

SAVVY SENIOR STRATEGIES FOR YOUR HOME

by AGE FRIENDLY GIANTS

- Strive to make your home compact, accessible and beautiful.
- Make age-friendly modifications to your home before they're needed. Your friends or family members may need them even if you don't.
- Replace rugs with laminate floors.
- Build a ramp to an entrance.
- Install keyless locks, lever door handles, and grab bars.
- Install a walk-in or roll-in shower enclosure.
- Hang your laundry outside. It's a great workout and your laundry smells great!
- Don't be afraid to ask for help.
- Learn to accept help. Say "thank you!" with a smile, card, gift cards or baking.
- Install a stair lift. It can help with your laundry!
- Limit your screen time.
- Hire someone to do heavier chores like snow removal or rototilling the garden. Ask for referrals.
- Don't trip. Pick up your purse and put the vacuum away after you use it!
- Lighten your load. Donate. Declutter. Sell. Swap. Simplify.
- Get a roommate. Share expenses, chores and conversation.
- Keep a bench by the front door so you can sit down to put your shoes on.
- Think light. Invest in light vacuum sticks and lawnmowers. They're so much easier to lift and use.
- Widen doorways to 36".
- When you don't know where to turn for community, social, health, and government programs or services, call 211 or visit 211north.ca.
- Keep grab tools around your home to make reaching for items easier.
- If you have a mobility challenge, look for a home near multiple bus routes with no hills to climb.
- Think seriously about one level living.
- Garden small. Plant a square foot garden or use containers. Share the flowers or veggies.
- Embrace a smaller space.
- Get out and live. Don't spend all day on chores!
- Adopt a pet, pet-sit or dog walk.
- Chat. Put lawn chairs in the front yard and talk to the people walking by.
- Keep a list of important numbers beside your phone (ie: plumber, handy-person, yard service, snow removal, community centres, grocery delivery, friends, etc)
- Be ready. When people ask, "How can I help?", have a list of things they could do.
- Connect. Don't let fences keep you from meeting your neighbours!



Grand Individuals Aging With Neighbours in Thunder Bay

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www.agefriendlythunderbay.ca