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What to Know About Preparing Your Home for Aging in Place

It takes more than just installing grab bars
by Lowe's (Paid Content)




PHOTO CREDIT: GETTY IMAGES

Preparing your home, or your parents' home, for the future takes planning and effort. But it's a project that's doable, won't break the bank, and is definitely worthwhile. Your efforts will be rewarded. You'll have peace of mind knowing your home, or your parents' home, will evolve with changing needs, so you or mom and dad can live at home in the years ahead – safely and comfortably.

Here's what to know about getting started.





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It's a process


Start today by walking through each room of your house with a notepad in hand. Jot down changes that may be necessary to allow aging gracefully in the space. Then, begin with small projects, focusing on things that are challenging now. You might want to make your home "smarter" with voice-activated lighting, a thermostat, appliances, and locks. Or now might be a good time to eliminate tripping hazards by getting rid of throw rugs, replacing your bathroom with one that has a non-slip backing, and rearranging furniture so low coffee tables, power cords or floor lamps aren't in your pathway.

Next, create a timeline for other home improvements that accounts for your future needs. These upgrades might include a bathroom remodel, creating a no-step entryway into your home, or converting a first-story den into a bedroom.


4 Steps to a Livable Home




Declutter and Discard



Renovate or Update



Install Adaptable Equipment



Plug in "Smart" Tech Tools

Updates can be both stylish and affordable

You won't need to sacrifice fashion for functionality as you modify your home for your future. A walk-in shower with sliding doors eliminates barriers to bathing and is a chic, on-trend addition to your bathroom. Grab bars, which provide added stability when balance might be an issue, can resemble decorative towel bars. In the kitchen, a modern refrigerator with side-by-side doors is easier to manage than having a freezer located on the bottom.

Modest, budget-friendly changes can have a big impact. For example, pull-out kitchen cabinet organizers allow you to move everything toward you, so you don't have to struggle to reach into the back of cabinets. Lever or D-shaped handles on drawers and cabinets require less dexterity and strength to grab than knobs. They're an easy hardware swap that can be made throughout your home. Under-cabinet lights are unobtrusive and can make everyday tasks easier as vision changes.




PHOTO CREDIT: LOWE'S

You're not on your own

From inspiration to installation, Lowe's Livable Home service is on call to help make your home ready for the years ahead. If you're not sure where to begin, a Lowe's Certified Aging-in-Place Specialist (CAIPS) is available to evaluate your home during a free virtual home assessment. This professional provides knowledgeable recommendations on the improvements and products that will work best for your needs, home, and budget.

The best way to remain at home tomorrow so you can continue to live life on your terms is to begin planning today. Lowe's is collaborating with AARP to make this easier with helpful videos, tips, and resources you can use to make your home, or your parents' home, fit your needs now and in the future.

[Click here to get more ideas, tips, and checklists from Lowe's for creating a livable home for your future.](#)

Or call 800-550-3828 for more information.

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