

It is generally accepted that personal happiness in the later years is directly related to an individual's continued physical activity and involvement in everyday life. With age comes a gradual decline in strength, flexibility, dexterity, and endurance.² Herein lies the information you need to make your home more accessible for people of all ages and abilities.



Mobility Makeover

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Mobility Makeover



*A guide to aging in place
and making your home
more accessible for people
of all ages and abilities*

Mobility Makeover

Every 7 seconds, another Baby Boomer (the 75 million people born between 1946 and 1964) turns 50 years old.¹ According to AARP, when an American turns 50 today, they still have more than half their adult lives ahead of them. As a country, we have invested so much in achieving longevity, but equitable investments have not been made in the physical infrastructure necessary to ensure healthy independent living in the later years.¹ The following are steps you can take to be more safe and comfortable in your home.



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Give Your Home a Mobility Makeover

General

- No step/threshold entry and doors
- 36" exterior & 32" interior doors
- 42" hallway width
- 60" clear turning space
- Main floor living quarters
- Increased lighting throughout
- Outlets/Switches 15"-48" off floor
- Lever style door handles/faucets
- Variable height storage in closets
- Raised front-loading washer/dryer
- Raised flower beds in garden

Bathroom

- 18" space adjacent to toilet
- 29" knee space under vanity
- 3'x 5' no step shower with seating
- Slide bar showerhead
- Grab bars near toilet and in shower

Kitchen

- Variable height countertops
- 29" knee space under cook surface
- Pull-out shelves near appliances
- Front mounted cook top controls
- "D"-shaped cabinet hardware