

Home for a Lifetime

SIMPLE SOLUTIONS:

Practical Ideas and Products to Enhance Independent Living



**THE
HARTFORD**

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Have you taken a good look around your home to see if it will accommodate the changes your body will likely go through as it ages? Have you done a similar scan at the home of an older relative or friend where you might be helping out?

It's not a bad idea. We make sure our homes are protected against break-ins and we're vigilant about making them safe for visiting children. Why not make them more comfortable and convenient to accommodate the normal age-related physical changes that creep up on us? Why not make the home more functional and safe to accommodate limitations we may experience due to disease or chronic health conditions?



At some point, many of us will find that the house that once fit us so perfectly no longer does. Maybe it's the stairs or the bathtub or the carpet or the lighting. But, given that most of us would prefer to remain in our homes rather than move, it makes sense to change our homes to accommodate these changing needs.

The Hartford Financial Services Group has created this guide of products and ideas to help you create a living space that works well at all different points in life. Whether you're making a structural modification or buying a simple household product, you'll find creative ways to make any home safer and more comfortable for people of any age.

As you'll see, most of these products are inexpensive and easy to install, and the ideas can make your home more functional without looking institutional.

This guide includes:

- A Solutions Guide, starting on page 4, which provides more than 200 products and ideas. For most products, a three-letter supplier code is provided, along with the approximate retail cost.
- A Supplier Guide, beginning on page 40, with information about where you can obtain the products. (Because suppliers often change their product offerings, be sure to contact them or check their websites for the latest information.)
- A Home Checklist on page 47 that will help you apply these ideas to any home.

We hope you will find *Simple Solutions* useful in creating a home that can accommodate changing needs and enhance independent living for anyone.



Please note that the inclusion of a product in this guide does not constitute a product endorsement or warranty by The Hartford Financial Services Group, Inc. You are advised to evaluate for yourself the appropriateness of any product or idea listed.

Vision Solutions

Almost everyone experiences some deterioration in vision by the time they reach 50. We notice the newspaper print is too tiny, and the room is never bright enough. Most of us are bothered by these issues but we easily manage them.

More difficult to deal with is the uncorrectable “low vision” caused by eye diseases such as glaucoma, macular degeneration and diabetes. People with low vision have trouble reading, may be unable to distinguish certain colors and often can’t see low furniture or a slightly raised surface like a door threshold.

No matter what level of visual impairment you’re dealing with, the following solutions can make any home a little brighter and easier to navigate.



LIGHTING

Design and Other Ideas

- Provide sufficient, even lighting throughout the house; you need more than you think you do. A 60-year old requires approximately twice as much light to read as does a 20-year old. Start by increasing the amount of natural light; open the blinds and curtains and raise shades. Move large items that might be blocking light away from the windows.
- Add lighting to eliminate any dark or shadowy areas.
- Install additional lighting where safety hazards exist, such as overhead in the bathtub and shower and in stairways, sites of most accidents in the home.
- Choose light-colored wall coverings, work surfaces and counters to increase the reflectivity of available light.
- Control glare throughout the home by selecting matte-finish paint, wallpaper, counter tops, and other surface materials.

Products

1 Use a 100- to 200-watt bulb to provide extra light, and position lamps carefully for such close-up activities as cooking, dining, reading, writing, handiwork, shaving, and especially, taking medication. Use a wall or floor lamp with a swing-arm to help direct light where you need it. Magnifying attachments are available for some task light options. (\$30 - \$200)
Suppliers: ILA, LMP, LSS, SOL, VER

2 Use long lasting “daylight” or full spectrum light bulbs, or purchase daylight lamp to reduce eye strain and improve concentration. These glare-free bulbs are made of special glass that allows the true spectrum of colors to be seen, enhances the contrast between black and white, and contributes to greater well-being. (\$7 - \$26 per pkg of bulbs; \$30 - \$210 per lamp) Suppliers: HMT, ILA, LSS, MAX, TAY, VER

3 Install a cordless battery-operated light or use a cordless floor lamp wherever additional lighting is needed and no electrical outlets are available, such as in closets or cabinets, at your chair for reading, or above a desk or table. (\$8 - \$40)
Suppliers: AUB, HMT, HOM, LSS, MKC, QVC, SOL, SPL, TAY



4 Install fluorescent lights under overhead kitchen cabinets and over the stove to provide extra illumination for meal preparation. (\$13 - \$135)
Suppliers: AUB, ELI, HOM, KCL, LOW, PRO

5 If you like to read in bed, buy a light that clamps onto the headboard to provide better illumination. (\$15 - \$35) Suppliers: HAR, PLO, VER

6 Place a night light in the pathway between the bedroom and bathroom, where falls often occur. You may want to opt for an automatic light that turns itself on at dusk and off at dawn, or one that is motion sensitive. (\$4 - \$37) Suppliers: HMT, IMP, MAX, MKC, SOL, SPL, TAY, WDS

7 Add a motion-sensitive adaptor to an existing light fixture or lamp so that it will turn on automatically when someone enters the room. (\$8 - \$40) Suppliers: HMT, SOL

8 Adapt an interior light to turn on at dusk or at a predetermined time with a plug-adaptor into which a standard lamp or light bulb is inserted. (\$8 - \$13) Suppliers: HMT, IMP

9 Never come home to a darkened front door or sidewalk. Adapt the existing exterior lighting at your entry, porch or light post by simply screwing a solar-activated photoelectric socket into the light fixture, and then screwing the light bulb back into the socket. The light will automatically turn on at dusk and off at dawn. (\$10) Supplier: SPL. Purchase solar-powered light fixtures to light your sidewalk and yard. (\$11 - \$80) Suppliers: HAM, HMT, HOM, IMP, LOW, NAT, PLO, QVC, SPL, TAY. Battery-powered LED lights are also available. (\$52/pair) Supplier: SPL

10 Install motion-sensitive security lights for extra exterior lighting coverage. (\$13 - \$60) Suppliers: HAM, IMP, NAT, SOL, SPL

11 Buy an emergency light that goes on automatically during electrical outages and doubles as a flashlight. (\$15 - \$30) Suppliers: MAX, SPL

12 Make sure all lights, including chandeliers, have translucent shades, as looking directly into uncovered light bulbs can be painful and hasten deterioration of the eye's retina. (\$5 - \$30) Suppliers: JCP, LMP, PRO

- 13** Use a handy sound-activated mini-light that snaps onto your house key to illuminate a dark keyhole. The key light yields a bright beam of light for an added measure of safety and convenience. (\$10 - \$20) Suppliers: AMZ, HMT, MKC



- 14** Control glare from sunlight with proper window treatments. Miniblinds will deflect the sun's light, while sheer draperies and translucent or perforated shades will diffuse it. Suppliers for miniblinds: HOM, JCP, LOW, SWF. Suppliers for pleated window shades: HOM, JCP, LOW, SWF. Suppliers for glare-reducing shades: HMT, JCP, LOW, NEW, ORV

- 15** Eliminate the glare of the sun, reduce fading of drapes and furniture, and insulate against heat and cold with tinted, transparent adhesive vinyl placed on the inside surface of your windows. (\$25 - \$35 per roll) Suppliers: HMT, IMP, MMM

VISUAL TASKS

Design and Other Ideas

- Keep emergency numbers clearly written in large type near all telephones.

Products

- 16** To compensate for difficulty in reading small numbers and fine print, buy items featuring large typefaces with extra white space between lines of print. Examples include: address book; bathroom scale; books; calculator; calendar; check register; clock; cookbooks; crossword puzzle book; dictionary; dominoes; measuring tape; personal organizer; playing cards; games; watch; thesaurus; timer; and window thermometer. Suppliers: DRL, HMT, ILA, LSS, MAX, MON, MKC, S&S, SPL, TAY, WDS

17 Make your own tactile, large print and/or Braille markings to ease identification of controls on appliances and equipment. Handy options include stick-on letters/numerals, labels, buttons, and liquid marking systems. (\$2 - \$40 per pkg) Suppliers: ILA, LSS, MAX

18 Raised numerals and Braille dots on a ruler or tape measure allow a person with vision impairment to locate each increment of measurement. (\$3 - \$26) Suppliers: ILA, MAX

19 Large numbers on measuring cups and spoons make reading measurements easier. Some measuring cups and spoons are also color coded for easy identification. (\$4 - \$7) Suppliers: ILA, MAX



20 Buy a thermostat that features large numerals and raised temperature settings that click and vibrate each time the thermostat is adjusted. Some also include a “talking” feature. (\$14 - \$80) Suppliers: HON, ILA, LSS, MAX, SMT. Or, buy a magnifier that snaps over an existing round thermostat. (\$12) Supplier: MAX

21 Buy large print stickers for push button phones or a large print dial overlay for rotary dial telephones. These items lay over the buttons or dial and feature large numerals and letters that are widely spaced for easy identification. (\$1 - \$6) Supplier: MAX

22 Use a telephone that features large buttons, a lighted dial, large text Caller ID, and volume and sound clarifying adjustments. (\$20 - \$200) Suppliers: HMT, ILA, LSS, MAX, QVC, WAL, WMT

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- 23** Buy a “talking” alarm clock, watch, or alarm clock key chain with large numerals and adjustable volume. Some clocks also project the time in large print text onto the wall or ceiling. (\$6 - \$135) Suppliers: HAM, ILA, LSS, MAX, MKC, TAY



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- 24** Avoid the need to read tiny print and reduce medication errors by using a Talking Rx that plays prerecorded prescription information. A pharmacist or caregiver records instructions for taking the medication into the Talking RX. When the medication bottle is set into the base and a button is activated, these instructions are read to the user. Two sizes are available to accommodate different size containers. (\$15 - \$27) Suppliers: LSS, MAX
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- 25** Utilize other “talking” products to provide important audible information for those with low vision:
- Personal scale (\$50 - \$90)
Suppliers: ILA, LSS, MAX
 - Kitchen scale (\$40 - \$100)
Suppliers: LSS, MAX
 - Measuring container (\$100)
Supplier: ILA
 - Coffee maker (\$80)
Suppliers: ILA, LSS
 - Microwave oven (\$140 - \$370)
Suppliers: ILA, LSS, MAX
 - Kitchen timer (\$12 - \$74)
Suppliers: ILA, LSS, MAX
 - Indoor/outdoor thermometer (\$16 - \$20) Suppliers: ILA, MAX
 - Clinical and ear thermometer (\$11 - \$33)
Suppliers: ILA, LSS, MAX
 - Glucose meter (\$20 - \$85)
Suppliers: ILA, LSS, MAX
 - Blood pressure monitor (\$50 - \$600)
Suppliers: ILA, LSS, MAX
 - Pedometer (\$8 - \$15)
Suppliers: ILA, LSS
 - Calendar (\$40) Supplier: ILA
 - Calculator (\$9 - \$545)
Suppliers: ILA, LSS, MAX
 - Compass (\$70 - \$75)
Suppliers: ILA, LSS
 - Tape measure (\$100 - \$120)
Suppliers: ILA, LSS
 - Weather forecaster (\$130)
Supplier: ILA
 - Tire gauge (\$15) Supplier: MAX
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32 View text from books, personal papers, and other reading material in a larger format on your TV or computer screen using a CCTV (electronic magnifier) device. Smaller wireless “mouse magnifiers” and portable CCTV devices are also helpful. (\$50 - \$2,900)
Suppliers: HAM, ILA, LSS, MAX, TAY, WDS

33 Use a hands-free magnifier when doing work with both hands. Choose from a magnifier for table use, an adjustable 36" stand or one that fastens around the neck or about the head. Some also include lighting. (\$7 - \$330) Suppliers: HAM, HMT, ILA, LSS, MAX, S&S, SAM, TAY, WDS

34 Keep a hand-held magnifying glass or magnifying sheet handy. Some include a built-in light. (\$2 - \$100)
Suppliers: DRL, HMT, ILA, LSS, MAX, SOL, SPL, WDS

35 A magnifying cap remover, called a Medi-Cap, can be handy when taking medications. The 4x magnifier makes reading labels easier, while the design of the Medi-Cap facilitates the removal of pill bottle tops. (\$5 - \$6)
Suppliers: LSS, MAX



36 Small tools with a built-in magnifiers make personal care activities easier:

- Scissors (\$6) Supplier: LSS
- Nail clippers (\$7 - \$10)
Suppliers: LSS, MAX, TAY
- Tweezers (\$7) Supplier: LSS
- Medication cap remover (\$5)
Supplier: LSS
- Pill cutter (\$6) Supplier: LSS
- Needle-nose pliers (\$11)
Suppliers: LSS, MAX

COLOR CAN INFLUENCE OUR LIVES

Design and Other Ideas

- Choose colors that will remain visible and can be differentiated from one another, for example, use colors from the red-orange family against blue, green or other cool colors.
- To help objects stand out from their backgrounds and to help distinguish between surface levels, furnishings, and potential safety hazards, use the “contrast principle” where the object you want people to see contrasts with its background. For example, light-colored wall coverings will contrast with darker floors to bring attention to a vertical vs. horizontal surface. The colors of draperies, upholstery, furniture, cabinets – even the light switch plates and the tableware – can be chosen to contrast with their backgrounds for enhanced visibility.
- Choose dishes that contrast with the color of the table or place mat so they are easier to identify. The center of a plate should be a solid, light color so food can be seen clearly.
- To help signal a change in elevation between adjacent rooms, use flooring that is in strong-contrasting colors. If the floors are the same level, use the same or similar intensities of floor colors.
- Choose a counter top color that contrasts with the color of the floor beneath, to enable the counter’s edge to be easily seen.

Products

38 Those who have trouble discriminating between colors can use a product that “reads” and announces colors. Some products include an earphone jack and carrying case, and are available in both English and Spanish. (\$140 - \$750) Supplier: MAX

Hearing Solutions

For various reasons, many of us experience some degree of hearing loss as we get older. Some of it is merely a nuisance – we might find it hard to hear certain tones or to hold a conversation in a noisy room.

But hearing problems can go beyond annoying and venture into dangerous if, for example, we can't hear a smoke alarm or the whistle on a teakettle.

The following design changes and products address hearing issues with solutions that can help things sound a little clearer – and make the home a little safer.

Design and Other Ideas

- Use carpeting, upholstered furniture and fabric window treatments instead of hard surfaces, such as wood and tile floors and walls, to reduce echo and absorb noise.
- Hang a textured, acoustical wallcovering where appropriate (e.g., over a desk or lowered work area in the kitchen) to help absorb sound and echoes. The acoustical wallcovering can double as a surface for tacking up emergency phone numbers, reminders and other notices. Suppliers: COR, SWM
- Place chairs three to six feet apart and facing each other to facilitate conversation for people with hearing loss.



Products

- 1** Install a volume-control attachment on the telephone to enable the user to adjust the sound level of the caller's voice. (\$2 - \$99) Suppliers: DRL, HIT, HMT, LSS, MAX, RAD, WAL.
Or purchase a new telephone that features volume-control (some have "talking" caller ID features.) (\$50 - \$170) Suppliers: HIT, LSS, MAX, RAD
- 2** Add a ringer amplification device to the telephone. (\$8 - \$45) Suppliers: HAR, LSS

3 A flashing light can draw attention to a ringing phone. A special attachment plugged into the phone jack connects the telephone to a lamp. When the phone rings, the lamp flashes. (\$19 - \$50) Suppliers: HIT, ILA, LSS, MAX, TAR

4 Purchase a new phone that illuminates to signal an incoming call or announces Caller ID. Some phones also include volume and sound-clarity adjustments as well as other features helpful to those with hearing and/or sight limitations. (\$22 - \$200) Suppliers: HMT, ILA, LSS, MAX, QVC, WAL, WMT

5 Use television hearing devices that allow an individual to listen to a TV without disturbing others. These devices use invisible infrared rays to carry sound from a TV set to a cordless headset that allows the user free movement over a 250-square-foot room. (\$12 - \$250) Suppliers: BRK, HIT, ILA, LSS, MAX, RAD, SPL, WAL



6 Use a watch or clock that vibrates hourly or at pre-set times. Some also coordinate with bed shakers, or vibrate when alerted by a smoke alarm, doorbell, or baby monitor. (\$30 - \$241) Suppliers: ILA, LSS, MAX

7 Extend the range of door chimes with a simple attachment to the chime box, which transmits the sound, up to 50 feet away, to a receiver plugged into any standard electrical outlet. (\$15 - \$120) Suppliers: ACE, HIT, ILA, SPL. Purchase a wireless door chime that can be mounted outside your door, and use a portable receiver anywhere in your home. Some also include an adjustable volume control, strobe lights and/or bed/chair shaker. (\$20 - \$64) Suppliers: HAR, HIT, HOM, ILA, LSS, RAD, SMT, SPL, WDS

8 Be alerted to someone knocking on your door by installing a device that transmits the vibration to a flashing light within your home. (\$30 - \$95) Supplier: HIT

9 For an added measure of safety, select and install smoke detectors that feature flashing lights in addition to an alarm. (\$80 - \$190) Suppliers: FIR, ILA, MAX

Mobility and Balance Solutions

Who among us hasn't had a bum knee or a bad back at some point? As we age, the chances of those injuries or ailments are likely to increase. Arthritis, too, may take its toll, causing stiffness and pain that can impede our daily activities.

Compounding the mobility problem is the fact that our sense of balance can get a little wobbly from age, disease or medication. The result can be a debilitating fall.

To address these issues of mobility and balance, take a look at how these solutions can help maintain a balance of safety and comfort in the home.



Design and Other Ideas

- A dense, level-loop carpet glued directly to the floor without a pad will provide greater stability and better mobility than deep, heavy pile carpeting and a thick pad.
- Many accidents occur on stairs, when people lose their balance or fail to recognize the last step or two. In addition to assuring there is sufficient lighting, install handrails with ends that curve in toward the wall and extend past the last step, on both sides of the stairs. These will provide support as well as provide warning that the last step is underfoot.
- Eliminate thresholds between different flooring materials and between rooms to eliminate a tripping hazard.

Products

- 1 Avoid using throw rugs, a source of slips, trips and falls. If throw rugs must be used, secure them with double-sided carpet tape, self-stick carpet mesh, or sprays. (\$2 - \$120)
Suppliers: CMP, HMT, IMP, PLO, QVC, TAY



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- 2** Do not carpet stairs. Instead, highlight the edge of each stair with a textured tape in a contrasting color. Mark stairs in dark or potentially dangerous areas with a fluorescent tape that is nonskid, flexible and waterproof. (\$5 - \$156 depending on length) Suppliers: CMP, HOM, HMT, LOW, MAX, NSP, VER. Or, use rubber stair treads to reduce slipping. (\$6 per tread) Suppliers: HMT, VER
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- 3** Replace a standard door hinge with an offset door hinge to add two inches of clearance to a narrow doorway and provide for greater access for wheelchairs and other mobility aids. (\$10 - \$25) Suppliers: DYL, MAX, SAM
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- 4** Slide a “sofa saver” beneath the sagging cushions of chairs, sofas and mattresses to provide firmer support and facilitate getting in and out of the seat or bed more easily. (\$8 - \$40) Suppliers: HAR, HMT, IMP, MKC, SOL, TAY, VER
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- 5** Place an automatic “seat assist” in your chair; this will enable you to get up more easily because it will gradually elevate you to your feet. No special installation, wiring, or electrical connections are needed. (\$100 - \$280) Suppliers: DRL, DYL, HMT, MAX, SAM
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- 6** Use the handle of a bed support rail to facilitate getting into or out of bed. Offering even greater stability and balance, some types of rails include a platform that slides securely between the mattress and box spring, while others adjust in height to form a brace between the floor and ceiling alongside the bed. (\$30 - \$350) Suppliers: MAX, SAM, WDS, TAY
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- 7** Reduce the potential for falls on a wet bathroom floor by installing a slip resistant flooring material, such as sheet vinyl, vinyl tile, sheet rubber, or rubber tiles. Suppliers: ARM, FOR
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- 8** Place a microfiber bath mat at the edge of the tub or shower to absorb water on the bathroom floor and reduce the danger of slipping and falling. To optimize safety, it’s best to choose a color that contrasts with the flooring. Be sure to be aware of the edges of the mat when using. (\$10 - \$20) Suppliers: DRL, HMT, TAY
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Design and Other Ideas

- “Low profile” furniture, such as a coffee table or footstool, presents a tripping hazard. Place a low table between two chairs rather than in front of a sofa.
- Select seating with appropriate heights (approximately 17-18 inches from the floor) and depths, well placed, wide arms that extend to the front edge of the seat, and supportive backs – all of which will make sitting down and getting up easier. When you are seated, your upper legs should be parallel to the floor, and your feet should rest flat on the floor. Chairs that are too low, too high or too deep do not provide appropriate back support and can cause legs and feet to swell or fall asleep. Chairs that do not include properly designed arms can contribute to poor posture, backaches, neck aches and muscle fatigue.
- Install the bathroom vanity at a “back saver” height – 36” instead of the standard 32” – to reduce the need for excessive bending at the sink.
- Hang a vertical mirror so that its bottom reaches to the counter top level of the bathroom vanity to allow the mirror to be used while a person is standing or sitting.

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- 9** Place a portable bath step with slip resistant surface and rubberized feet just outside or just inside the edge of the tub. This makes getting into and out of the tub safer. Two steps can be stacked for use with deeper tubs. (\$30 - \$80) Suppliers: HMT, SAM, TAY



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- 10** Use a specially designed “bath board” to make getting into and out of the tub easier and safer. The user simply sits on the edge of the tub and slides across the non-slip board surface. (\$50 - \$460) Suppliers: MAX, SAM
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- 11** People who are unsteady on their feet can bathe or shower more safely by using a portable chair with a back and rubber feet. The chair is placed in the tub or shower. Some products include seats that rotate for easier use, many include arms, some have adjustable height seats, and many can be folded for storage. (\$25 - \$276) Suppliers: DRL, DYL, HAM, HMT, ILA, IMP, MAX, SAM, SOL, TAY, WAL, WDS. For additional stability and comfort, use a combination safety seat/transfer bench. (\$80 - \$540) Suppliers: DRL, ILA, MAX, SAM



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- 12** Install a hand-held shower hose to make bathing safer and easier. (\$12 - \$560) Suppliers: ALS, DYL, HMT, HOM, LOW, IMP, MAX, QVC, SAM, SPK, WAL. A wall-mounted hose holder installed at a convenient height provides the perfect hanger when the hose is not in use. (\$9 - \$15) Suppliers: ALS, HOM, LOW, SPK
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- 13** Place a non-slip, machine washable and mildew resistant vinyl mat in the bathtub and shower to help guard against falls. (\$9 - \$300) Suppliers: DRL, HAR, HMT, IMP, LIL, MAX, MKC, SAM, SOL, TAY, VER, WDS

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- 14** Install a “comfort height” toilet with an 18” high seat (16 ½” to the rim) to replace a standard residential toilet. (\$188 - \$2,110) Suppliers: HOM, LOW

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- 15** Add a seat extender to an existing toilet to raise the height of the seat. (\$10 - \$158) Suppliers: BEN, DRL, HMT, MAX, SAM, TAY, WMT. Some models also include arms for added support. (\$20 - \$172) Suppliers: BEN, DRL, ILA, MAX, SAM, WMT

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- 16** Install grab bars in the tub and shower. Be sure to securely mount the grab bars into studs or walls backed with wood blocking for additional safety. Otherwise, an unsteady individual might pull an unanchored grab bar from the wall, resulting in a fall. (\$12 - \$230) Suppliers: DYL, MAX, SAM, WMT
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17 Install decorative grab bars that can double as towel bars at key locations in the bathroom, including adjacent to the toilet and within the tub or shower space. A grab bar provides greater support for unsteady individuals who may reach for a towel bar to steady themselves. (\$38 - \$82)
Suppliers: DYL, HOM, LOW, WMT

18 If wall-mounted grab bars are difficult to install, buy an adjustable safety rail that clamps onto the edge of any bathtub to provide a steady hand-hold when getting into or rising from the tub. (\$7 - \$70) Suppliers: DYL, HOM, HMT, ILA, KMA, LOW, MAX, SAM, TAY, WDS



19 Install a barrier-free walk-in bathtub and shower. These fiberglass tubs look like standard bathtubs, but come equipped with a water-tight door for easy walk-in access. (\$3,610 and up, without installation) Suppliers: BAT, HOM, LOW

20 Lay tape that is textured and/or “glows in the dark” in a contrasting color at the threshold of the shower to mark the potential safety hazard of a raised threshold. The tape’s abrasive surface also enhances safety on a wet surface. (\$10 - \$132) Suppliers: NSP, MMM

21 Install a wall-mounted, extending magnifying mirror near the vanity to allow a person to sit while shaving, applying makeup, inserting contacts or performing other personal grooming tasks. Portable, lighted magnifying mirrors are also convenient. (\$9 - \$150) Suppliers: BRK, DRL, HAM, HMT, ILA, LSS, MAX, QVC, SAM, SOL, SPL

22 Maintain traction and balance when walking on ice and snow using stretch bands with grippers that slip over your shoes or boots. (\$17 - \$20)
Suppliers: QVC, SOL

Strength, Dexterity and Reach Solutions

No matter how hard we try to keep ourselves strong and fit, almost all of us lose some degree of strength and dexterity as we age. It may get a little harder to lift a cooked dish out of the oven, to button a shirt or to carry a bag of groceries.

The problem is even worse for frail adults who may have had several impairments over the years and for those who have osteoporosis or other diseases that can sap bone and muscle strength. They are more likely to fall – and the results can be serious.

Depending on the level of the problem, there are a number of solutions to address issues of strength, dexterity and reach. See which ones will help you create a more functional and comfortable home.

STRENGTH AND DEXTERITY

Design and Other Ideas

- Replace round doorknobs with lever handles. Round doorknobs pose problems for many people who have arthritis, limited strength or difficulty grasping. Lever handles also benefit small children or anyone who may have their hands full.
- Install a built-in wall oven at counter height to reduce the need to bend over to move hot, heavy pans.

Products

- 1 As an inexpensive alternative to replacing round doorknobs, buy lever adapters that can be clamped onto round door knobs, converting them into lever handles. (\$7 - \$23)
Suppliers: DYL, MAX, SAM



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- 2** Cover doorknobs, sink and tub faucets, and outside water faucet handles with soft ribbed grips to provide a non-slip gripping surface and make handling conventional knobs and handles easier. (\$4 - \$10)
Suppliers: MAX, SAM
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- 3** Install lever faucet handles in the kitchen and bathroom sinks, and in the bathtub and shower. (\$40 - \$1500)
Suppliers: HOM, KOH, LOW, SPK



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- 4** If changing sink, tub and shower hardware is too costly, buy a gripper tap-turner that will fit over existing faucets, converting standard faucets into lever faucets. (\$10 - \$12)
Suppliers: DYL, MAX, SAM
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- 5** Install a “touchless” water faucet, which automatically turns on the flow of water when you place your hands under the faucet. These are ideal for people with arthritis, rheumatism or limited dexterity. (\$30 - \$790) Suppliers: HOM, KOH, LOW, MAX, JCP, SPK, SPL
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- 6** Install an oversized rocker switch to replace standard wall-mounted light switches so that lights are easier to turn on and off. Some switches are illuminated and visible in the dark or function with wireless devices. (\$3 - \$35) Suppliers: AUB, HOM, LOW, SMT



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- 7** Use special floor and table lamps that feature large on/off rocker switches in easy-to-reach locations (instead of small, round knobs located near hot light bulbs). Some lamps come equipped with night lights, handy convenience outlets, weighted bases, and/or washable shades that give glare-free lighting. (\$165 table lamp, \$202 floor lamp) Supplier: JES
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- 8** Replace the small, round on/off knobs found on many floor and table lamps with easy-grip “lamp switch extension levers” that can be threaded onto most standard lamps. Three large spokes on the new switches make it easier for people with arthritis or limited dexterity to turn lamps on and off. (\$8 - \$18) Suppliers: MAX, SAM



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- 9** Avoid burns from hot light bulbs and eliminate the need to reach for difficult-to-turn switches on lamps by converting metal base lamps into ones that can be turned on or off simply by touching the base. Simply insert the gadget between the light bulb and socket, or plug the converter into an outlet. (\$8 - \$40) Suppliers: AMZ, HMT, LOW, SAM. Purchasing a touch-on table lamp is also an option. (\$45 - \$90) Suppliers: JCP, TAR
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- 10** Equip non-metal-base lamps and other small appliances with remote on-off devices. (\$20 - \$35) Suppliers: AMZ, HOM, MAX, SPL

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- 11** Install a voice- or sound-activated adapter so that you can turn on lights and other appliances without getting up from your chair. Simply plug the adapter into any electrical outlet and then plug the lamp, TV, etc., into the adapter. (\$16 - \$25) Supplier: AMZ

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- 12** If your furniture has difficult-to-grasp drawer or door pulls, try attaching decorative tassels that are easier to pull. (\$2 - \$17) Supplier: HAN

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- 13** Fit a triangular-shaped gripper with a center hole over pens, pencils, toothbrushes, and small tools so that they are easier to grasp. Use steady-grip writing pens or a writing aid to make writing easier. (\$2 - \$30) Suppliers: ILA, LSS, MAX, OXO, S&S, SAM
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- 14** Use a button valet to pull difficult-to-hold buttons through a button hole. (\$8 - \$17) Suppliers: DYL, HMT, MAX, SAM, SOL. Use a zipper-pull on difficult-to-hold zippers. (\$5 - \$17) Suppliers: MAX, SAM, SOL



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- 15** Replace knobs or recessed grips with C-shaped drawer, cabinet and closet door handles for easier opening. (\$1 - \$25) Suppliers: HOM, LOW

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- 16** Use a handy knob and dial turner to make adjusting the controls on kitchen appliances easy. (\$14 - \$30) Suppliers: MAX, SAM

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- 17** Look for cookware and lids with special ergonomically shaped handles that are easier to grip for persons with limited hand, wrist, or forearm strength, dexterity, and range of motion. Two handles are helpful on frying pans and pots for more even weight distribution. (\$13 - \$50 per item; \$49 - \$500 for a set) Suppliers: AMZ, CHF, MAX, QVC, S&S, WMT

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- 18** Consider installing energy-saving windows that pop inward for easy cleaning from inside the house. Suppliers: HOM, LOW

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- 19** Cups and glasses should be easy for a person with arthritis or an unsteady hand to grasp. Choose short-stemmed or footed glassware. Look for mugs with large or double handles. (\$3 - \$52) Suppliers: MAX, SAM

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- 20** Use bowls with non-slip bases to make mixing easier. (\$9 - \$30 incl. sets) Suppliers: CHF, QVC, MAX, WIL

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- 21** Use non-skid rubber pads to hold dishes firmly in place and to open tightly-sealed jars and bottles. (\$3 - \$250, item or roll) Suppliers: ILA, MAX, S&S, SAM

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- 22** Use a toothbrush, razor, cutlery, small utensil, or gardening tools with ergonomic handles. Or, use ergonomic holders into which the handles of various products can slide. (\$9 - \$35) Suppliers: ILA, MAX, OXO, S&S, SAM



23 A hands-free hair dryer stand allows for one- or two-hand styling. Its flexible neck can be adjusted to any angle for styling needs. (\$25 - \$46)
Suppliers: MAX, SAM

24 Use a cutting board with suction-cup feet to make slicing and peeling safe and easy. Some products feature corner guards and steel prongs to hold food in place. Others include knives. (\$9 - \$92) Suppliers: CHF, MAX, SAM

25 Turn a quart or half-gallon container into an easy-to-use pitcher with a carton holder designed for easy lifting and no-slip, no-spill pouring. (\$4 - \$8)
Suppliers: ILA, MAX



26 A rolling mincer or food chopper makes mincing and chopping easy and safe and allows for one-handed operation. (\$5 - \$35) Suppliers: CHF, ILA, LSS, MAX, PAM, QVC, WDS

27 Secure fruits, vegetables, bread or meat while slicing by using a special holder. This can help to prevent hand injuries. (\$4 - \$30) Suppliers: CHF, HMT, PAM, WDS

28 Use a double spatula turner to safely lift or turn hot or large food items. (\$4 - \$9) Suppliers: ILA, MAX

29 Make cutting projects easier with easy-to-grip or push-down scissors. These items allow a person to use gentle pressure to operate the scissors and are self-opening once the pressure has been released. (\$10 - \$30)
Suppliers: HAN, MAX, OXO, SAM. Rolling scissors have no blades and require only a gentle push to cut through paper. (\$4 - \$15) Suppliers: AMZ, CON, PAM, SAM. Some scissors are battery-operated and require only a simple squeeze to start the blades. (\$19 - \$20) Suppliers: AMZ, B&D, TAR

30 A rocking T-knife or pizza cutter, or a slicer, can be used to cut food more easily than with a straight-handled knife. (\$5 - \$26) Suppliers: LSS, MAX, OXO, PAM, SAM

31 Wear cut-resistant gloves to protect hands from cuts and scrapes while peeling, cutting, or dicing food, using food graters and zesters, pruning, or working with hand tools. (\$8 - \$30)
Suppliers: AMZ, ILA, MAX

32 To make screw-top lids easier to open, use a special hand-held jar and bottle opener or an opener that attaches to the bottom of an overhead cabinet. (\$4 - \$25) Suppliers: CHF, DYL, HMT, ILA, LSS, MAX, MKC, OXO, PAM, QVC, SAM, SPL, WDS. Some of these products are electric or battery-powered. (\$20 - \$80)
Suppliers: AMZ, B&D, MAX, SAM



33 To open cans with one hand, mount an electric can opener to the underside of the overhead cabinet or use a lightweight cordless hand-held can opener. (\$18 - \$38) Suppliers: B&D, CHF, DYL, ILA, MAX, MKC, SAM

34 Use a special accessory to open cartons, bags, and beverage containers more easily. (\$2 - \$13) Suppliers: DYL, HMT, ILA, LSS, MAX, MKC, PAM, SAM, WDS

35 Select Lock & Lock or OXO food storage containers with specially-designed lids that can be opened or closed with one hand or by those with arthritis. (\$9 - \$99 per set)
Suppliers: AMZ, BBB, JCP, QVC

36 Add a detachable, flexible sink hose so you can fill pots on the kitchen counter, eliminating the need to lift heavy, water-filled pots from the sink. (\$10 - \$20) Suppliers: HAR, HMT

37 To eliminate the need to stand for long stretches while preparing meals, lower a section of the kitchen counter to table height and provide a comfortable chair. This work area can also double as a desk or computer area.

38 Use easy-hold nail clippers featuring oversized grips that are designed for persons with diminished grip and dexterity. Some also feature a suction cup base to stabilize the clippers. (\$4 - \$18) Suppliers: AMZ, MAX, WMT



39 Use one of several new types of hand-held rolling snow removers, which do not require bending or lifting the snow in order to clear a sidewalk or driveway. As an alternative, use a snow shovel with an ergonomic handle. These items may be available on a seasonal basis. (\$14 - \$85) Suppliers: ACE, AMZ, IMP

40 Consider purchasing a lightweight vacuum that requires less strength to push than do conventional models. (\$40 - \$400) Suppliers: HMT, JCP, MAX, QVC, TAY

41 Vacuum or mop your floor without bending and stretching using a robotic device that automatically traverses the floor of your rooms. (\$70 - \$500) Suppliers: HAM, HMT, TAY

42 Use ergonomic garden tools that help wrists maintain a neutral position when the user is seated or kneeling at ground level. (\$12 - \$40) Suppliers: AMZ, IMP, SAM, TAR

43 Increase your grip and leverage when unlocking doors and overcome hard-to-turn locks by slipping an E-Z Key Turner over the key. (\$4 - \$13) Suppliers: MAX, SAM

44 Apply E-Z Lube & Slide lubricant to sliding patio door and window tracks so that persons with limited strength and dexterity can open them more easily. (\$8 - \$11) Suppliers: HMT, TAY

MAKE REACHING EASIER

Design and Other Ideas

- To put more shelves within easy reach, lower overhead kitchen cabinets to 15 inches above the counter instead of the standard 18 - 24 inches.
- Buy a side-by-side, self-defrosting refrigerator-freezer, accessible to people with limited reach, including wheelchair users. Some persons may find a freezer at the bottom more convenient.
- Install the garbage disposal switch at the front of the counter.
- Consider whether a sink with side-mounted faucets would be easier to use for persons with limited reach, such as wheelchair users.
- Mount the medicine cabinet in the bathroom on the side of the sink at counter height to increase the visibility of contents and to make items more accessible.

Products

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- 45** Have a multi-use “reacher” handy for removing lightweight items from upper shelves or for picking up dropped items. (\$8 - \$30) Suppliers: DRL, HAR, ILA, LSS, MAX, MKC, SAM, WAL, WDS



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- 46** Reach items in higher places more safely by using a step stool with a handrail and steps covered with non-slip rubber mats. Wide-spread legs on the stool make the stool steadier. (\$40 - \$133) Suppliers: DYL, MAX, HMT, SAM, STA, WDS

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- 47** Install extenders on difficult-to-reach wall light switches to make them accessible from a sitting position. (\$8 - \$9) Suppliers: DYL, MAX, PER
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- 48** Add a remote wireless light switch to facilitate turning lights on from wherever you are in a room. The light switch plate self-adheres to the wall, while the wireless receiver screws into the light bulb socket. (\$33 - \$35) Suppliers: AUB, SMT, SPL

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- 49** Make contents in the kitchen more accessible with inexpensive organizers that also increase storage space. Look for a swing shelf for under-the-sink storage, lazy Susans, pot/pan lid organizers, roll-out can dispensers, spice racks, kitchen wrap organizers, and expand-a-shelves for cabinets. A sliding storage drawer/shelf installed inside wall-mounted and base cabinets is also handy. (\$5 - \$30) Suppliers: CMP, GTO, HAR, HMT, IMP, LIL, LOW, MKC, SOL, SPL, STA, TAY, WDS



50 Reaching your toes is easier when using a toenail scissor with a longer, easy-to-grip handle and angled head. (\$11 - \$20) Suppliers: MAX, SAM, WD

51 Put on and take off shoes, socks, and hosiery without bending by using a long-handled shoe horn or sock tool. (\$7 - \$35) DRL, HMT, MAX, MKC, SAM, SPL, TAY, WDS. Other long-handled products include lotion applicators and bath brushes. (\$5 - \$12) Suppliers: VER, WDS

52 Use magnetic paper- and hand-towel holders which can be attached to the refrigerator at a convenient height. (\$8 - \$19) Suppliers: CON, GTO, HMT, STA, WDS

55 Turn a closet into a pantry for additional, accessible storage. Install adjustable shelving. Increase storage space by adding a storage shelf to the back of the pantry door. (\$4 - \$85) Suppliers: GTO, HAR, HOM, IMP, LIL, MKC, STA, WDS. Also available are hanging wire baskets that slide easily onto shelves to accommodate linens, plates, kitchen wraps, and other shallow items. (\$6 - \$16) Suppliers: LOW, MKC, STA, TAY

56 Outfit bedroom closets with hanging or stacking shelves to make contents more accessible. (\$8 - \$32) Suppliers: CMP, GTO, STA

57 Organize items on kitchen or closet shelves by using vertical shelf dividers which slide onto shelves. (\$5 - \$25) Suppliers: GTO, HAR, HMT, LIL, STA



58 Create extra storage space and more accessible hanging space by adding a second clothes rod that hangs from your existing closet rod. (\$8 - \$13) Suppliers: AMZ, GTO, STA

59 Place hanging clothing within easier reach by attaching a multi-loop hook to the clothes rod. Standard hangers are then hung in the loops. (\$5 - \$36 per set) Suppliers: AMZ, HMT, STA

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- 60** Use tools with long handles to more easily undertake household tasks.
- Featuring a non-allergenic, electrostatically charged fiber head, a long-handled duster reaches ceilings, cabinets, etc., and attracts dust. (\$15 - \$100) Suppliers: HMT, LIL, MKC, PLO, QVC, SPL, WDS
 - Use a long-handled dust pan and brush to clean up without having to bend over. (\$7 - \$25) Suppliers: HMT, MKC
 - Make cleaning your floors, walls, tubs, and showers easier by using a swivel-head mop or brush on a long handle; these facilitate cleaning hard-to-reach spots without bending or getting on your hands and knees. (\$7 - \$100) Suppliers: HMT, OXO, QVC, SAM, SPL, VER, WDS



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- 61** Clean overhead gutters without standing on a ladder by using a “gutter blaster” with long handle. (\$7 - \$30) Suppliers: MKC, SPL
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Memory Solutions

As we age, many of us may struggle to remember a name or forget where we put our glasses. Such occasional forgetfulness can be bothersome, but usually isn't serious.

But for some older people, memory problems signify a more serious problem such as mild cognitive impairment or dementia. Dementia is the loss of thinking, memory, and reasoning skills to the point where it seriously affects someone's ability to carry out daily activities.

People with Alzheimer's disease or other types of dementia need a safe home that will accommodate them as their disease progresses. Their caregivers need to look at the home through a new lens to identify and correct safety risks. The following solutions can help them create an environment that is safer and easier to manage.

(NOTE: Because the progression of dementia is unique to each individual, caregivers should tailor adjustments to those specific needs and make adjustments over time, as needed.)

Design and Other Ideas

- Keep people with dementia current about daily activities and important appointments by using memory aids such as a big calendar, a list of daily activities, and written instructions for various tasks.
- Help family member find kitchen items more easily by attaching pictures illustrating a cabinet's contents to the front of the cabinet door.
- Use appliances that have automatic shut-off devices, such as irons, toaster ovens and coffeemakers.
- Remove unnecessary furniture to make it easier for someone with dementia to navigate their way around a room and easily find their way out.

Products

- 1** Locate your misplaced keys or other items with a wireless key/object finder. Press a button on the locator device and an alarm attached to the lost item will sound if it is within 60 feet. (\$50 - \$80) Suppliers: BRK, ILA
- 2** Wear a timer around your neck to remind you of food in the oven, starting time for an event, or other important tasks. (\$5 - \$13) Suppliers: AMZ, HMT, LSS



- 3** Touch the photograph of a family member, friend, or service provider on the Photo Phone to automatically dial that individual. (\$30 - \$180) Suppliers: HIT, ILA, LSS, MAX, SAM. Photo-dialing attachments can also be purchased to be added to existing phones. (\$60 - \$70) Suppliers: LSS, MAX



- 4** Use a small digital recorder to keep track of schedules, phone numbers, “to do” lists, and other important information. (\$10 - \$160) Suppliers: ILA, LSS, MAX

- 5** Be reminded of the time to take your prescriptions by using a special organizer with a “voice reminder” and an audible or vibrating alarm. These organizers also include features to prevent persons from taking too many pills or from taking their pills at the wrong time. Some also document that medication was dispensed or include reminders for other tasks such as blood pressure monitoring; some can be secured to the wall so they are not misplaced. (\$40 - \$600) Suppliers: EPL, TWS

- 6** Install a motion sensor alarm on doors and windows to alert household members of an individual’s attempt to wander from the home. (\$10 - \$87) Suppliers: HSS, MAX, SMT. Special alarms for garage doors are also available. (\$24) Supplier: MAX

- 7** Place a water alert sensor in a sink, tub, or basement to signal a flood or overflow. When the water alert sensor is activated, it sends a loud signal to the receiver, providing audio and visual indicators. (\$13 - \$356) Suppliers: HOM, HSS, LOW, MAX, SMT, SPL

- 8** Store important emergency, medical and personal contact information in the IdentityPal personal USB identification tag so that this data is available in the event the wearer of this small USB storage device becomes lost or cannot communicate his or her needs. (\$45 - \$50) Suppliers: QVC, SMT



Fire and Burn Safety Solutions



Our homes contain many fire hazards, including one we don't like to think about – ourselves. Most fires do not start spontaneously, but result from our unintentional actions or oversights.

As we age, even the healthiest among us have increased fire and burn risk. Changes in reflexes and dexterity may slow reaction time. Changes in skin can diminish the sensation of pain. Decreased lung capacity can exacerbate smoke inhalation injury. Limitations in vision, hearing or judgment can hinder the ability to detect a fire or escape its effects.

The following design ideas and products can help you be prepared and protect yourself and your loved ones from the dangers of fire.

Design and Other Ideas

- Buy a range with staggered burners on the top and with controls at the front to eliminate any need to reach over hot burners, pots and pans.
- When replacing wallcoverings or flooring, check to be sure that new materials are “Class A” or “Type I,” meeting the most stringent fire safety standards.
- Set the hot water heater at a safe temperature (110-120 degrees). Most hot water heaters have been set at 150 degrees, a temperature that can cause severe burns in thirty seconds or less.

Products

1 Install an anti-scald mechanism on the pipes under the bathroom and kitchen sinks. The mechanism automatically mixes hot and cold water to a pre-set, non-scalding temperature. (\$48 - \$100) Suppliers: ANT, SPK

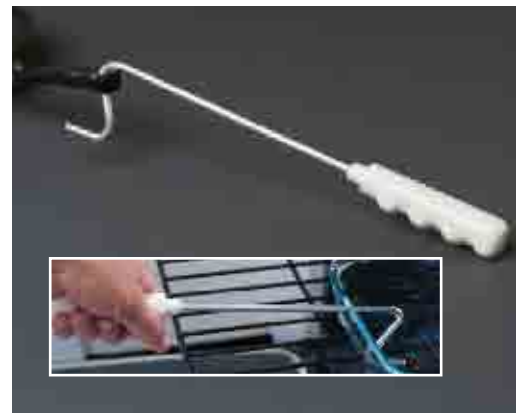
2 Install an anti-scald safety valve on all shower heads and faucets to protect against hot water scalding. These valves instantly react to scalding hot water by reducing the spray to a trickle. Or install a shower head and shower stopper that automatically shuts off when water becomes too hot. (\$40 - \$100) Suppliers: ANT, SPK

3 Replace pot holders with heat resistant, firm, comfortable grips that slip over the handles of saucepans and skillets. (\$6 to \$7) Suppliers: HEA, MAX



4 Reduce the potential for burns with an elbow length, flame retardant oven mitt or a special heat resistant glove that protects hands when removing items from a hot oven, changing light bulbs, or placing logs on the fire. (\$3 - \$24) Suppliers: CHE, HEA, HMT, ILA, LSS, MAX, QVC, SAM, SOL

5 Use a notched wooden or curved metal stick to push or pull hot oven racks or dishes within the oven. (\$3 - \$13) Suppliers: MAX, LSS, SAM



6 Snap a cool-touch oven guard onto the front edge of an oven rack to protect your arms from contact with the rack when reaching into a hot oven. The oven guard remains on the oven rack between uses. (\$20 - \$24/set of 2) Suppliers: ILA, LSS, MAX, SPL, TAY

7 Prevent hot grease or bubbling water from splattering onto arms or stove top by covering pans with splatter screens. (\$4 - \$20) Suppliers: CHE, LIL, MAX, MKC

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- 8** Microwave your food in a “cool touch” bowl that remains cool during cooking and prevents burns to your fingers. The unique handle allows you to hold the bowl with only one hand and a special lid prevents spatters. (\$7 - \$15) Suppliers: AMZ, MAX, TAY
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- 9** Use a portable induction cooktop for safer cooking. Because it heats only when a pan sits on the cooking surface, and stops delivering heat seconds after the pan is removed, it is safe to the touch and energy efficient. Some models include an automatic shut-off feature, touch controls, digital timers, and can be built into the kitchen counter. (\$100 - \$300) Suppliers: AMZ, BBB, CHE, ILA
-
- 10** Hang a fire extinguisher or “flame-stop” spray in the kitchen to use on small fires. A third of all home fires start in the kitchen. (\$10 - \$180) Suppliers: FIR, HMT, HOM, LOW, MFA, MIL, ZEE
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- 11** For added protection in case of a fire, use fire retardant foams and fabrics on upholstered furniture. Look for fire retardant window treatments and drapery sheers. Supplier: COR.
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- 12** Have available a fire resistant blanket that extinguishes flames when thrown on small fires, including stovetop, toaster or oven fires. (\$41 - \$245) Suppliers: JLI, MFA, ZEE
-
- 13** To enhance fire safety in the bedroom, cover your mattress with a fire retardant mattress cover. (\$10 - \$16) Suppliers: AMZ, BBB, MAX
Buy a mattress with fire retardant foam. (\$180 - \$730) Suppliers: DMS, SER Use a fire retardant wool blanket on the bed. (\$20) Suppliers: BBB, JCP, MFA, QVC, ZEE
-
- 14** Use fire resistant wastebaskets. (\$18 - \$330) Suppliers: CHE, MIL, OFF
-
- 15** Install smoke detectors throughout your home, particularly in or near your bedroom. Most home fire fatalities occur between 10:00 p.m. and 6:00 a.m. when people are most likely to be asleep. Some smoke detectors include special features as automatic flashlights, “talking” messages, flashing strobe lights, or vibration for the visually- or hearing-impaired. (\$8 - \$190) Suppliers: CMP, FIR, HIT, HOM, HSS, ILA, LOW, MAX, MIL, QVC, SPL
-
- 16** Mark the location of bedrooms of children, older adults or physically challenged individuals with highly visible decals that alert firefighters to clear marked area first. (\$3 - \$4 for two) Supplier: PER
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- 17** Plan for an expedient escape from the second or third story of your home in the event of a fire; purchase a folding escape ladder that hooks over the window sill. (\$40 - \$215) Suppliers: BLD, BRK, HOM, IMP, LOW, PER, SPL



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- 18** Make sure your iron, toaster oven, coffee pot or other heat-producing appliance includes an automatic shut-off feature. (Iron \$20 - \$90) Suppliers: B&D, MAX, QVC (Toaster Oven \$40 - \$200) Suppliers: B&D, QVC (Coffee Pot \$23 - \$235) Suppliers: B&D, CHE, QVC
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- 19** Plug TVs, computers, microwave ovens or other appliances into surge protectors to prevent electrical fires in the event of a power surge. (\$6 - \$120) Suppliers: HOM, LOW, MAX, MIL, OFF, QVC, RAD, SPL

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- 20** Use a fire retardant ironing board cover. (\$22 - \$27) Suppliers: BBB, HMT, QVC, TAR

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- 21** Battery-powered flameless candles eliminate the risk of accidental candle fires. (\$6 - \$60 per set) Suppliers: BBB, QVC, SOL, TAY

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- 22** Use a portable or travel smoke alarm when it's not easy to install other types of smoke detectors or when traveling. Some products include a flashing light as well as an audible alarm to alert those with visual and hearing impairments of a potential fire. Some include a travel security alarm. (\$75 - \$166) Suppliers: AMZ, GIS, WTG



More Simple Solutions



The following ideas and products are just a few more ways to help create a home that can be safer and more comfortable and livable for everyone.

Products

- 1** Protect yourself with a plug-in or hardwired carbon monoxide detector/alarm that does not require batteries. Some include a gas alarm, battery back-up, strobe lights and “talking” voice alert features. (\$20 - \$220) Suppliers: FIR, HOM, LOW, MAX, MIL, SPL
- 2** Install lighted switch plates that glow in the dark and are easy to see in a dark room. (\$2) Suppliers: AMZ, MAX
- 3** Be ready for a power outage; have an emergency flashlight that is recharged by winding a hand crank for about a minute to provide 30 to 60 minutes of light. Some also feature radios and cell phone chargers. (\$11 - \$40) Suppliers: BRK, MAX, TAY
- 4** Stay safe during an extended power outage; use a portable emergency lantern with krypton or LED bulbs that are brighter and last longer than standard bulbs, offering 20 to 40 hours of illumination. (\$9 - \$40) Suppliers: AMZ, MKC, ORV, TAY, WDS
- 5** Fit the bathroom spigot with a flexible sink hose that screws on and off easily for washing hair and other personal grooming. (\$9 - \$25) Suppliers: HMT, HOM, LOW

6 Use a handy, seven-day pill reminder box to organize medications for an entire week. (\$1 - \$25) Suppliers: DYL, ILA, LSS, MAX, MKC, TAY, WDS

7 Divide pills in half easily and safely. Use a pill splitter that cuts the pill inside of a plastic case when pressure is applied to the top of the case. Some models also crush pills, open containers, pop pills out of foil packets, or come with pill bottle openers. (\$6 - \$13) Suppliers: HMT, ILA, LSS, MAX, MKC, SAM



8 Do not leave knives loose in a drawer. Protect yourself from potential cuts by using knife guards. (\$3 - \$8 set of knife/guard) Suppliers: CAM, JCP, QVC

9 If you have a shortage of electrical outlets in the kitchen, buy a UL listed outlet extender with surge protector or circuit breaker, and install under an overhead cabinet (out of sight) or on the wall. (\$10 - \$55) Suppliers: HMT, HOM, LOW, MIL, QVC, RAD

10 Boil water with greater speed and safety by using an electric tea kettle, which whistles and shuts off automatically when the water has boiled. (\$20 - \$160) Suppliers: B&D, CHE, HMT, QVC, VER

11 Use a cordless portable heater with automatic shut-off that plugs directly into an electrical outlet. It will not tip over and there is no cord to become a tripping hazard. (\$65 - \$70) Suppliers: HMT, SPL

12 Transport groceries, laundry, and other heavy items in a folding shopping cart. Some models can double as a walker. (\$18 - \$75) Suppliers: DRL, DYL, HMT, MKC, SAM, TAY, VER, WAL, WDS, WMT

13 Carry plastic shopping bags, milk jugs, and other containers more easily with a bag tote. The ergonomic handle with a hook slips over the bag handles and allows an individual to carry heavy and bulky items. (\$4 - \$18) Suppliers: DYL, SAM

14 A rolling laundry basket will eliminate the need to bend and lift a heavy basket of clothing. Some also feature a rack for hanging clothes. (\$19 - \$75)
Suppliers: AMZ, MKC, WDS

15 Make lawn chores easier by using a garden kneeler/sitter. The foam padding provides comfort and the sturdy locking steel frame handles assist the user in standing or kneeling. Some fold up for easy storage, while others have wheels for ease of movement. (\$33 - \$90) Suppliers: HMT, IMP, PLO, SAM, TAY, WDS



16 Minimize bending and lifting associated with raking and yard work by using a lawn bag holder. Simply place a standard bag into this frame for greater convenience. (\$8 - \$32)
Suppliers: AMZ, MKC

17 Rakes with ergonomic handles and which “grab” and lift the leaves from the ground to deposit into the bag enable the user to work without bending. (\$26 - \$50) Suppliers: QVC, HMT, WMT

18 See a larger, clearer, brighter image of persons outside your door with a peephole that magnifies the view outside the door on a 3” digital screen. (\$130) Suppliers: HAM, SOL. Video intercoms enable you to talk with visitors while viewing them outside your door. (\$200 - \$394)
Supplier: SMT

19 Be alerted to the delivery of mail to your mailbox by using a mailbox chime that “beeps” and flashes a light to signal the mail’s arrival. (\$45 - \$55)
Suppliers: AMZ, MAX, SPL

20 Hang a portable security alarm on interior knobs of exterior doors, or insert a similar device between the door and frame. This will warn against intruders with a loud alarm when pressure is placed on the door handle, and is ideal for travel. (\$10 - \$17) Suppliers: SPL, TAY

21 Install a portable security intercom at your door or driveway; this will allow you to identify visitors from anywhere inside the house. (\$13 - \$505)
Suppliers: DRL, HAM, HMT, HSS, MAX, RAD, SOL, TAY

22 Prevent potential intruders from entering doors and windows with a portable door/window security device; some sound a pulsating alarm when tampered with. (\$11 - \$50) Suppliers: HSS, MAX

23 Make a forced entry impossible, at home or while traveling, by using a device that fits between the floor and doorknob. When placed horizontally, the bar makes sliding glass doors immovable. Some include an alarm that sounds when entry is attempted. A wedge-shaped device is also available for doors. (\$5 - \$30) Suppliers: DRL, HAR, HMT, HOM, IMP, KMA, LOW, MAX, MKC, SPL, TAY, VER, WDS



24 Summon assistance from people within your home easily, quickly, and without shouting by using a personal pager that is portable and requires no wiring. (\$20 - \$80) Suppliers: DYL, ILA, MAX, SAM, SOL, SPL

25 Purchase or rent a personal emergency response system for added peace of mind. These systems allow individuals to live independently in their homes while having access to assistance 24 hours a day. Someone needing assistance touches a wireless remote call button that activates the system to dial a family member, neighbor, or emergency personnel. Purchased units will dial telephone numbers of your choice. Subscriber services will automatically send a signal to an emergency response center in case of an accident or other emergency. Suppliers: ADT, DYL, ILA, LIF, MAX

Supplier Guide

ABL

Ableware
661 Route 23 South
Wayne, NJ 07470
973-628-7600
973-305-0841 FAX
www.ableware.com

ACE

Ace Hardware
2200 Kensington Court
Oakbrook, IL 60523-2100
866-290-5334 OR 630-990-6600
www.acehardware.com
Check website for retail store
locations

ADT

**ADT Home Health Security
Services**
32100 US Highway 19 North
Palm Harbor, FL 34684
877-238-3880
www.adt.com/homehealth

ALS

Alsons Corporation
3010 West Mechanic Street
PO Box 282
Hillsdale, MI 49242
800-421-0001, option #1
517-439-9644 FAX
www.alsons.com
Check website for local supplier

ANT

Antiscald, Inc.
70-40 137th Street
Flushing, NY 11367
718-263-7126
718-263-1259 FAX
www.antiscald.com
Online purchase only

AMZ

Amazon.com
P.O. Box 81226
Seattle, WA 98108-1226
866-216-1072 OR 206-266-2992
www.amazon.com
Online purchase only

ARM

**Armstrong World Industries,
Inc.**
P.O. Box 3001
Lancaster, PA 17604
800-233-3823
717-396-4270 FAX
www.armstrongfloors.com OR
www.armstrong.com
Check website for retail store
locations

AUB

Aubuchon Hardware
95 Aubuchon Drive
Westminster, MA 01473
800-431-2712 or 978-874-0521
978-874-6692 FAX
www.aubuchonhardware.com
OR www.hardwarestore.com
Online purchase only

B&D

Black & Decker
701 E Joppa Rd.
Towson, MD 21280-5502
800-743-8625
www.blackanddeckerappliances.
com
Check website for retail store
locations

BAT

BathEase, Inc.
3815 Darston Street
Palm Harbor, FL 34685
888-747-7845
813-786-2604 FAX
www.bathease.com

BBB

Bed, Bath and Beyond
650 Liberty Avenue
Union, NJ 07083
800-462-3966
973-785-4255 FAX
www.bedbathandbeyond.com
Check website for retail store
locations

BEN

Beneke
1 Tuffy Lane
Columbus, MS 39701
800-647-1042 (ask for Beneke
Customer Service)
www.sppi.com/catalog.php?id=
141

BLD

Bold Industries
PO Box 2193
Westport, CT 06880
800-736-4022
www.boldindustries.com OR
www.resqladder.com
Online purchase only

BRK

Brookstone, Inc.
One Innovation Way
Merrimack, NH 03054
800-926-7000 OR 800-846-3000
573-581-7361 FAX
www.brookstone.com
Check website for retail store locations

CHF

Chef's Catalog
5070 Centennial Boulevard
Colorado Springs, CO 80919
800-338-3232
800-967-2433 FAX
www.chefscatalog.com

CMP

Camping World
PO Box 90017
Bowling Green, KY 42102-9017
888-626-3636 OR
800-416-7757
800-334-3359 FAX
www.campingworld.com

CON

Container Store
500 Freeport Parkway
Coppell, TX 75019
888-266-8246
972-538-7626 FAX
www.containerstore.com
Check website for retail store locations

COR

Coral of Chicago
102 Madison Ave., 6th Floor
New York, NY 10016
301-535-3694
www.csamelson.com
Call Ailene Werner for information

DMS

Devine Medical Supplies
9950 Bell Ranch Dr., Suite 101
Santa Fe Spring, CA 90670
562-944-5640
562-944-5680 FAX
www.devinemedical.com
Online purchase only

DRL

Dr. Leonard's Health Care Catalog
100 Nixon Lane
P.O. Box 7823
Edison, NJ 08818-7823
800-785-0880
732- 572-2118 FAX
www.drleonards.com

DYL

Dynamic Living
95 West Dudleytown Road
Bloomfield, CT 06002
888-940-0605
860-243-1910 FAX
www.dynamic-living.com
Online purchase only

ELI

Elights.com
119 Rockland Center #305
Nanuet, NY 10954-2964
888-844-3332
888-844-3335 FAX
www.elights.com
Online purchase only

EPL

e-pill, LLC
49 Walnut Street, Building 4
Wellesley, MA 02481-2175
800-549-0095 OR 781-239-2941
781-235-3252 FAX
www.epill.com
Online purchase only

FIR

First Alert
407 N. Quentin Road
Palatine, IL 60067-4832
847-991-4385 OR 800-323-9005
847-991-7189 FAX
www.firstalertstore.com
Check website for retail store locations

FOR

Forbo Flooring
Humboldt Industrial Park
PO Box 667
Hazelton, PA 18201
570-459-0771
570-450-0258 FAX
www.forboflooringna.com
Check website for local supplier

GTO

Get Organized

600 Cedar Hollow Road
Paoli, PA 19301
800-829-1133 OR 610-725-1100
www.shopgetorganized.com

HAM

Hammacher Schlemmer

9180 Le Saint Drive
Fairfield, OH 45014
800-543-3366 OR
800-321-1484
800-440-4020 FAX
www.hammacher.com

HAN

Hancock Fabrics

1 Fashion Way
Baldwyn, MS 38824
877-322-7427
www.hancockfabrics.com
Check website for retail store
locations

HAR

Harriet Carter

425 Stump Road
North Wales, PA 19455
800-377-7878
www.harrietcarter.com OR
www.harrietcartergifts.com

HIT

HITEC (also known as
Clearsounds)

1743 Quincy Ave, Suite 155
Naperville, IL 60540
800-288-8303 OR
800-536-8890 TTY
888-654-9219 FAX
www.hitec.com OR
www.clearsounds.com

HMT

Home Trends

PO Box 20403
Rochester, NY 14602-0403
888-815-0814 OR 800-810-2340
585- 889-8686 FAX
www.hometrendscatalog.com

HOM

The Home Depot

2455 Paces Ferry Rd, NW
Atlanta, GA 30339-4024
800-553-3199
www.homedepot.com
Check website for retail store
locations

HON

Honeywell International, Inc.

1985 Douglas Drive North
Golden Valley, MN 55422
800-468-1502
www.honeywellstore.com
Check website for retail store
locations

HSS

Home Security Store

1760 Chicago Avenue, Ste L21
Riverside, CA 92507
888-501-7870 OR 951-782-8494
951-782-8499 FAX
www.homesecuritystore.com
Online purchase only

ILA

Independent Living Aids, Inc.

P.O. Box 9022
Hicksville, NY 11802-9022
800-537-2118
516-937-3906 FAX
www.independentliving.com

IMP

Improvements

5568 West Chester Road
West Chester, OH 45069-2914
800-643-9484
800-757-9997 FAX
www.improvementscatalog.
com

JCP

J.C. Penney

6501 Legacy Drive
Plano, TX 75024
800-222-6161
www.jcpenney.com
Check website for retail store
locations

JES

JES Lighting

5605 West Hemlock
Milwaukee, WI 53223
414-760-3377
414-760-3380 FAX
www.jeslighting.com

JLI

JL Industries Incorporated

4450 W. 78th Street Circle
Bloomington, MN 55435
800-554-6077
952-835-2218 FAX
www.jlindustries.com
Online purchase only

KCL

Kichler Lighting

7711 E. Pleasant Valley Road
Cleveland, OH 44131-8010
866-558-5706
www.kichler.com
Check website for local
supplier

KMA

Kmart
 3333 Beverly Rd
 Hoffman Estates, IL 60179
 866-562-7848
 www.kmart.com
 Check website for retail store
 locations

KOH

Kohler Company
 444 Highland Drive
 Kohler, WI 53044
 800-456-4537
 www.kohler.com
 Check website for retail store
 locations

LIF

Philips Lifeline
 111 Lawrence Street
 Framingham, MA 01702-8156
 800-543-3546
 800-448-0107 FAX
 www.lifelinesys.com

LIL

Lillian Vernon Corporation
 100 Lillian Vernon Drive
 Virginia Beach, VA 23479-0002
 800-901-9291
 www.lillianvernon.com

LMP

Lamps Plus
 20250 Plummer Street
 Chatsworth, CA 91311
 800-782-1967
 www.lampsplus.com
 Check website for retail store
 locations

LOW

**Lowe's Home Improvement
 Warehouse Store**
 PO Box 1111
 North Wilkesboro, NC 28656
 800-445-6937
 www.lowes.com
 Check website for retail store
 locations

LSS

LS&S Group, Inc.
 145 River Rock Drive
 Buffalo, NY 14207
 800-468-4789
 877-498-1482 FAX
 www.lssproducts.com

MAX

Maxi Aids
 42 Executive Blvd.
 Farmingdale, NY 11735
 800-522-6294
 631-752-0689 FAX
 www.maxiaids.com

MFA

Masune First Aid & Safety
 500 Fillmore Avenue
 Tonawanda, NY 14150
 800-831-0894
 800-222-1934 FAX
 www.masune.com

MIL

Miller's Office Products
 PO Box 1335
 Newington, VA 22122
 800-451-3370
 800-451-3385 FAX
 www.millersop.com

MON

Montgomery Ward
 Order Processing Department
 PO Box 8994
 Madison, WI 53794-0404
 888-557-3848
 800-814-1650 FAX
 www.wards.com

MKC

Miles Kimball Company
 250 City Center
 Oshkosh, WI 54906
 800-546-2255
 800-699-6993 FAX
 www.mileskimball.com

MMM

3-M Company
 Product Information Dept.
 St. Paul, MN 55144-1000
 888-364-3577
 800-713-6329 FAX
 www.3m.com OR
 www.mmm.com
 Check website for local
 supplier

NAT

Nature's Tapestry
 1236 D Street
 Salida, CO 81201
 877-647-4719
 www.naturestapestry.com
 Online purchase only

Supplier Guide

NEW

Newcastle Fabrics Corp.

140 – 58th Street, Box 112,
Suite 9 West
Brooklyn, NY 11220
718-782-5560
718-782-7367 FAX
www.newcastlefabrics.com
Available through a local
window treatment fabricator

NSP

No Skidding Products, Inc.

266 Wildcat Road
Toronto, Ontario
M3J2N5 Canada
800-375-0571
800-656-6153 FAX
www.noskidding.com

OFF

Office Depot

6600 N. Military Trail
Boca Raton, FL 33496-2434
800- 463-3768
800-685-5010 FAX
www.officedepot.com
Check website for retail store
locations

ORV

The Orvis Company

1711 Blue Hills Drive
Roanoke, VA 24012-8613
888-235-9763
540-343-7053 FAX
www.orvis.com
Check website for retail store
locations

OXO

OXO

OXO Consumer Care Center
1331 South Seventh Street,
Second Floor
Chambersburg, PA 17201
800-545-4411
717-709-5350 FAX
www.oxo.com
Check website for retail store
locations

PAM

The Pampered Chef

1 Pampered Chef Lane
Addison, IL 60101
800-266-5562
www.pamperedchef.com
Call or check website for local
supplier

PER

Perfectly Safe

7090 Whipple Avenue
North Canton, OH 44720
800- 898-3696, #2
330- 244-9518 FAX
www.kidsstuff.com OR
www.perfectlysafe.com
Online purchase only

PLO

Plow & Hearth

P.O. Box 6000
Madison, VA 22727-16500
800- 494-7544
800-843-2509 FAX
www.plowhearth.com

PRO

Progress Lighting

701 Millennium Blvd
Greenville, SC 29607
800-453-2138
800-889-0729 FAX
www.progresslighting.com
Check website for local supplier
or retail store

QVC

QVC

1200 Wilson Drive at Studio
Park
West Chester, PA 19380
800-367-9444 OR 888-345-5788
www.qvc.com
Online purchase only

RAD

Radio Shack

Riverfront Campus, Mail Stop
#CF3-311
300 RadioShack Circle
Fort Worth, TX 76102-1964
800-843-7422
www.radioshack.com
Check website for retail store
locations

RSS

ReadySetSports.com (serviced by QVC)

1200 Wilson Drive at Studio
Park
West Chester, PA 19380
800-367-9444 OR 888-345-5788
www.readysetsports.com
Online purchase only

S&S

S&S Worldwide Primelife
 P.O. Box 513
 75 Mill Street
 Colchester, CT 06415-0513
 800- 288-9941
 800-566-6678 FAX
 www.ssw.com

SAM

**Sammons Preston
 Enrichments, Inc.**
 270 Remington Boulevard
 P.O. Box 5071
 Bolingbrook, IL 60440-5071
 800-323-5547
 800-547-4333 FAX
 www.sammonspreston.com
 OR
 www.pattersonmedical.com

SER

Serta, Inc.
 3 Golf Center #392
 Hoffman Estates, IL 60169
 888-557-3782
 630-285-9330 FAX
 www.serta.com
 Check website for retail store
 locations

SMT

Smarthome, Inc.
 16542 Millikan Avenue
 Irvine, CA 92606-5027
 800-762-7846
 800-242-7329 FAX
 www.smarthome.com

SOL

Solutions
 PO Box 127
 Jessup, PA 18434
 800-342-9988 OR 877-718-7901
 800-821-1282 FAX
 www.solutionscatalog.com OR
 www.solutions.com

SPK

Speakman
 P.O. Box 191
 Wilmington, DE 19899-0191
 800-537-2107
 800-977-2747 FAX
 www.speakmancompany.com

SPL

**Sporty's Preferred Living
 Catalog**
 Clermont County/Sporty's
 Airport
 2001 Sporty's Dr.
 Batavia, OH 45103-9747
 800-776-7897
 800-543-8633 FAX
 www.preferredliving.com OR
 http://sportys.com/preferredliving/

STA

Stacks & Stacks Homewares
 1045 Hensley Street
 Richmond, CA 94801
 800-761-5222
 510-215-5993 FAX
 www.stacksandstacks.com
 Online purchase only

SWF

Springs Window Fashions
 8467 Route 405 Highway
 PO Box 500
 Montgomery, PA 17752
 877-792-0002
 www.springswindowfashions.
 com OR www.baliblinds.com
 Check website for local supplier

SWM

Sherwin Williams
 101 West Prospect Avenue
 Cleveland, OH 44115
 800-474-3794
 216-566-2947 FAX
 www.sherwin-williams.com
 Check website for retail store
 locations

TAR

Target
 1000 Nicollet Mall
 Minneapolis, MN 55403
 800.591.3869 OR 800-440-0680
 612-696-5400 FAX
 www.target.com
 Check website for retail store
 locations

TAY

Taylor Gifts
 600 Cedar Hollow Road
 Paoli, PA 19301
 800-829-1133 OR 610-725-1100
 610-725-1144 FAX
 www.taylorgifts.com

Supplier Guide

TWS

The Wright Stuff, Inc.

111 Harris Street
Crystal Springs, MS 39059
877-750-0376 OR 601-892-3115
601-892-3116 FAX
www.wrightstuff.biz

VER

The Vermont Country Store

P.O. Box 6999
Rutland, VT 05702
802-776-5730 OR 802-776-5731
802-362-0285 FAX
www.vermontcountrystore.com

WAL

AARP Health Essentials

Catalog from Walgreens
(formerly AARP Pharmacy
Services)
PO Box 1046
Deerfield, IL 60015
866-202-4020
http://aarp.walgreens.com/health_essentials/default.jsp

WDS

Walter Drake & Sons

P.O. Box 3680
Oshkosh, WI 54903-3680
800-525-9291
888-252-8462 FAX
www.wdrake.com

WIL

Wilton Industries – COPCO

2240 W. 75th Street
Woodridge, IL 60517
800-794-5866
888-824-9520 FAX
www.wilton.com OR
www.copco.com
Check website for retail store
locations

WMT

Walmart

702 SW 8th Street
Bentonville, Arkansas 72716
800-925-6278
479-277-1830 FAX
www.walmart.com
Check website for store
locations

WTG

Walkabout Travel Gear

444 Moore Lane
Healdsburg, CA 95448-4815
800-852-7085
888-722-0567 FAX
www.walkabouttravelgear.com
Online purchase only

ZEE

Zee Medical, Inc.

22 Corporate Park
Irvine, CA 92606
888-225-5933
562-695-2761
www.zeemedical.com

Home Checklist

Make Your House a Home for a Lifetime

Use this handy, room-by-room checklist to assess the comfort, convenience, safety, and security of your home. Each time you answer no to a question, you have identified an opportunity for improvement. By using some of the ideas presented throughout this guidebook, you can make your house a home for a lifetime.

THROUGHOUT THE HOUSE	YES	NO
Are smoke detectors installed on each floor of the home, including one near the sleeping area?	<input type="radio"/>	<input type="radio"/>
Do you replace smoke detector batteries at least once a year?	<input type="radio"/>	<input type="radio"/>
Do wall coverings and flooring materials meet the most stringent fire safety standards (fire rated Class A or Class I)?	<input type="radio"/>	<input type="radio"/>
Are furnishings and draperies made with fire retardant materials?	<input type="radio"/>	<input type="radio"/>
Is there a sufficient and evenly distributed level of lighting throughout the house and at exterior doors and walkways? Has additional lighting been installed where safety hazards exist?	<input type="radio"/>	<input type="radio"/>
Is your home's hot water adjusted to a safe temperature (110-120 degrees)?	<input type="radio"/>	<input type="radio"/>
Are paths through rooms well lighted and free of obstructions?	<input type="radio"/>	<input type="radio"/>
Is your home free of thresholds that may trip or hinder movement?	<input type="radio"/>	<input type="radio"/>
Is your home free of scatter rugs? Or, as an alternative, have you secured area rugs and doormats with double-sided carpet tape or self-stick carpet mesh?	<input type="radio"/>	<input type="radio"/>
Have you considered replacing round doorknobs with lever handles? Or, as an alternative, purchase lever adapters to clamp onto round doorknobs.	<input type="radio"/>	<input type="radio"/>
Have you installed a portable security intercom that will allow you to identify visitors from anywhere inside the house?	<input type="radio"/>	<input type="radio"/>
Are emergency numbers posted at every telephone?	<input type="radio"/>	<input type="radio"/>
Have you considered having a personal emergency response system (PERS) connected to the telephone for added peace of mind? (The system comes with a portable button that is worn or that can be affixed to the wall within the bathroom, at bedside, and in the kitchen where more emergencies tend to take place.)	<input type="radio"/>	<input type="radio"/>

KITCHEN

YES NO

- Is good lighting available over the stove, counters, sink and other areas in which food preparation and other tasks take place? YES NO
- Are major appliances designed to reduce bending and reaching, i.e., wall oven and side-by-side refrigerator? YES NO
- Are stove/oven controls easy to reach, grasp and turn? YES NO
- Are they located at the front edge of the appliance? YES NO
- Is there high color contrast between the text of the controls and the background color of the range, washer/dryer, and other appliances? YES NO
- Is the size of the text easy to read? YES NO
- Is the counter at a comfortable working height? YES NO
- Is there a lower section of the counter at table height with a chair, or a work area which allows you to work while seated? YES NO
- Have you equipped your kitchen with safety items such as a fire extinguisher and small appliances with an automatic shut-off feature? YES NO
- Have you installed an anti-scald mechanism on the pipe under the kitchen sink that automatically mixes hot and cold water to a pre-set, non-scalding temperature? YES NO
- Have you equipped your kitchen with convenience gadgets such as jar and bottle opener, flexible sink hose, a long handled reacher to take light-weight items down from upper shelves, etc.? YES NO
- Are storage shelves/cabinets within easy reach? YES NO
- Is cabinet hardware easy to grasp? YES NO
- Have you considered installing lever-type faucet handles in the kitchen sink? YES NO
(Or, as an alternative, you can purchase a gripper tap turner to convert standard handles and controls on appliances and other equipment into lever-type ones.)

BATHROOM

YES NO

Is there bright, non-glare producing lighting at the vanity counter, tub and shower? . . .

Is the bathtub or shower easy to get into and out of?

Have you placed non-slip vinyl mats in bathtubs and showers to help guard against falls?

Are there well-secured grab bars installed in the shower or tub?

Is there a tub/shower seat in the bathing area?

Have you installed an anti-scald safety valve on shower heads and faucets to protect against hot water scalding?

Do the counter tops have rounded, rather than sharp, corners to reduce the potential for injury?

BEDROOM

YES NO

Are the mattress, pillows, and bedding made with fire retardant materials?

Is there a clear and well-lighted pathway from the bed to the bathroom?

Do you have a light or flashlight within easy reach of the bed?

Is there a telephone within easy reach of the bed?

Have you considered outfitting closets with easy-to-reach dual-height hanging clothes bars and shelves?

STAIRWAYS

YES NO

Are stairways uncarpeted and have the edges been marked with textured tape or rubber treads to reduce slipping?

Is the leading edge of the steps marked with a contrasting color tape to clearly delineate this potential safety hazard?

Are stairways well lighted so that each step, particularly the edges, can be clearly seen while going up and down?

Do stairways have two sturdy, easy-to-grip hand rails that run continuously from the top and extend beyond the edges of the first and last stairs?

Are stairways free of clutter?

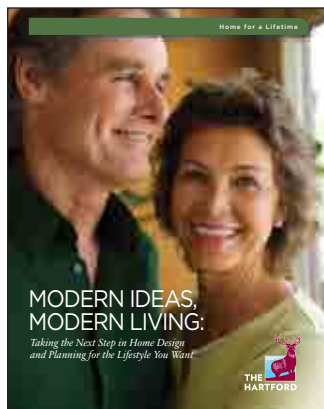
Resources from The Hartford



Simple Solutions: Practical Ideas and Products to Enhance Independent Living

This guidebook features more than 200 simple design ideas and household

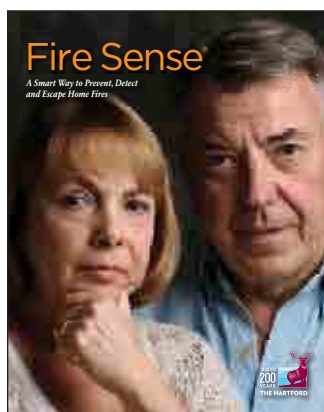
products that can make your home more comfortable, convenient and safe.



Modern Ideas, Modern Living: Taking the Next Step in Home Design and Planning for the Lifestyle You Want

This guidebook encourages you to think about the next

step in your lifestyle and how to ensure that your home will fit you, and provides information and ideas to help you think through the options and talk with people who are important to you about these decisions.



Fire Sense

This guidebook provides information on preventing, detecting and escaping a fire in your home.



It Could Happen to Me: Family Conversations about Disaster Planning

This guidebook provides information on helping your family prepare for – and more safely and confidently deal with – natural disasters.



The Calm Before the Storm: Family Conversations about Disaster Planning, Caregiving, Alzheimer's Disease and Dementia

This guidebook provides information to help caregivers of loved ones with

Alzheimer's disease or another type of dementia better plan for natural disasters and catastrophes.

Order These Guidebooks

To order FREE copies of these guidebooks, visit us on the Web at:

www.thehartford.com/lifetime.

If you do not have access to the Internet, you can order any of these guidebooks by writing to:

The Hartford
Publications Request
200 Hopmeadow Street
Simsbury, CT 06089

Please be sure to indicate the title(s) and quantity of the guidebooks you are ordering.

Other Valuable Resources for Making Your House a Home for a Lifetime

AARP

Visit www.aarp.org/housingresources and search for these phrases:

- Home improvement
- Universal design
- Aging in place

Alzheimer’s Association

Visit www.alz.org and search for this phrase:

- Safety at home

National Association of Home Builders (NAHB)

Visit www.nahb.org and search for these phrases:

- Home remodeling
- Learn about aging in place
- Universal design

National Kitchen and Bath Association

Visit www.nkba.org and search for this word:

- Remodel

National Resource Center for Supportive Housing and Home Modifications (University of Southern California)

Visit www.homemods.org and click on “Frequently Asked Questions” on topics such as:

- Home modifications
- Universal design
- Finding architects and contractors

The Hartford Advance 50 Team

The Hartford is one of the few companies in the United States with in-house experts on aging. For over 25 years, The Hartford has employed gerontologists to advance the creation and delivery of research, educational materials and innovative business solutions to enhance the quality of life for the 50+ market.

Simple Solutions: Practical Ideas and

Products to Enhance Independent Living

was created by The Hartford Advance 50 Team in collaboration with Joan A. Pease, principal, and her colleagues at Partners in Planning, Alexandria, Virginia, nationally recognized designers and planners of senior living environments.

This guide is intended to help individuals who seek information about the kinds of changes that can be made to a home environment to increase comfort, convenience and safety. It is not intended to be an exhaustive source or to relate to a particular housing situation. Readers are advised to consult the appropriate professionals to assist them in analyzing their situation and to refer to the sources identified in the section entitled "Resources" for additional information. All information and representations herein are made as of June 2011.

