Home Modifications for Seniors and People With Disabilities

Home Modifications

A home’s structural design and overall accessibility can go a long way toward allowing older individuals to maintain their independence, or on the other hand to force them out of their homes. From small alterations like grab bars and stair lifts, home modifications can allow seniors and adults with disabilities to live comfortably, safely, and with dignity.

Here are some key home modifications that can make a big difference:

Lighting

Lighting is another modification that can reduce accidents, and it can also improve vision. “Additional lighting makes it easier to do task oriented work, and the glare that causes falls is reduced,” says Chicago-based designer Jennifer Brubacher. It also helps to make the additional light sources easy to reach and not too harsh than incandescent bulbs. LED bulbs might be easier on the eyes for some people.

It’s also easy to see why adequate lighting is especially important at the top and bottom of stairs. “For added safety, it’s helpful to have motion sensors so the light will come on automatically — no fumbling for the light switch with a laundry basket in one hand!” says Michael Hume. An electrician will charge $100 to $200 for the installation.