CHANGING PLACES
RIGHT AT HOME AGING IN PLACE SOLUTIONS

QUICK WINS SUPPORTIVE ADJUSTMENTS

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

Small changes that make daily living safer and easier.

SUPPORTS

- Add nonstructural railings and stability supports
- Install toilet safety frame sand handheld shower heads.
- Adjust bed height and seating for safer transfers.

DOORS, FLOORS & STAIRS

- Adjust door hardware.
- Remove tripping hazards and throw rugs.
- Install non-slip mats and stair treads.

DECLUTTERING & ORGANIZATION

- Declutter high-use and daily-use spaces
- Create drop zones for everyday essentials
- Simplify closets and storage systems
- Remove excess furniture and clear pathways

STORAGE & REACH

- Reorganize cabinets for easier access
- Keep frequently used items within easy reach
- Add pull-outs, organizers, and lazy Susans
- Improve kitchen and bathroom storage accessibility

TECH & HOME CONTROLS

- Set up phones, tablets and medication reminders
- Add smart lighting and voice-activated devices
- Program thermostats and video doorbells
- Improve lighting and add nightlights

Why?

Why Supportive Adjustments Matter

- *Ideal for proactive planning.*
- *Support independence and confidence in performing everyday activities.*

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COMPASSIONATE GUIDANCE THROUGH LIFE'S TRANSITIONS