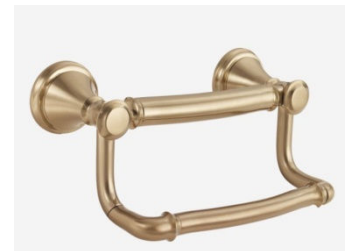
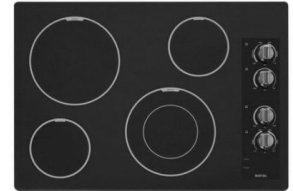


## Planning for retirement? Easy things you can do to maintain your lifestyle

Everyone wants a home that is comfortable, functional and beautiful- a place you enjoy coming home to. However, a loss of mobility can happen at any age. Here are a few suggestions that could help you stay in your home longer by eliminating lifting, reaching & turning motions. They can be done either during renovations or just when things need replacing. Having these features in place will reduce renovation costs later.

1. As you replace appliances, choose washers, dryers, stoves and dishwashers with controls at the front or sides allow someone to reach the controls from a wheelchair or while using a walker.
2. Choose a smooth top stove. A smooth top stove will make moving heavy pots easier since they can slide instead of being lifted.
3. When buying a refrigerator, choose a side by side model. This allows access at all heights to both the refrigerator & freezer for anyone with any mobility issues.
4. Replace kitchen cabinet knobs with pulls since they are easier to open.
5. When replacing a shower head, choose a model with adjustable heights or with a hand held wand. It will make washing easier while sitting.
6. Replace bathroom and kitchen faucets with a model that has single lever controls. Motion or touch models are also easier to use. They can also help prevent burns.
7. Motion or touch switches for all lights are also easier to use.
8. Use lever handles on all door knobs. They are easier to open than knobs.
9. All new flooring should be a hard surface like hardwoods, vinyl or a dense low pile carpet with a high quality pad. Also check the flooring's detail sheet or specifications. Some floors come with an ADA (American Disability Act) compliant rating, so you know your chances of slipping on a wet floor is reduced.
10. Grab bars in the bathroom don't have to be obvious anymore. Delta now has the Assist line in several styles & colors for bathroom accessories. They double as grab bars like the toilet paper holder pictured here.



These small changes mentioned above will simplify life when there is a decrease in mobility, whether it's a broken bone or arthritis. If you are thinking of building new home or renovating, it's always a good idea to consider a more flexible way of living. There are more extensive renovations that can be done to make your home more accessible like widening doors, ramps, or kitchen and bathroom renovations. These renovations need to be professionally planned before starting construction. Please contact me if you are interested in learning more or receiving help planning renovations.



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