

# Living Well For Seniors - 10 Ways To Improve Home Safety



## 1. Upgrade to Safety Glass Shower Doors and Grab Bars

The bathroom is the most common place for falls among older adults. Replacing outdated shower doors with tempered safety glass can prevent serious injuries if the glass ever breaks. Add grab bars near the toilet and inside the shower to give extra support while standing or sitting. Modern grab bars come in stylish finishes that blend seamlessly with your decor. Non-slip mats, textured flooring, and handheld showerheads make bathing both safer and more comfortable. These simple updates provide confid...

## 2. Wear Supportive, Non-Slip Shoes Indoors

Good footwear is one of the easiest and most affordable safety upgrades you can make. Loose slippers or socks on hard floors are a leading cause of falls. Instead, wear supportive shoes with non-slip soles that provide traction and comfort. Choose shoes that fit well, support your arch, and cushion your steps. Keep a clean, dedicated pair just for indoor use, comfortable, breathable, and secure. A good pair of shoes can help you stay steady and confident all day long.

## 3. Improve Lighting Throughout the Home

As eyesight changes with age, we need more light to see clearly. Poor lighting can hide tripping hazards, so replace dim bulbs with bright, energy-efficient LEDs. Focus on stairways, hallways, and bathrooms. Add motion-sensor nightlights for safe nighttime movement. Under-cabinet lighting in the kitchen improves visibility for meal prep, and soft task lighting near favorite reading spots helps prevent eye strain. Bright, consistent lighting throughout your home creates both safety and warmth.

## 4. Replace Rugs and Flooring Hazards

Throw rugs and uneven flooring can easily cause trips and falls. Remove small or slippery rugs, or use non-slip pads underneath to keep them secure. Choose flooring that's easy to walk on and provides traction, such as textured vinyl, cork, or low-pile carpeting. Fix raised thresholds or uneven surfaces that might catch a toe or walker wheel. Smooth transitions between rooms make movement easier and safer for everyone.

## 5. Add Smart Home Features

Smart home technology offers both convenience and safety. Voice-activated assistants like Alexa or Google Home can turn on lights, adjust thermostats, and even call for help. Smart lighting systems let you control brightness or timing from your phone or with a voice command. Video doorbells let you see visitors without opening the door, and smart plugs can automatically turn off appliances like irons or coffee makers. These small upgrades promote independence and peace of mind.

## 6. Improve Kitchen Safety

The kitchen is a busy area where small adjustments can prevent big accidents. Store frequently used items between waist and shoulder height to avoid reaching or climbing. Wipe up spills immediately to prevent slipping. Place non-slip mats near the sink or stove, and use cookware with easy-grip handles. Choose appliances with automatic shut-off features for safety and convenience. Good organization and proper lighting go a long way toward keeping your kitchen a comfortable and hazard-free space.

## 7. Add a Medical Alert or Fall Detection System

Medical alert systems have evolved far beyond the bulky devices of the past. Many are now wearable watches or pendants that detect falls automatically and alert emergency services. Some include GPS tracking, allowing caregivers or loved ones to locate you quickly in an emergency. The peace of mind these systems provide is invaluable, especially for those who live alone or have mobility challenges.

## 8. Upgrade Smoke and Carbon Monoxide Detectors

Older smoke detectors can fail silently when batteries die. Replace them with modern versions that use 10-year sealed batteries or smart technology that connects to your phone. Interconnected detectors alert you throughout the house when one is triggered. Install smoke detectors in every bedroom and hallway, and carbon monoxide detectors near sleeping areas and attached garages. Test them monthly to ensure everything's working properly.

## 9. Secure Loose Cords and Clutter

Tripping hazards often come from the little things—extension cords, pet toys, and cluttered hallways. Secure cords along the wall using clips or cord covers. Keep floors and pathways clear, and ensure furniture placement leaves plenty of room to walk. Regular decluttering sessions help maintain both safety and serenity. A tidy home is not only safer but also more peaceful to live in.

## 10. Make Entrances, Exits, and Outdoor Spaces Safer

Outdoor areas can present unique risks. Install sturdy handrails on stairs and ensure outdoor lighting is bright and motion-activated. Add path lighting to guide your way at night and replace uneven stones or cracked walkways. Non-slip mats at entrances prevent falls when it's wet outside. If stairs are challenging, consider a ramp with a gentle slope. These small outdoor updates create a welcoming and secure environment from the moment you step outside.

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