

## **Housing Home-fit: Modifications to Create a Safe Home Environment**

**Satellite Conference and Live Webcast  
Wednesday, September 19, 2012  
2:00 - 4:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division**

## **Faculty**

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## **Objectives**

- **Participants will be able to discuss three no cost home modifications**
- **Participants will be able to discuss three low cost home modifications under \$35**
- **Participants will be able to discuss three low cost home modifications under \$75**

## **Introduction**

- **Approximately 80% of Americans age 50 and over own and live in their own home**
- **For those 65 and older, falls are the leading cause of injury and death**
- **55% of fall injuries occur in one's own home**

## **Introduction**

- **Many falls can be prevented by taking simple steps to fix or remove hazards in the home**

## **Fall Prevention**

- **Know your risks**
- **Physical activity**
- **Environmental modifications**

### **No Cost Home Improvements**

- Remove clutter from passageways and stairs
- Remove all throw rugs that can cause falls
- Open blinds and curtains, raise shades
- Secure exposed electrical cords

### **Low Cost Home Modifications Under \$35**

- Use a rubber-suction bathmat or anti-slip floor strips or decals in the tub or shower
- Replace knobs on cabinets or drawers with easy-to-grip D shaped handles
- Install night-lights

### **Low Cost Home Modifications Under \$75**

- Install hand-held adjustable shower head
- Mount grab bars next to toilet and bathtub
- Install a handrail on both sides of any staircase
- Install lever door handles instead of door knobs

### **Conclusion**

- As we age, our homes provide a measure of comfort, security and independence
- In order to stay HOME FIT, we must look at our homes and take measures to prevent falls and stay independent

### **Conclusion**

- Today we briefly reviewed some simple techniques that have been shown to reduce falls and result in Americans aging in place
  - Aging in their homes

### **References**

- AARP: [www.aarp.org/homedesign](http://www.aarp.org/homedesign)
- The American Occupational Therapy Association, Inc:  
[www.aota.org/Consumers/Tips/Adults.aspx](http://www.aota.org/Consumers/Tips/Adults.aspx)
- The National Association of Home Builders: [www.nahb.org/caps](http://www.nahb.org/caps)