



Home Modifications for the Elderly



- On average 3 older Ohioans suffered fatal falls each day.
- A majority of older adult fall-related injuries occur in the home.
- Home modifications are an effective method in preventing falls, the leading cause of injury death among Ohioans age 65 and older.

The Benefits of Home Modifications

According to the Centers for Disease Control and Prevention (CDC), older adults can remain independent and reduce their chances of falling if they:

- Make their homes safer by reducing tripping hazards,
- Add grab bars inside and outside the tub or shower and next to the toilet,
- Add stair railings and improve the lighting in their homes.

What Can Be Done?

Seniors may live in homes that aren't accessible and livable for their current needs. Home modifications vary from the simple installation of grab bars and handrails to more involved improvements such as widening of doorways and installation of ramps.

There are several check lists available to help you determine what changes can be made to your home:

- Rebuilding Together: www.rebuildingtogether.org/resource/age-in-place-checklist/
- CDC: www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html
- Fall Prevention Center of Excellence: www.homemods.org/resources/pages/safety.shtml

More Resources

Falls are not a normal part of aging. There are simple steps that older adults can take to reduce their risk for a fall. For more information:

- **Ohio Violence and Injury Prevention Program:** www.healthyohioprogram.org/vipp/injury.aspx
- **Centers for Disease Control and Prevention:** www.cdc.gov/ncipc/duip/preventadultfalls.htm
- **National Council on Aging:** www.ncoa.org/improve-health/falls-prevention/