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# Growing Older In Your Home

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## Bathroom Modifications For Your Changing Needs

As adults grow older, they often find it necessary to make changes in their homes to accommodate changes in health and abilities. For example, they may change to higher wattage light bulbs in the kitchen and install lighted switches in hallways. They may install lower storage shelves that are easier to reach. Simple changes can improve the safety and convenience of a home.

Here are some 'Skills for the job of living' suggestions for making your bathroom safer, easier to use, and more convenient:

- Replace the toilet with a higher model with an elongated seat. This design is helpful to taller people, wheelchair users, and those with difficulty standing from a sitting position.
- Install non-slip strips or a rubber mat on the floor of the tub or shower to reduce the risk of falling.
- Install lever faucets in sink, tub, and shower to aid those with a weaker grip.
- Sinks, counter tops, and cabinets can be lowered for those who must remain seated or use a wheelchair.
- Lighting should be bright enough. A light above the tub provides a clear view of tub edges and items used in the bathtub.

- Floors should have a non-slip, non-glare surface. This increases safety in walking, especially when using a cane or walker. It also helps those with low vision.
- Make the tub safer with a hand held shower, larger shower and bath controls, and grab bars around the tub and shower wall.

***If staying in your home is important to you, an occupational therapist can help***

- You may want to consider a raised toilet seat and grab bars near the toilet and a bathtub or shower seat. This allows greater ease and security in getting on and off the toilet and in and out of the bathtub for those with weakness, decreased energy, or balance problems.
- Install a rocker or a motion sensor light switch at the best height. This will help those with weak or limited finger movement to turn the lights on and off.

To decide which modifications can best meet your present and future needs, contact an occupational therapist. They will match your specific needs with home modifications that will work for you.



Occupational therapy assists you with the Skills for the job of living in caring for yourself and your family, in returning to work, and in resuming community activities.

For additional information of the benefits of occupational therapy and how it can assist you or someone you know, please contact:

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