob and dial turner to make adjusting the controls on kitchen appliances easy. ($14 - $30) Suppliers: MAX, SAM.

17. Look for cookware and lids with special ergonomically shaped handles that are easier to grip for persons with limited hand, wrist, or forearm strength, dexterity, and range of motion. Two handles are helpful on frying pans and pots for more even weight distribution. ($13 - $50 per item; $49 - $500 for a set) Suppliers: AMZ, CHEF, MAX, QVC, S&S, WMT.

18. Consider installing energy-saving windows that pop inward for easy cleaning from inside the house. Suppliers: HOM, LOW.

19. Cups and glasses should be easy for a person with arthritis or an unsteady hand to grasp. Choose short-stemmed or footed glassware. Look for mugs with large or double handles. ($3 - $52) Suppliers: MAX, SAM.

20. Use bowls with non-slip bases to make mixing easier. ($9 - $30 incl. sets) Suppliers: CHEF, QVC, MAX, WIL.

21. Use non-skid rubber pads to hold dishes firmly in place and to open tightly-sealed jars and bottles. ($3 - $250, item or roll) Suppliers: ILA, MAX, S&S, SAM.

22. Use a toothbrush, razor, cutlery, small utensil, or gardening tools with ergonomic handles. Or, use ergonomic holders into which the handles of various products can slide. ($9 - $35) Suppliers: ILA, MAX, OXO, S&S, SAM.
A hands-free hair dryer stand allows for one- or two-hand styling. Its flexible neck can be adjusted to any angle for styling needs. ($25 - $46) Suppliers: MAX, SAM

Use a cutting board with suction-cup feet to make slicing and peeling safe and easy. Some products feature corner guards and steel prongs to hold food in place. Others include knives. ($9 - $92) Suppliers: CHF, MAX, SAM

Turn a quart or half-gallon container into an easy-to-use pitcher with a carton holder designed for easy lifting and no-slip, no-spill pouring. ($4 - $8) Suppliers: ILA, MAX

A rolling mincer or food chopper makes mincing and chopping easy and safe and allows for one-handed operation. ($5 - $35) Suppliers: CHF, ILA, LSS, MAX, PAM, QVC, WDS

Secure fruits, vegetables, bread or meat while slicing by using a special holder. This can help to prevent hand injuries. ($4 - $30) Suppliers: CHF, HMT, PAM, WDS

Use a double spatula turner to safely lift or turn hot or large food items. ($4 - $9) Suppliers: ILA, MAX

Make cutting projects easier with easy-to-grip or push-down scissors. These items allow a person to use gentle pressure to operate the scissors and are self-opening once the pressure has been released. ($10 - $30) Suppliers: HAN, MAX, OXO, SAM. Rolling scissors have no blades and require only a gentle push to cut through paper. ($4 - $15) Suppliers: AMZ, CON, PAM, SAM. Some scissors are battery-operated and require only a simple squeeze to start the blades. ($19 - $20) Suppliers: AMZ, B&D, TAR

A rocking T-knife or pizza cutter, or a slicer, can be used to cut food more easily than with a straight-handled knife. ($5 - $26) Suppliers: LSS, MAX, OXO, PAM, SAM
31 Wear cut-resistant gloves to protect hands from cuts and scrapes while peeling, cutting, or dicing food, using food graters and zesters, pruning, or working with hand tools. ($8 - $30) Suppliers: AMZ, ILA, MAX

32 To make screw-top lids easier to open, use a special hand-held jar and bottle opener or an opener that attaches to the bottom of an overhead cabinet. ($4 - $25) Suppliers: CHF, DYL, HMT, ILA, LSS, MAX, MKC, OXO, PAM, QVC, SAM, SPL, WDS. Some of these products are electric or battery-powered. ($20 - $80) Suppliers: AMZ, B&D, MAX, SAM

33 To open cans with one hand, mount an electric can opener to the underside of the overhead cabinet or use a lightweight cordless hand-held can opener. ($18 - $38) Suppliers: B&D, CHF, DYL, ILA, MAX, MKC, SAM

34 Use a special accessory to open cartons, bags, and beverage containers more easily. ($2 - $13) Suppliers: DYL, HMT, ILA, LSS, MAX, MKC, PAM, SAM, WDS

35 Select Lock & Lock or OXO food storage containers with specially-designed lids that can be opened or closed with one hand or by those with arthritis. ($9 - $99 per set) Suppliers: AMZ, BBB, JCP, QVC

36 Add a detachable, flexible sink hose so you can fill pots on the kitchen counter, eliminating the need to lift heavy, water-filled pots from the sink. ($10 - $20) Suppliers: HAR, HMT

37 To eliminate the need to stand for long stretches while preparing meals, lower a section of the kitchen counter to table height and provide a comfortable chair. This work area can also double as a desk or computer area.

38 Use easy-hold nail clippers featuring oversized grips that are designed for persons with diminished grip and dexterity. Some also feature a suction cup base to stabilize the clippers. ($4 - $18) Suppliers: AMZ, MAX, WMT
Use one of several new types of handheld rolling snow removers, which do not require bending or lifting the snow in order to clear a sidewalk or driveway. As an alternative, use a snow shovel with an ergonomic handle. These items may be available on a seasonal basis. ($14 - $85) Suppliers: ACE, AMZ, IMP

Consider purchasing a lightweight vacuum that requires less strength to push than do conventional models. ($40 - $400) Suppliers: HMT, JCP, MAX, QVC, TAY

Vacuum or mop your floor without bending and stretching using a robotic device that automatically traverses the floor of your rooms. ($70 - $500) Suppliers: HAM, HMT, TAY

Use ergonomic garden tools that help wrists maintain a neutral position when the user is seated or kneeling at ground level. ($12 - $40) Suppliers: AMZ, IMP, SAM, TAR

Increase your grip and leverage when unlocking doors and overcome hard-to-turn locks by slipping an E-Z Key Turner over the key. ($4 - $13) Suppliers: MAX, SAM

Apply E-Z Lube & Slide lubricant to sliding patio door and window tracks so that persons with limited strength and dexterity can open them more easily. ($8 - $11) Suppliers: HMT, TAY

**MAKE REACHING EASIER**

**Design and Other Ideas**

- To put more shelves within easy reach, lower overhead kitchen cabinets to 15 inches above the counter instead of the standard 18 - 24 inches.
- Buy a side-by-side, self-defrosting refrigerator-freezer, accessible to people with limited reach, including wheelchair users. Some persons may find a freezer at the bottom more convenient.
- Install the garbage disposal switch at the front of the counter.
- Consider whether a sink with side-mounted faucets would be easier to use for persons with limited reach, such as wheelchair users.
- Mount the medicine cabinet in the bathroom on the side of the sink at counter height to increase the visibility of contents and to make items more accessible.
Products

45 Have a multi-use “reacher” handy for removing lightweight items from upper shelves or for picking up dropped items. ($8 - $30) Suppliers: DRL, HAR, ILA, LSS, MAX, MKC, SAM, WAL, WDS

46 Reach items in higher places more safely by using a step stool with a handrail and steps covered with non-slip rubber mats. Wide-spread legs on the stool make the stool steadier. ($40 - $133) Suppliers: DYL, MAX, HMT, SAM, STA, WDS

47 Install extenders on difficult-to-reach wall light switches to make them accessible from a sitting position. ($8 - $9) Suppliers: DYL, MAX, PER

48 Add a remote wireless light switch to facilitate turning lights on from wherever you are in a room. The light switch plate self-adheres to the wall, while the wireless receiver screws into the light bulb socket. ($33 - $35) Suppliers: AUB, SMT, SPL

49 Make contents in the kitchen more accessible with inexpensive organizers that also increase storage space. Look for a swing shelf for under-the-sink storage, lazy Susans, pot/pan lid organizers, roll-out can dispensers, spice racks, kitchen wrap organizers, and expand-a-shelves for cabinets. A sliding storage drawer/shelf installed inside wall-mounted and base cabinets is also handy. ($5 - $30) Suppliers: CMP, GTO, HAR, HMT, IMP, LIL, LOW, MKC, SOL, SPL, STA, TAY, WDS
50 Reaching your toes is easier when using a toenail scissor with a longer, easy-to-grip handle and angled head. ($11 - $20) Suppliers: MAX, SAM, WD

51 Put on and take off shoes, socks, and hosiery without bending by using a long-handled shoe horn or sock tool. ($7 - $35) DRL, HMT, MAX, MKC, SAM, SPL, TAY, WDS. Other long-handled products include lotion applicators and bath brushes. ($5 - $12) Suppliers: VER, WDS

52 Use magnetic paper- and hand-towel holders which can be attached to the refrigerator at a convenient height. ($8 - $19) Suppliers: CON, GTO, HMT, STA, WDS

55 Turn a closet into a pantry for additional, accessible storage. Install adjustable shelving. Increase storage space by adding a storage shelf to the back of the pantry door. ($4 - $85) Suppliers: GTO, HAR, HOM, IMP, LIL, MKC, STA, WDS. Also available are hanging wire baskets that slide easily onto shelves to accommodate linens, plates, kitchen wraps, and other shallow items. ($6 - $16) Suppliers: LOW, MKC, STA, TAY

56 Outfit bedroom closets with hanging or stacking shelves to make contents more accessible. ($8 - $32) Suppliers: CMP, GTO, STA

57 Organize items on kitchen or closet shelves by using vertical shelf dividers which slide onto shelves. ($5 - $25) Suppliers: GTO, HAR, HMT, LIL, STA

58 Create extra storage space and more accessible hanging space by adding a second clothes rod that hangs from your existing closet rod. ($8 - $13) Suppliers: AMZ, GTO, STA

59 Place hanging clothing within easier reach by attaching a multi-loop hook to the clothes rod. Standard hangers are then hung in the loops. ($5 - $36 per set) Suppliers: AMZ, HMT, STA
Use tools with long handles to more easily undertake household tasks.
• Featuring a non-allergenic, electro-statically charged fiber head, a long-handled duster reaches ceilings, cabinets, etc., and attracts dust. ($15 - $100) Suppliers: HMT, LIL, MKC, PLO, QVC, SPL, WDS
• Use a long-handled dust pan and brush to clean up without having to bend over. ($7 - $25) Suppliers: HMT, MKC
• Make cleaning your floors, walls, tubs, and showers easier by using a swivel-head mop or brush on a long handle; these facilitate cleaning hard-to-reach spots without bending or getting on your hands and knees. ($7 - $100) Suppliers: HMT, OXO, QVC, SAM, SPL, VER, WDS

Clean overhead gutters without standing on a ladder by using a “gutter blaster” with long handle. ($7 - $30) Suppliers: MKC, SPL
As we age, many of us may struggle to remember a name or forget where we put our glasses. Such occasional forgetfulness can be bothersome, but usually isn’t serious.

But for some older people, memory problems signify a more serious problem such as mild cognitive impairment or dementia. Dementia is the loss of thinking, memory, and reasoning skills to the point where it seriously affects someone’s ability to carry out daily activities.

People with Alzheimer’s disease or other types of dementia need a safe home that will accommodate them as their disease progresses. Their caregivers need to look at the home through a new lens to identify and correct safety risks. The following solutions can help them create an environment that is safer and easier to manage.

(NOTE: Because the progression of dementia is unique to each individual, caregivers should tailor adjustments to those specific needs and make adjustments over time, as needed.)

### Design and Other Ideas

- Keep people with dementia current about daily activities and important appointments by using memory aids such as a big calendar, a list of daily activities, and written instructions for various tasks.
- Help family members find kitchen items more easily by attaching pictures illustrating a cabinet’s contents to the front of the cabinet door.
- Use appliances that have automatic shut-off devices, such as irons, toaster ovens and coffeemakers.
- Remove unnecessary furniture to make it easier for someone with dementia to navigate their way around a room and easily find their way out.

### Products

1. Locate your misplaced keys or other items with a wireless key/object finder. Press a button on the locator device and an alarm attached to the lost item will sound if it is within 60 feet. ($50 - $80) Suppliers: BRK, ILA

2. Wear a timer around your neck to remind you of food in the oven, starting time for an event, or other important tasks. ($5 - $13) Suppliers: AMZ, HMT, LSS
3. Touch the photograph of a family member, friend, or service provider on the Photo Phone to automatically dial that individual. ($30 - $180) Suppliers: HIT, ILA, LSS, MAX, SAM. Photo-dialing attachments can also be purchased to be added to existing phones. ($60 - $70) Suppliers: LSS, MAX

4. Use a small digital recorder to keep track of schedules, phone numbers, “to do” lists, and other important information. ($10 - $160) Suppliers: ILA, LSS, MAX

5. Be reminded of the time to take your prescriptions by using a special organizer with a “voice reminder” and an audible or vibrating alarm. These organizers also include features to prevent persons from taking too many pills or from taking their pills at the wrong time. Some also document that medication was dispensed or include reminders for other tasks such as blood pressure monitoring; some can be secured to the wall so they are not misplaced. ($40 - $600) Suppliers: EPL, TWS

6. Install a motion sensor alarm on doors and windows to alert household members of an individual’s attempt to wander from the home. ($10 - $87) Suppliers: HSS, MAX, SMT. Special alarms for garage doors are also available. ($24) Supplier: MAX

7. Place a water alert sensor in a sink, tub, or basement to signal a flood or overflow. When the water alert sensor is activated, it sends a loud signal to the receiver, providing audio and visual indicators. ($13 - $356) Suppliers: HOM, HSS, LOW, MAX, SMT, SPL

8. Store important emergency, medical and personal contact information in the IdentityPal personal USB identification tag so that this data is available in the event the wearer of this small USB storage device becomes lost or cannot communicate his or her needs. ($45 - $50) Suppliers: QVC, SMT
Our homes contain many fire hazards, including one we don’t like to think about – ourselves. Most fires do not start spontaneously, but result from our unintentional actions or oversights.

As we age, even the healthiest among us have increased fire and burn risk. Changes in reflexes and dexterity may slow reaction time. Changes in skin can diminish the sensation of pain. Decreased lung capacity can exacerbate smoke inhalation injury. Limitations in vision, hearing or judgment can hinder the ability to detect a fire or escape its effects.

The following design ideas and products can help you be prepared and protect yourself and your loved ones from the dangers of fire.

**Design and Other Ideas**

- Buy a range with staggered burners on the top and with controls at the front to eliminate any need to reach over hot burners, pots and pans.

- When replacing wallcoverings or flooring, check to be sure that new materials are “Class A” or “Type I,” meeting the most stringent fire safety standards.

- Set the hot water heater at a safe temperature (110-120 degrees). Most hot water heaters have been set at 150 degrees, a temperature that can cause severe burns in thirty seconds or less.
Products

1. Install an anti-scald mechanism on the pipes under the bathroom and kitchen sinks. The mechanism automatically mixes hot and cold water to a pre-set, non-scalding temperature. ($48 - $100) Suppliers: ANT, SPK

2. Install an anti-scald safety valve on all shower heads and faucets to protect against hot water scalding. These valves instantly react to scalding hot water by reducing the spray to a trickle. Or install a shower head and shower stopper that automatically shuts off when water becomes too hot. ($40 - $100) Suppliers: ANT, SPK

3. Replace pot holders with heat resistant, firm, comfortable grips that slip over the handles of saucepans and skillets. ($6 to $7) Suppliers: MAX

4. Reduce the potential for burns with an elbow length, flame retardant oven mitt or a special heat resistant glove that protects hands when removing items from a hot oven, changing light bulbs, or placing logs on the fire. ($3 - $24) Suppliers: CHF, HMT, ILA, LSS, MAX, QVC, SAM, SOL

5. Use a notched wooden or curved metal stick to push or pull hot oven racks or dishes within the oven. ($3 - $13) Suppliers: MAX, LSS, SAM

6. Snap a cool-touch oven guard onto the front edge of an oven rack to protect your arms from contact with the rack when reaching into a hot oven. The oven guard remains on the oven rack between uses. ($20 - $24/set of 2) Suppliers: ILA, LSS, MAX, SPL, TAY

7. Prevent hot grease or bubbling water from splattering onto arms or stove top by covering pans with splatter screens. ($4 - $20) Suppliers: CHF, LIL, MAX, MKC
Fire and Burn Safety Solutions

8 Microwave your food in a “cool touch” bowl that remains cool during cooking and prevents burns to your fingers. The unique handle allows you to hold the bowl with only one hand and a special lid prevents spatters. ($7 - $15) Suppliers: AMZ, MAX, TAY

9 Use a portable induction cooktop for safer cooking. Because it heats only when a pan sits on the cooking surface, and stops delivering heat seconds after the pan is removed, it is safe to the touch and energy efficient. Some models include an automatic shut-off feature, touch controls, digital timers, and can be built into the kitchen counter. ($100 - $300) Suppliers: AMZ, BBB, CHF, ILA

10 Hang a fire extinguisher or “flame-stop” spray in the kitchen to use on small fires. A third of all home fires start in the kitchen. ($10 - $180) Suppliers: FIR, HMT, HOM, LOW, MFA, MIL, ZEE

11 For added protection in case of a fire, use fire retardant foams and fabrics on upholstered furniture. Look for fire retardant window treatments and drapery sheers. Supplier: COR.

12 Have available a fire resistant blanket that extinguishes flames when thrown on small fires, including stovetop, toaster or oven fires. ($41 - $245) Suppliers: JLI, MFA, ZEE

13 To enhance fire safety in the bedroom, cover your mattress with a fire retardant mattress cover. ($10 - $16) Suppliers: AMZ, BBB, MAX. Buy a mattress with fire retardant foam. ($180 - $730) Suppliers: DMS, SER. Use a fire retardant wool blanket on the bed. ($20) Suppliers: BBB, JCP, MFA, QVC, ZEE

14 Use fire resistant wastebaskets. ($18 - $330) Suppliers: CHF, MIL, OFF

15 Install smoke detectors throughout your home, particularly in or near your bedroom. Most home fire fatalities occur between 10:00 p.m. and 6:00 a.m. when people are most likely to be asleep. Some smoke detectors include special features as automatic flashlights, “talking” messages, flashing strobe lights, or vibration for the visually- or hearing-impaired. ($8 - $190) Suppliers: CMP, FIR, HIT, HOM, HSS, ILA, LOW, MAX, MIL, QVC, SPL

16 Mark the location of bedrooms of children, older adults or physically challenged individuals with highly visible decals that alert firefighters to clear marked area first. ($3 - $4 for two) Supplier: PER
17 Plan for an expedient escape from the second or third story of your home in the event of a fire; purchase a folding escape ladder that hooks over the window sill. ($40 - $215) Suppliers: BLD, BRK, HOM, IMP, LOW, PER, SPL


19 Plug TVs, computers, microwave ovens or other appliances into surge protectors to prevent electrical fires in the event of a power surge. ($6 - $120) Suppliers: HOM, LOW, MAX, MIL, OFF, QVC, RAD, SPL

20 Use a fire retardant ironing board cover. ($22 - $27) Suppliers: BBB, HMT, QVC, TAR

21 Battery-powered flameless candles eliminate the risk of accidental candle fires. ($6 - $60 per set) Suppliers: BBB, QVC, SOL, TAY

22 Use a portable or travel smoke alarm when it’s not easy to install other types of smoke detectors or when traveling. Some products include a flashing light as well as an audible alarm to alert those with visual and hearing impairments of a potential fire. Some include a travel security alarm. ($75 - $166) Suppliers: AMZ, GIS, WTG
More Simple Solutions

The following ideas and products are just a few more ways to help create a home that can be safer and more comfortable and livable for everyone.

Products

1. Protect yourself with a plug-in or hardwired carbon monoxide detector/alarm that does not require batteries. Some include a gas alarm, battery back-up, strobe lights and “talking” voice alert features. ($20 - $220) Suppliers: FIR, HOM, LOW, MAX, MIL, SPL

2. Install lighted switch plates that glow in the dark and are easy to see in a dark room. ($2) Suppliers: AMZ, MAX

3. Be ready for a power outage; have an emergency flashlight that is recharged by winding a hand crank for about a minute to provide 30 to 60 minutes of light. Some also feature radios and cell phone chargers. ($11 - $40) Suppliers: BRK, MAX, TAY

4. Stay safe during an extended power outage; use a portable emergency lantern with krypton or LED bulbs that are brighter and last longer than standard bulbs, offering 20 to 40 hours of illumination. ($9 - $40) Suppliers: AMZ, MKC, ORV, TAY, WDS

5. Fit the bathroom spigot with a flexible sink hose that screws on and off easily for washing hair and other personal grooming. ($9 - $25) Suppliers: HMT, HOM, LOW
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<tr>
<td><strong>6</strong></td>
<td>Use a handy, seven-day pill reminder box to organize medications for an entire week. ($1 - $25) Suppliers: DYL, ILA, LSS, MAX, MKC, TAY, WDS</td>
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<td><strong>7</strong></td>
<td>Divide pills in half easily and safely. Use a pill splitter that cuts the pill inside of a plastic case when pressure is applied to the top of the case. Some models also crush pills, open containers, pop pills out of foil packets, or come with pill bottle openers. ($6 - $13) Suppliers: HMT, ILA, LSS, MAX, MKC, SAM</td>
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<td><strong>8</strong></td>
<td>Do not leave knives loose in a drawer. Protect yourself from potential cuts by using knife guards. ($3 - $8 set of knife/guard) Suppliers: CAM, JCP, QVC</td>
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<td><strong>9</strong></td>
<td>If you have a shortage of electrical outlets in the kitchen, buy a UL listed outlet extender with surge protector or circuit breaker, and install under an overhead cabinet (out of sight) or on the wall. ($10 - $55) Suppliers: HMT, HOM, LOW, MIL, QVC, RAD</td>
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<td><strong>10</strong></td>
<td>Boil water with greater speed and safety by using an electric tea kettle, which whistles and shuts off automatically when the water has boiled. ($20 - $160) Suppliers: B&amp;D, CHF, HMT, QVC, VER</td>
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<td><strong>11</strong></td>
<td>Use a cordless portable heater with automatic shut-off that plugs directly into an electrical outlet. It will not tip over and there is no cord to become a tripping hazard. ($65 - $70) Suppliers: HMT, SPL</td>
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<td><strong>12</strong></td>
<td>Transport groceries, laundry, and other heavy items in a folding shopping cart. Some models can double as a walker. ($18 - $75) Suppliers: DRL, DYL, HMT, MKC, SAM, TAY, VER, WAL, WDS, WMT</td>
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<td><strong>13</strong></td>
<td>Carry plastic shopping bags, milk jugs, and other containers more easily with a bag tote. The ergonomic handle with a hook slips over the bag handles and allows an individual to carry heavy and bulky items. ($4 - $18) Suppliers: DYL, SAM</td>
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14 A rolling laundry basket will eliminate the need to bend and lift a heavy basket of clothing. Some also feature a rack for hanging clothes. ($19 - $75) Suppliers: AMZ, MKC, WDS

15 Make lawn chores easier by using a garden kneeler/sitter. The foam padding provides comfort and the sturdy locking steel frame handles assist the user in standing or kneeling. Some fold up for easy storage, while others have wheels for ease of movement. ($33 - $90) Suppliers: HMT, IMP, PLO, SAM, TAY, WDS

16 Minimize bending and lifting associated with raking and yard work by using a lawn bag holder. Simply place a standard bag into this frame for greater convenience. ($8 - $32) Suppliers: AMZ, MKC

17 Rakes with ergonomic handles and which “grab” and lift the leaves from the ground to deposit into the bag enable the user to work without bending. ($26 - $50) Suppliers: QVC, HMT, WMT

18 See a larger, clearer, brighter image of persons outside your door with a peephole that magnifies the view outside the door on a 3” digital screen. ($130) Suppliers: HAM, SOL. Video intercoms enable you to talk with visitors while viewing them outside your door. ($200 - $394) Supplier: SMT

19 Be alerted to the delivery of mail to your mailbox by using a mailbox chime that “beeps” and flashes a light to signal the mail’s arrival. ($45 - $55) Suppliers: AMZ, MAX, SPL

20 Hang a portable security alarm on interior knobs of exterior doors, or insert a similar device between the door and frame. This will warn against intruders with a loud alarm when pressure is placed on the door handle, and is ideal for travel. ($10 - $17) Suppliers: SPL, TAY

21 Install a portable security intercom at your door or driveway; this will allow you to identify visitors from anywhere inside the house. ($13 - $505) Suppliers: DRL, HAM, HMT, HSS, MAX, RAD, SOL, TAY
22 Prevent potential intruders from entering doors and windows with a portable door/window security device; some sound a pulsating alarm when tampered with. ($11 - $50) Suppliers: HSS, MAX

23 Make a forced entry impossible, at home or while traveling, by using a device that fits between the floor and doorknob. When placed horizontally, the bar makes sliding glass doors immovable. Some include an alarm that sounds when entry is attempted. A wedge-shaped device is also available for doors. ($5 - $30) Suppliers: DRL, HAR, HMT, HOM, IMP, KMA, LOW, MAX, MKC, SPL, TAY, VER, WDS

24 Summon assistance from people within your home easily, quickly, and without shouting by using a personal pager that is portable and requires no wiring. ($20 - $80) Suppliers: DYL, ILA, MAX, SAM, SOL, SPL

25 Purchase or rent a personal emergency response system for added peace of mind. These systems allow individuals to live independently in their homes while having access to assistance 24 hours a day. Someone needing assistance touches a wireless remote call button that activates the system to dial a family member, neighbor, or emergency personnel. Purchased units will dial telephone numbers of your choice. Subscriber services will automatically send a signal to an emergency response center in case of an accident or other emergency. Suppliers: ADT, DYL, ILA, LIF, MAX
**Supplier Guide**

**ABL**
Ableware  
973-628-7600  
973-305-0841 FAX  
www.ableware.com

**ACE**
Ace Hardware  
866-290-5334 OR 630-990-6600  
www.acehardware.com  
Check website for retail store locations

**ADT**
ADT Home Health Security Services  
877-238-3880  
www.adt.com/homehealth

**ALS**
Alsons Corporation  
800-421-0001, option #1  
517-439-9644 FAX  
www.alsons.com  
Check website for local supplier

**ANT**
Antiscald, Inc.  
718-263-7126  
718-263-1259 FAX  
www.antiscald.com  
Online purchase only

**AMZ**
Amazon.com  
866-216-1072 OR 206-266-2992  
www.amazon.com  
Online purchase only

**ARM**
Armstrong World Industries, Inc.  
800-233-3823  
717-396-4270 FAX  
www.armstrongfloors.com OR www.armstrong.com  
Check website for retail store locations

**AUB**
Aubuchon Hardware  
800-431-2712 or 978-874-0521  
978-874-6692 FAX  
www.aubuchonhardware.com OR www.hardwarestore.com  
Online purchase only

**B&D**
Black & Decker  
800-743-8625  
www.blackanddeckerappliances.com  
Check website for retail store locations

**BAT**
BathEase, Inc.  
888-747-7845  
813-786-2604 FAX  
www.bathease.com

**BBB**
Bed, Bath and Beyond  
800-462-3966  
973-785-4255 FAX  
www.bedbathandbeyond.com  
Check website for retail store locations

**BEN**
Beneke  
800-647-1042 (ask for Beneke Customer Service)  
www.sppi.com/catalog.php?id=141

**BLD**
Bold Industries  
800-736-4022  
www.boldindustries.com OR www.resqladder.com  
Online purchase only

**BRK**
Brookstone, Inc.  
800-926-7000 OR 800-846-3000  
573-581-7361 FAX  
www.brookstone.com  
Check website for retail store locations

**CHF**
Chef’s Catalog  
800-338-3232  
800-967-2433 FAX  
www.chefscatalog.com

**CMP**
Camping World  
888-626-3636 OR 800-416-7757  
800-334-3359 FAX  
www.campingworld.com

**CON**
Container Store  
888-266-8246  
972-538-7626 FAX  
www.containerstore.com  
Check website for retail store locations
COR
Coral of Chicago
301-535-3694
www.csamelson.com
Call Ailene Werner for information

DMS
Devine Medical Supplies
562-944-5640
562-944-5680 FAX
www.devinenmedical.com
Online purchase only

DRL
Dr. Leonard’s Health Care Catalog
800-785-0880
732-572-2118 FAX
www.drleonards.com

DYL
Dynamic Living
888-940-0605
860-243-1910 FAX
www.dynamic-living.com
Online purchase only

ELI
Elights.com
888-844-3332
888-844-3335 FAX
www.elights.com
Online purchase only

EPL
e-pill, LLC
800-549-0095 OR 781-239-2941
781-235-3252 FAX
www.epill.com
Online purchase only

FIR
First Alert
847-991-4385 OR 800-323-9005
847-991-7195 FAX
www.firstalertstore.com
Check website for retail store locations

FOR
Forbo Flooring
570-459-0771
570-450-0258 FAX
www.forboflooringna.com
Check website for local supplier

GTO
Get Organized
800-829-1133 OR 610-725-1100
www.shopgetorganized.com

HAM
Hammacher Schlemmer
800-543-3366 OR
800-321-1484
800-440-4020 FAX
www.hammacher.com

HAN
Hancock Fabrics
877-322-7427
www.hancofffabrics.com
Check website for retail store locations

HAR
Harriet Carter
800-377-7878
www.harrietcarter.com OR
www.harrietcartergifts.com

HIT
HITEC (also known as Clearsounds)
800-288-8303 OR
800-536-8890 TTY
888-654-9219 FAX
www.hitec.com OR
www.clearsounds.com

HOM
The Home Depot
800-553-3199
www.homedepot.com
Check website for retail store locations

HON
Honeywell International, Inc.
800-468-1502
www.honeywellstore.com
Check website for retail store locations

HSS
Home Security Store
888-501-7870 OR 951-782-8494
951-782-8499 FAX
www.homesecuritystore.com
Online purchase only

ILA
Independent Living Aids, Inc.
800-537-2118
516-937-3906 FAX
www.independentliving.com
### Supplier Guide

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Fax Numbers</th>
<th>Website(s)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IMP</strong></td>
<td>Improvements</td>
<td>800-643-9484, 800-757-9997 FAX</td>
<td><a href="http://www.improvementscatalog.com">www.improvementscatalog.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>JCP</strong></td>
<td>J.C. Penney</td>
<td>800-222-6161</td>
<td><a href="http://www.jcpenney.com">www.jcpenney.com</a></td>
<td>Check website for retail store locations</td>
<td></td>
</tr>
<tr>
<td><strong>JES</strong></td>
<td>JES Lighting</td>
<td>414-760-3377, 414-760-3380 FAX</td>
<td><a href="http://www.jeslighting.com">www.jeslighting.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>JLI</strong></td>
<td>JL Industries Incorporated</td>
<td>800-554-6077, 952-835-2218 FAX</td>
<td><a href="http://www.jlindustries.com">www.jlindustries.com</a></td>
<td>Online purchase only</td>
<td></td>
</tr>
<tr>
<td><strong>KCL</strong></td>
<td>Kichler Lighting</td>
<td>866-558-5706</td>
<td><a href="http://www.kichler.com">www.kichler.com</a></td>
<td>Check website for local supplier</td>
<td></td>
</tr>
<tr>
<td><strong>KMA</strong></td>
<td>Kmart</td>
<td>866-562-7848</td>
<td><a href="http://www.kmart.com">www.kmart.com</a></td>
<td>Check website for retail store locations</td>
<td></td>
</tr>
<tr>
<td><strong>KOH</strong></td>
<td>Kohler Company</td>
<td>800-456-4537</td>
<td><a href="http://www.kohler.com">www.kohler.com</a></td>
<td>Check website for retail store locations</td>
<td></td>
</tr>
<tr>
<td><strong>LIF</strong></td>
<td>Philips Lifeline</td>
<td>800-543-3546, 800-448-0107 FAX</td>
<td><a href="http://www.lifelinesys.com">www.lifelinesys.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LIL</strong></td>
<td>Lillian Vernon Corporation</td>
<td>800-901-9291</td>
<td><a href="http://www.lillianvernon.com">www.lillianvernon.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LMP</strong></td>
<td>Lamps Plus</td>
<td>800-782-1967</td>
<td><a href="http://www.lampsplus.com">www.lampsplus.com</a></td>
<td>Check website for retail store locations</td>
<td></td>
</tr>
<tr>
<td><strong>LOW</strong></td>
<td>Lowe’s Home Improvement Warehouse Store</td>
<td>800-445-6937</td>
<td><a href="http://www.lowes.com">www.lowes.com</a></td>
<td>Check website for retail store locations</td>
<td></td>
</tr>
<tr>
<td><strong>MFA</strong></td>
<td>Masune First Aid &amp; Safety</td>
<td></td>
<td></td>
<td><a href="http://www.masune.com">www.masune.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>MIL</strong></td>
<td>Miller’s Office Products</td>
<td>800-451-3370, 800-451-3385 FAX</td>
<td><a href="http://www.millersop.com">www.millersop.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MON</strong></td>
<td>Montgomery Ward</td>
<td>888-557-3848, 800-814-1650 FAX</td>
<td><a href="http://www.wards.com">www.wards.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MKC</strong></td>
<td>Miles Kimball Company</td>
<td>800-546-2255, 800-699-6993 FAX</td>
<td><a href="http://www.mileskimball.com">www.mileskimball.com</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MMM</strong></td>
<td>3-M Company</td>
<td>888-364-3577, 800-713-6329 FAX</td>
<td><a href="http://www.3m.com">www.3m.com</a> OR <a href="http://www.mmm.com">www.mmm.com</a></td>
<td>Check website for local supplier</td>
<td></td>
</tr>
<tr>
<td><strong>NAT</strong></td>
<td>Nature’s Tapestry</td>
<td>877-647-4719</td>
<td><a href="http://www.naturestapestry.com">www.naturestapestry.com</a></td>
<td>Online purchase only</td>
<td></td>
</tr>
</tbody>
</table>
NEW
Newcastle Fabrics Corp.
718-782-5560
718-782-7367 FAX
www.newcastlefabrics.com
Available through a local window treatment fabricator

NSP
No Skidding Products, Inc.
800-375-0571
800-656-6153 FAX
www.noskidding.com

OFF
Office Depot
800-463-3768
800-685-5010 FAX
www.officedepot.com
Check website for retail store locations

ORV
The Orvis Company
888-235-9763
540-343-7053 FAX
www.orvis.com
Check website for retail store locations

OXO
OXO
800-545-4411
717-709-5350 FAX
www.oxo.com
Check website for retail store locations

PAM
The Pampered Chef
800-266-5562
www.pamperedchef.com
Call or check website for local supplier

PER
Perfectly Safe
800-898-3696, #2
330-244-9518 FAX
www.kidstuff.com OR
www.perfectlysafe.com
Online purchase only

PLO
Plow & Hearth
800-494-7544
800-843-2509 FAX
www.plowhearth.com

PRO
Progress Lighting
800-453-2138
800-889-0729 FAX
www.progresslighting.com
Check website for local supplier or retail store

QVC
QVC
800-367-9444 OR 888-345-5788
www.qvc.com
Online purchase only

RAD
Radio Shack
800-843-7422
www.radioshack.com
Check website for retail store locations

RSS
ReadySetSports.com (serviced by QVC)
800-367-9444 OR 888-345-5788
www.readysetsports.com
Online purchase only

S&S
S&S Worldwide Primelife
800-288-9941
800-566-6678 FAX
www.ssww.com

SAM
Sammons Preston Enrichments, Inc.
800-323-5547
800-547-4333 FAX
www.sammonspreston.com OR
www.pattersonmedical.com

SER
Serta, Inc.
888-557-3782
630-285-9330 FAX
www.serta.com
Check website for retail store locations

SMT
Smarthome, Inc.
800-762-7846
800-242-7329 FAX
www.smarthome.com

SOL
Solutions
800-342-9988 OR 877-718-7901
800-821-1282 FAX
www.solutionscatalog.com OR www.solutions.com

SPK
Speakman
800-537-2107
800-977-2747 FAX
www.speakmancompany.com
SPL
Sporty’s Preferred Living Catalog
800-776-7897
800-543-8633 FAX

STA
Stacks & Stacks Homewares
800-761-5222
510-215-5993 FAX
www.stacksandstacks.com
Online purchase only

SWF
Springs Window Fashions
877-792-0002
www.springswindowfashions.com OR www.baliblinds.com
Check website for local supplier

SWM
Sherwin Williams
800-474-3794
216-566-2947 FAX
www.sherwin-williams.com
Check website for retail store locations

TAR
Target
800-591.3869 OR 800-440-0680
612-696-5400 FAX
www.target.com
Check website for retail store locations

TAY
Taylor Gifts
800-829-1133 OR 610-725-1100
610-725-1144 FAX
www.taylorgifts.com

TWS
The Wright Stuff, Inc.
877-750-0376 OR 601-892-3115
601-892-3116 FAX
www.wrightstuff.biz

VER
The Vermont Country Store
802-776-5730 OR 802-776-5731
802-362-0285 FAX
www.vermontcountrystore.com

WAL
AARP Health Essentials
Catalog from Walgreens
(formerly AARP Pharmacy Services)
866-202-4020
http://aarp.walgreens.com/healthessentials/default.jsp

WDS
Walter Drake & Sons
800-525-9291
888-252-8462 FAX
www.wdrake.com

WIL
Wilton Industries – COPCO
800-794-5866
888-824-9520 FAX
www.wilton.com OR www.copco.com
Check website for retail store locations

WMT
Walmart
800-925-6278
479-277-1830 FAX
www.walmart.com
Check website for store locations

WTG
Walkabout Travel Gear
800-852-7085
888-722-0567 FAX
www.walkabouttravelgear.com
Online purchase only

ZEE
Zee Medical, Inc.
888-225-5933
562-695-2761
www.zeemedical.com
# Home Checklist

**Make Your House a Home for a Lifetime**

Use this handy, room-by-room checklist to assess the comfort, convenience, safety, and security of your home. Each time you answer no to a question, you have identified an opportunity for improvement. By using some of the ideas presented throughout this guidebook, you can make your house a home for a lifetime.

## THROUGHOUT THE HOUSE

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are smoke detectors installed on each floor of the home, including one near the sleeping area?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you replace smoke detector batteries at least once a year?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do wall coverings and flooring materials meet the most stringent fire safety standards (fire rated Class A or Class I)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are furnishings and draperies made with fire retardant materials?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is there a sufficient and evenly distributed level of lighting throughout the house and at exterior doors and walkways? Has additional lighting been installed where safety hazards exist?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is your home’s hot water adjusted to a safe temperature (110-120 degrees)?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are paths through rooms well lighted and free of obstructions?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is your home free of thresholds that may trip or hinder movement?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is your home free of scatter rugs? Or, as an alternative, have you secured area rugs and doormats with double-sided carpet tape or self-stick carpet mesh?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you considered replacing round doorknobs with lever handles?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you installed a portable security intercom that will allow you to identify visitors from anywhere inside the house?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are emergency numbers posted at every telephone?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you considered having a personal emergency response system (PERS) connected to the telephone for added peace of mind? (The system comes with a portable button that is worn or that can be affixed to the wall within the bathroom, at bedside, and in the kitchen where more emergencies tend to take place.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
KITCHEN

Is good lighting available over the stove, counters, sink and other areas in which food preparation and other tasks take place? .................. ☐ ○

Are major appliances designed to reduce bending and reaching, i.e., wall oven and side-by-side refrigerator? .................. ☐ ○

Are stove/oven controls easy to reach, grasp and turn? .................. ☐ ○

Are they located at the front edge of the appliance? .................. ☐ ○

Is there high color contrast between the text of the controls and the background color of the range, washer/dryer, and other appliances? .................. ☐ ○

Is the size of the text easy to read? .................. ☐ ○

Is the counter at a comfortable working height? .................. ☐ ○

Is there a lower section of the counter at table height with a chair, or a work area which allows you to work while seated? .................. ☐ ○

Have you equipped your kitchen with safety items such as a fire extinguisher and small appliances with an automatic shut-off feature? .................. ☐ ○

Have you installed an anti-scald mechanism on the pipe under the kitchen sink that automatically mixes hot and cold water to a pre-set, non-scalding temperature? .................. ☐ ○

Have you equipped your kitchen with convenience gadgets such as jar and bottle opener, flexible sink hose, a long handled reacher to take light-weight items down from upper shelves, etc.? .................. ☐ ○

Are storage shelves/cabinets within easy reach? .................. ☐ ○

Is cabinet hardware easy to grasp? .................. ☐ ○

Have you considered installing lever-type faucet handles in the kitchen sink? .................. ☐ ○
(Or, as an alternative, you can purchase a gripper tap turner to convert standard handles and controls on appliances and other equipment into lever-type ones.)
**BATHROOM**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is there bright, non-glare producing lighting at the vanity counter, tub and shower?</td>
<td>O</td>
</tr>
<tr>
<td>Is the bathtub or shower easy to get into and out of?</td>
<td>O</td>
</tr>
<tr>
<td>Have you placed non-slip vinyl mats in bathtubs and showers to help guard against falls?</td>
<td>O</td>
</tr>
<tr>
<td>Are there well-secured grab bars installed in the shower or tub?</td>
<td>O</td>
</tr>
<tr>
<td>Is there a tub/shower seat in the bathing area?</td>
<td>O</td>
</tr>
<tr>
<td>Have you installed an anti-scald safety valve on shower heads and faucets to protect against hot water scalding?</td>
<td>O</td>
</tr>
<tr>
<td>Do the counter tops have rounded, rather than sharp, corners to reduce the potential for injury?</td>
<td>O</td>
</tr>
</tbody>
</table>

**BEDROOM**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are the mattress, pillows, and bedding made with fire retardant materials?</td>
<td>O</td>
</tr>
<tr>
<td>Is there a clear and well-lighted pathway from the bed to the bathroom?</td>
<td>O</td>
</tr>
<tr>
<td>Do you have a light or flashlight within easy reach of the bed?</td>
<td>O</td>
</tr>
<tr>
<td>Is there a telephone within easy reach of the bed?</td>
<td>O</td>
</tr>
<tr>
<td>Have you considered outfitting closets with easy-to-reach dual-height hanging clothes bars and shelves?</td>
<td>O</td>
</tr>
</tbody>
</table>

**STAIRWAYS**

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are stairways uncarpeted and have the edges been marked with textured tape or rubber treads to reduce slipping?</td>
<td>O</td>
</tr>
<tr>
<td>Is the leading edge of the steps marked with a contrasting color tape to clearly delineate this potential safety hazard?</td>
<td>O</td>
</tr>
<tr>
<td>Are stairways well lighted so that each step, particularly the edges, can be clearly seen while going up and down?</td>
<td>O</td>
</tr>
<tr>
<td>Do stairways have two sturdy, easy-to-grip hand rails that run continuously from the top and extend beyond the edges of the first and last stairs?</td>
<td>O</td>
</tr>
<tr>
<td>Are stairways free of clutter?</td>
<td>O</td>
</tr>
</tbody>
</table>
It Could Happen to Me: Family Conversations about Disaster Planning
This guidebook provides information on helping your family prepare for – and more safely and confidently deal with – natural disasters.

The Calm Before the Storm: Family Conversations about Disaster Planning, Caregiving, Alzheimer’s Disease and Dementia
This guidebook provides information to help caregivers of loved ones with Alzheimer’s disease or another type of dementia better plan for natural disasters and catastrophes.

Order These Guidebooks
To order FREE copies of these guidebooks, visit us on the Web at: www.thehartford.com/lifetime.

If you do not have access to the Internet, you can order any of these guidebooks by writing to:
The Hartford
Publications Request
200 Hopmeadow Street
Simsbury, CT 06089

Please be sure to indicate the title(s) and quantity of the guidebooks you are ordering.
Other Valuable Resources

AARP
Visit [www.aarp.org/housingresources](http://www.aarp.org/housingresources) and search for these phrases:
- Home improvement
- Universal design
- Aging in place

Alzheimer’s Association
Visit [www.alz.org](http://www.alz.org) and search for this phrase:
- Safety at home

National Association of Home Builders (NAHB)
Visit [www.nahb.org](http://www.nahb.org) and search for these phrases:
- Home remodeling
- Learn about aging in place
- Universal design

National Kitchen and Bath Association
Visit [www.nkba.org](http://www.nkba.org) and search for this word:
- Remodel

National Resource Center for Supportive Housing and Home Modifications
(University of Southern California)
Visit [www.homemods.org](http://www.homemods.org) and click on “Frequently Asked Questions” on topics such as:
- Home modifications
- Universal design
- Finding architects and contractors

The Hartford Center for Mature Market Excellence
The Hartford Center for Mature Market Excellence creates innovative business solutions for the mature market. Staffed by gerontologists, the center is uniquely positioned to apply knowledge of aging to develop one-of-a-kind products and services for The Hartford’s customers, and specialized training for The Hartford’s employees. The center conducts original research in partnership with academic institutions and produces public education programs on safety, mobility and independence. The Hartford has had this in-house expertise since 1984, guiding The Hartford to unparalleled success in understanding and serving the mature market.

Simple Solutions: Practical Ideas and Products to Enhance Independent Living was created by The Hartford Center for Mature Market Excellence in collaboration with Joan A. Pease, principal, and her colleagues at Partners in Planning, Alexandria, Virginia, nationally recognized designers and planners of senior living environments.
This guide is intended to help individuals who seek information about the kinds of changes that can be made to a home environment to increase comfort, convenience and safety. It is not intended to be an exhaustive source or to relate to a particular housing situation. Readers are advised to consult the appropriate professionals to assist them in analyzing their situation and to refer to the sources identified in the section entitled “Resources” for additional information. All information and representations herein are made as of March 2013.