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## Quick Wins: Supportive Adjustments

*Small changes that make daily living safer and easier.*

Focused on immediate improvements that reduce risk and increase confidence — often completed quickly and with minimal disruption.

Examples include:

- Declutter high-use areas
  - Create 'drop zones' for keys, glasses, mail, etc.
  - Set up clearly labeled storage systems
  - Simplify closets and daily use spaces
  - Remove excess or oversized furniture, arranging for clear walking paths
  - Reorganize cabinets for easy access, moving frequently used items to waist – shoulder height.
  - Add organizers/pull-out baskets
  - Adjust door hardware
  - Removing tripping hazards and throw rugs
  - Improving lighting and adding nightlights
  - Installing non-slip mats and stair treads
  - Reorganizing kitchens and bathrooms for easy reach
  - Install lazy Susans for easy cabinet / refrigerator access
  - Adjusting bed height and seating for safer transfers
  - Setting up easy-to-use phones/tables, medication reminders, and visual doorbells.
  - Assist with smart lighting or voice-activated devices
  - Program thermostats
  - Add nonstructural railings, stability supports, toilet safety frames, and handheld shower heads.
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- ✓ Ideal for proactive planning
  - ✓ Support independence and confidence in performing everyday activities