A photograph of an elderly man with grey hair, smiling broadly and looking upwards and to the right. He is wearing a light-colored, long-sleeved sweater and is seated on a green sofa. A dark metal handrail with a gold-colored end cap is visible behind him. The background is a plain, light-colored wall.

You want to
live in your
own home.
On your own
terms.

A practical guide to comfort
and safety in the home

promenaid™
hold on to what matters

Aging in place means...



Living comfortably and safely in your own home as you grow older

Maintaining your autonomy to the greatest degree possible

Modifying your home, if necessary, to accommodate your changing needs

NOT changing or restricting your habits to accommodate your home

We all know that the most important contributors to wellbeing are balanced diet and regular physical activity, and that includes moving freely about the house.

Maintaining maximum mobility in your own home is part of a 'virtuous circle' that will help you live there longer, more comfortably, and in better health.

As we grow older we all experience some decline in our physical capabilities, be it our eyesight, our hearing, our strength, or our balance.

Fortunately, many of the steps you can take to overcome the effects of these changes in the home are surprisingly simple.

Even better, by adhering to these guidelines you will be making your home safer and more convenient for people of all ages and capabilities.

There are only five basic principles to follow:

1. Ensure adequate lighting
2. Remove anything that you can slip on or trip over
3. Provide handrails or grab bars wherever necessary
4. Protect yourself against electrical and fire hazards
5. Make sure that home furnishings are optimized for ease of use

Ensure adequate lighting

In general

Use natural light to the fullest by opening curtains, blinds, and shades during daylight hours

Install illuminated light switches that can be seen in the dark

Install closet lights

Install higher output light bulbs in all lamps. Compact fluorescent or LED light bulbs will produce more light than standard bulbs without exceeding the wattage rating of the fixture. *[See the light bulb conversion chart in 'Resources']*

In passageways

Increase lighting along passageways and entryway by using bulbs with a higher output

Install night-lights in hallways

Install flood lights with motion sensors outdoors

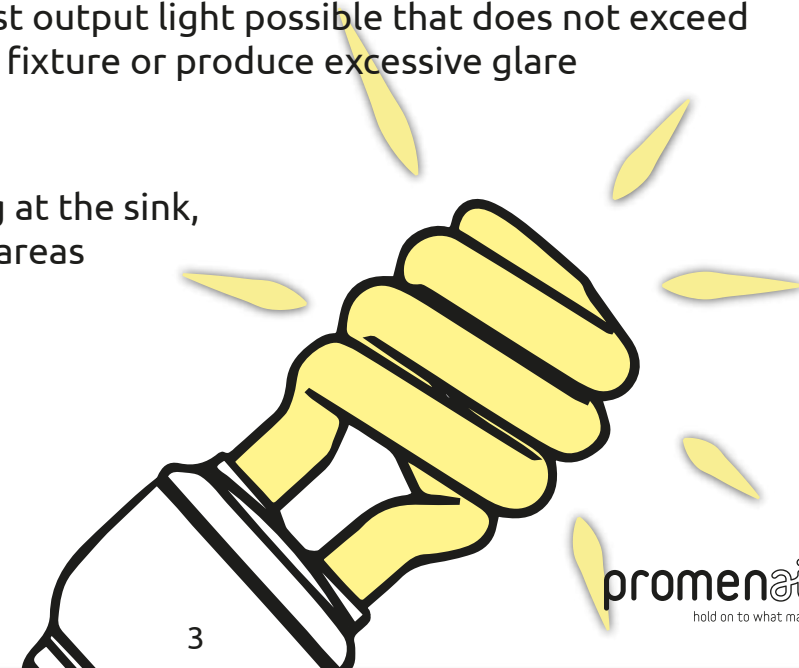
On stairs

Install light switches at the top and bottom of the stairs

Install the highest output light possible that does not exceed the rating of the fixture or produce excessive glare

In the kitchen

Add task lighting at the sink, stove, and work areas



Remove anything that you can slip on or trip over

In general

Arrange exposed electrical cords along the wall and remove all electrical cords from underneath furniture and carpeting

Remove all scatter or throw rugs

Remove or replace worn, torn, or loose carpeting. Secure undamaged carpeting with double-sided carpet tape

Make sure that no nail heads stick out from wooden floors

In passageways

Remove clutter and arrange furniture to allow for clear passageways

Install beveled, no-trip thresholds. Consider using a contrasting color for added visibility

Repair holes, loose bricks, or uneven pavement outdoors

Make sure that pavement is free of moss or mold

On stairs

Keep stairways clear of all objects

Replace worn, torn, or loose carpeting. Choose tightly woven low pile carpet with thin padding and with minimal pattern so as not to make steps hard to see

Replace or refinish worn stair treads

Add anti-slip adhesive strips to uncarpeted treads

In the bathroom

Use anti-skid mats or strips on bathtub and shower floors

Use only rubber-backed bathroom rugs or mats, or secure them with double-sided carpet tape

Provide handrails or grab bars wherever necessary

85% of falls in the home occur outside of bathrooms

More than half of all falls occur on flat surfaces, not stairs

Falls are the #1 accidental cause of hospitalization among seniors

To prevent injuries from falls, install handrails throughout the home

In passageways

Install handrails along passageways at a height of between 34 inches and 38 inches

Install handrails on outdoor walkways wherever there is a slope or where surfaces can become slippery with rain or ice

On stairs

Install handrails on both sides of all stairs, **even those with only one or two steps**

Where handrails exist, make sure that the brackets are tight and secure and able to support at least twice your weight

Handrails should comply with the ADA (Americans with Disability Act) Guidelines for ease of grip and prevention of falls. Railing cross section must be approximately round, between 1¼ inches and 2 inches in diameter. *[See handrail specification guide in 'Resources']*

In the bathroom

Install grab bars or, preferably, full-width railings in bathtub and shower

Install a grab bar or railing beside the toilet

Protect yourself against electrical and fire hazards

In general

Install smoke and carbon monoxide alarms on every floor.
Make sure that alarms can be heard in all bedrooms

Remove electrical cords from underneath furniture and carpeting to prevent fraying

In the bathroom and kitchen

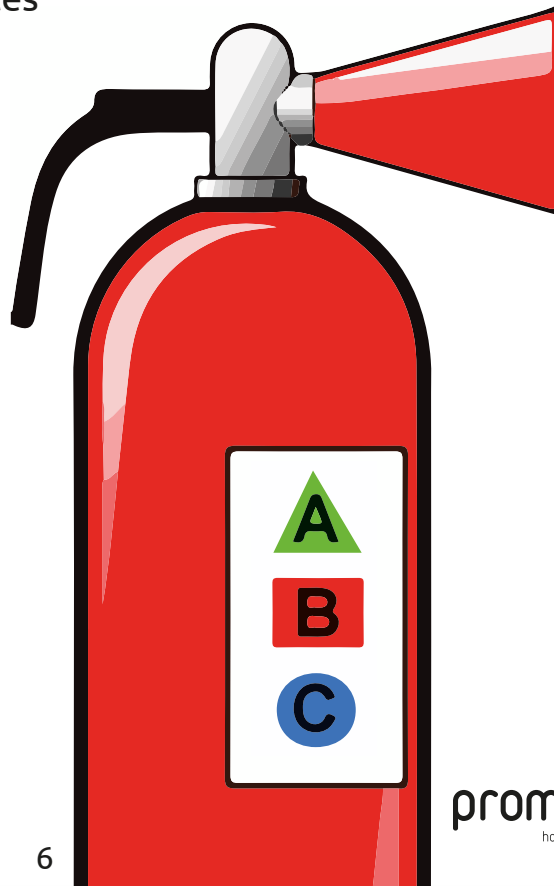
Set the water heater to 120° F to avoid scalding

Replace standard electrical outlets with GFI (Ground Fault Interrupter) outlets

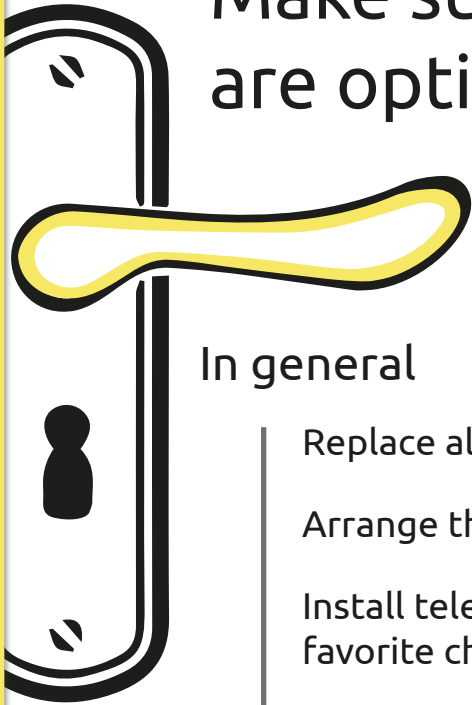
Never use electrical appliances near a filled sink

Unplug electrical appliances when not in use

Mount an ABC-rated fire extinguisher in an easy to reach place in the kitchen



Make sure that home furnishings are optimized for ease of use



In general

- Replace all door knobs with lever handles
- Arrange the bed for easy access to the bathroom
- Install telephone jacks or cordless phones next to the bed and favorite chairs
- Replace toggle-type light switches with rocker panel switches

In passageways

- Place a bench outside the entrance, to hold packages while you are opening the door

In the bathroom

- Install easy-to-use lever handles on sink, bathtub, and shower faucets
- Install a toilet seat riser or a higher comfort-height toilet
- Install a handheld or adjustable showerhead for easier bathing

In the kitchen

- Replace knobs with D-shaped handles on cabinets and drawers
- Install adjustable pull-down shelving for safe access to upper cabinets

Resources

Light bulb conversion chart

By replacing a standard light bulb with a Compact Fluorescent (CFL) or LED bulb, you can increase the output of a 40-Watt lamp to the equivalent of 150 Watts or more without exceeding the maximum power rating of the fixture.

Bulb type	Light output (lumens)			
	450	800	1600	2600
Standard	40	60	100	150
Compact fluorescent	10	14	23	42
LED	6	9	18	26

Power consumption (Watts)

Handrail specification guide

ADA (Americans with Disabilities Act) Standards

<http://www.ada.gov/regs2010/2010ADASTandards/2010ADASTandards.htm#pgfid-1006316>

Recommended for safety and mobility in all locations:

Handrails must be installed on both sides of all stairs and ramps.

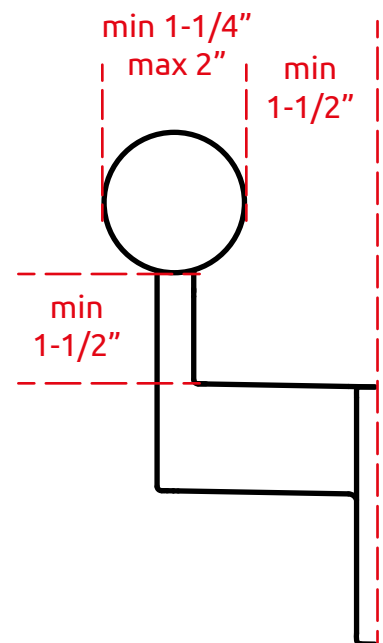
Handrails must be continuous.

The top surface of the handrail must be between 34 and 38 inches above the walking surface.

There must be 1½ inches clearance between the handrail and the wall, and between the bottom surface of the handrail and the horizontal projection of the bracket (see diagram).

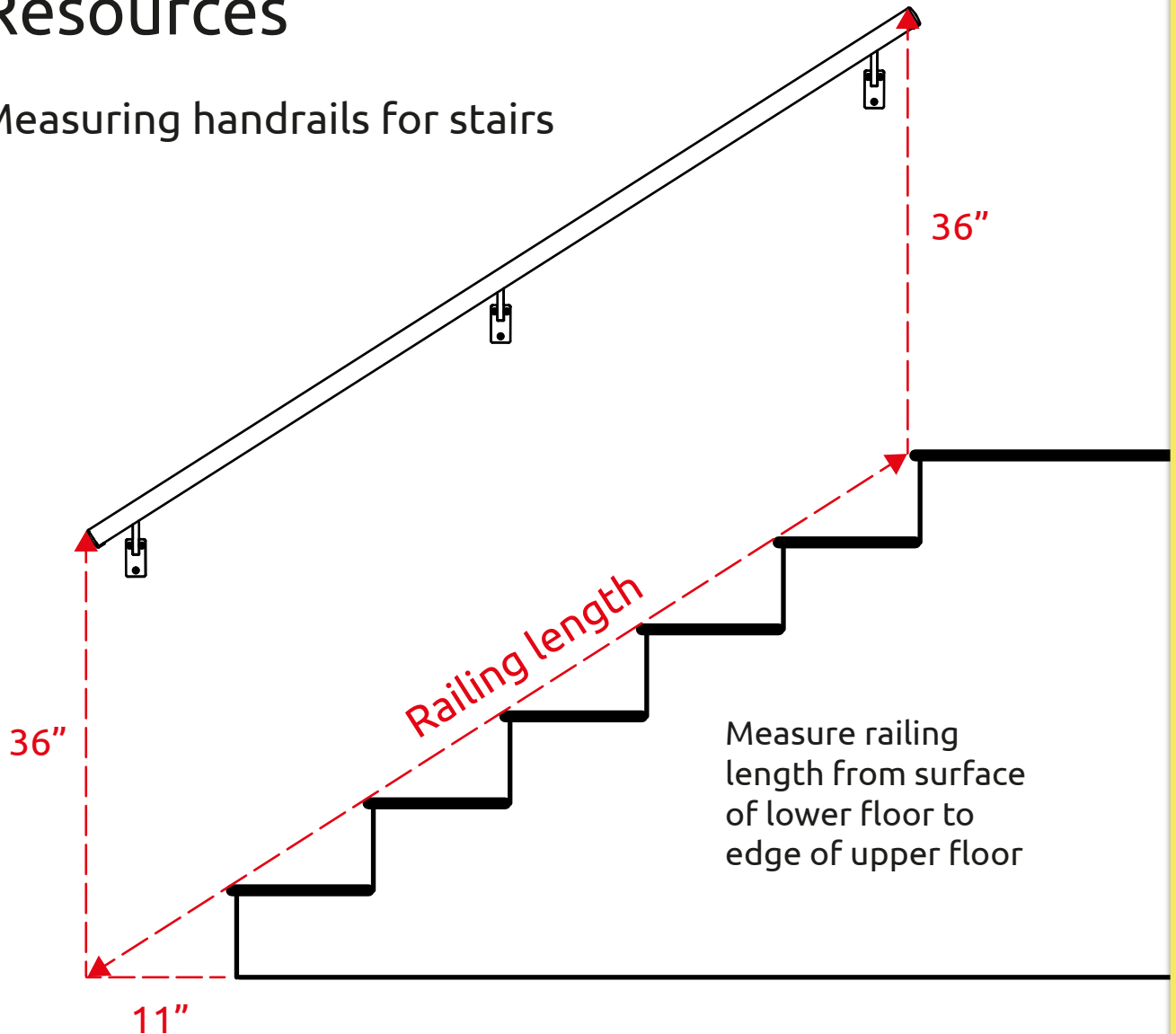
Handrails should be round in cross section, with a diameter between 1¼ inches and 2 inches.

Non-circular cross sections cannot exceed 2¼ inches in any dimension or 6¼ inches in circumference.



Resources

Measuring handrails for stairs



For additional information

Americans with Disabilities Act - Standards and Regulations:

www.ada.gov/2010_regs.htm

Certified Aging in Place Specialists:

www.nahb.org/generic.aspx?sectionID=717&genericContentID=8484

AARP Aging in Place information:

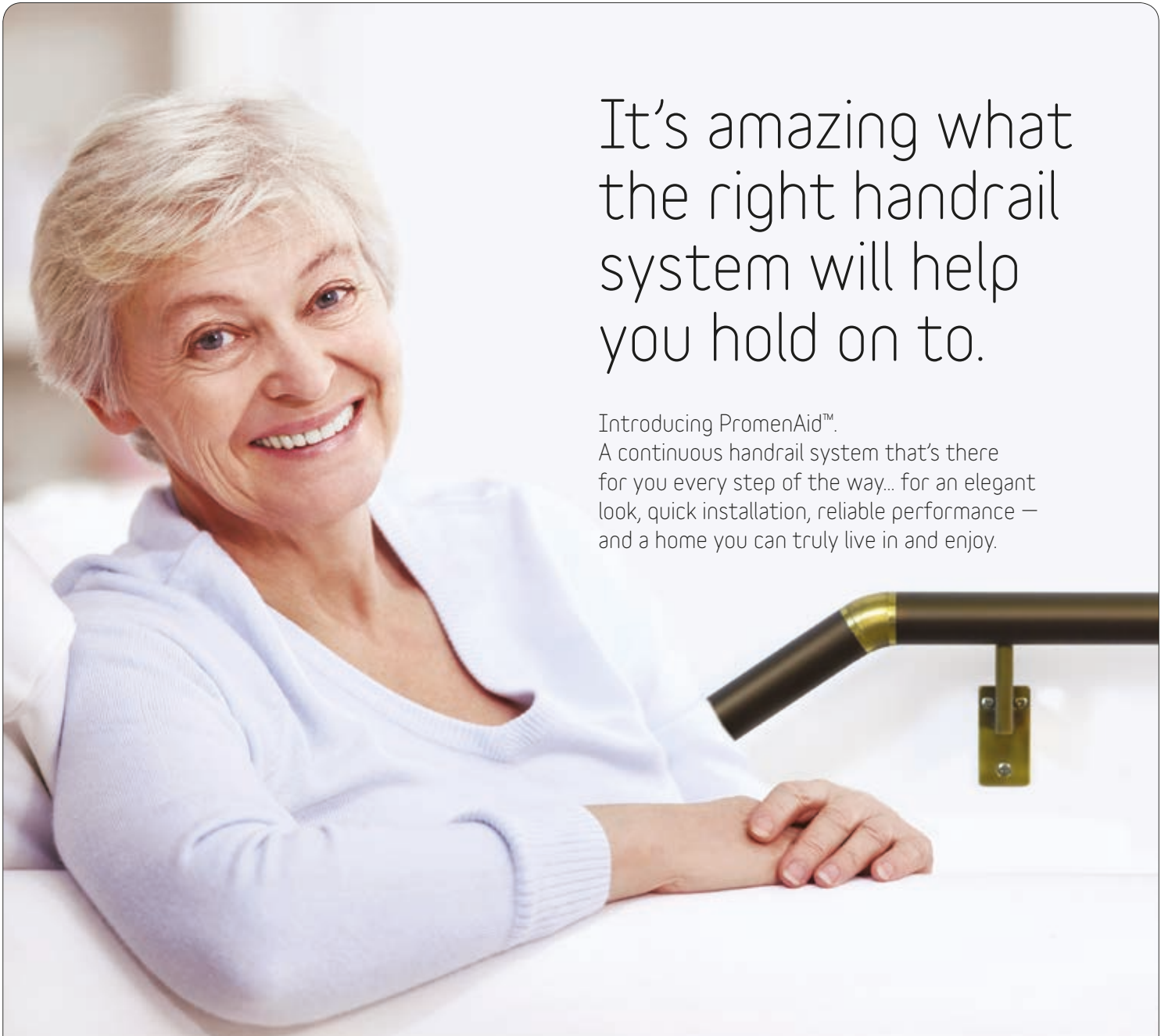
www.aarp.org/livable-communities/info-2014/is-your-home-livable.html

PromenAid Handrails:

www.promenaid.com

It's amazing what the right handrail system will help you hold on to.

Introducing PromenAid™. A continuous handrail system that's there for you every step of the way... for an elegant look, quick installation, reliable performance — and a home you can truly live in and enjoy.



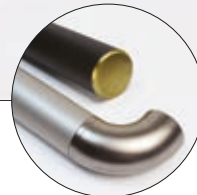
Rail available in any length — to the inch! Continuous channel for sliding brackets.

Brackets align even to irregular studs. Support 500 lbs each. Slide, twist, secure. Simple!

Unique articulating joint for precise corner connections and slope changes.

Snap-on endcaps: Flush-fit or 90° ADA returns.

Aluminum rail, plated hardware, and stainless steel fasteners for indoor/outdoor performance.



United States Patent 8356802



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