

Home Repairs on a Fixed Income

Research from AARP shows that the majority of older adults would prefer to stay in their homes as they age. However, there may be hazards that could potentially cause safety concerns. While most people probably can't afford a full home makeover, there are several low cost options that can improve the safety of your home and make it more comfortable.

Since trips and falls are a big concern for older adults living at home, here are a few tips. During daylight hours raise the shades to allow natural sunlight in to increase visibility. Installing night lights in the bathroom and hallways is another option. Removing clutter from high traffic areas will also help prevent trips and falls. Use double sided carpet tape to secure area rugs to the floor.

Another way you can make your bathroom and hallway safer is by installing hand rails or grab bars. Reduce your energy costs and prevent scalding by setting the hot water heater to 120°.

In the kitchen, place items that you frequently use on shelves that are easy to reach. A small, all-purpose fire extinguisher should also be purchased and kept near the oven in case of small kitchen fires.

The Franklin County Office on Aging can also help seniors continue to live at home safely, by providing home delivered meals, emergency response systems, minor home repairs and many other services. For more information, call (614) 525-6200 or visit www.officeonaging.org.