



# INDEPENDENT LIVING

## HOW TO ADAPT YOUR HOME TO STAY INDEPENDENT FOR LONGER



As you grow older, the thought of leaving your family home is as terrifying as it is heartbreaking. When everyday tasks like answering the door or managing stairs become a problem, making small adaptations to your home may enable you to live independently for longer. Sometimes just a small change can make a big difference.

Some suggested small adaptations or equipment could include:

### ACCESS TO YOUR HOME

- Outdoor lights for better visibility

### MOVING AROUND YOUR HOME

- Fitting a second banister on a staircase
- Walking frames or trolleys
- Moving light switches, door handles or entry phones to more convenient heights

### BATHING

- Installing grab rails in a bathroom
- Adding a bath seat or electric bath lift
- Perching stools in your kitchen or shower
- Flood detectors

Larger adaptations may be required if your mobility or eyesight becomes severely impaired such as:

- Installing a downstairs bathroom
- Fitting a stair lift
- Widening doorways
- Lowering worktops in the kitchen
- Installing outdoor stair rails or a ramp to avoid using stairs
- Increase lighting in the kitchen

If you are planning to adapt your home, it is worth consulting an Occupational Therapist who can assess your daily living requirements and advise on the most appropriate adaptations for your short and long term needs.

Enabling independent living brings self-esteem, fulfilment and control which is key to ensuring happiness and quality of life.

### USING THE KITCHEN

- Kettle tippers
- Easy-open can openers
- Adapted cutlery

### FOR SAFETY

- Safety equipment such as alarms or alert devices for those that are hard of hearing
- Specialised furniture like adjustable beds