

# Helpful Facts about Assisted Living

## Creating a Safe Living Environment for Seniors

Certainly as our loved ones age, the probability of household accidents rises as well. SeniorLiving.com lists these helpful suggestions for making homes more safe for older adults:

- Add non-slip flooring in the entryway inside the home.
- Outside the home, add non-slip strips or scuff the surface to create improved footing.
- Repair uneven or cracked areas on the walkway toward the home.
- If you can, create a no-rise entry with ramps.
- If you must have stairs, install rails on both sides of the stairs.
- Increase stair visibility by using contrast strips on top and bottom stairs.
- Switch to kitchen appliances with easy-to-read controls and simple-to-use push button interfaces.
- Add slip-prevention flooring throughout the bathroom and shower area.
- Well placed grab bars in the shower, tub, and next to the toilet will help prevent falls.
- Add a fold-down seat or bench in the shower.
- Install hand-held, adjustable height, showerheads.
- Add extra lighting in the shower stall.

Of course, the best assisted living communities already have these vital safeguards in place, plus the trained staff that is always available should anyone's safety be compromised. When comparing the advantages of assisted living to your parents current home, just remember to factor in the cost of future expenses as well as the current ones.

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**Bethany Village**  
Graceworks Lutheran Services



If you are ready to start the conversation about Assisted Living, Bethany Village is here to help. Feel free to request more information, schedule a meeting with specialists, and tour our beautiful campus – including our gorgeous new assisted living residence, **Crescent Crossing**. At Bethany Village, we are dedicated to helping you enjoy life.

