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Michael Hume · November 2, 2019

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 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.

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 is able to do task oriented work, and the glare that causes falls is reduced," says Chicago-based designer. For seniors and the those with disabilities. It also helps to make the additional light sources easy to reach. LED lighting is less harsh than incandescent 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 safety sensors so the light will come on automatically — no fumbling for the light switch with a laundry basket. An electrician will charge \$100 to \$200 for the installation.