

notes

Simple Home Modifications That Go a Long Way

Any number of devices and/or space adjustments can go a long way toward helping your parent (and you) feel more secure and capable of coping with independent living. Here are 10 suggestions:

- Smoke detector and carbon dioxide alarms
- Amplified telephone with enlarged buttons and caller ID
- Rubber grips for faucets and door knobs, rubber jar openers and rubber corner guards
- Medication organizer — Plastic boxes that contain a box for each day of the week.
- Medical alarm system — These emergency response systems provide assistance round the clock
- Replace standard flip switches with larger, easier to use rocker switches throughout the house.
- Replace older appliances with newer ones that turn off automatically.
- Raise the light level in the home.
- Replace heavy pans with lighter ones in the kitchen.
- Install revolving shelves or use a lazy Susan to access items in deep cabinets.

For more information on these questions and what to expect, access the Parentgiving Learning Center.