

# Adapting your home for easier living

**Adjustable beds**  
with simple controls can make it easier to get in and out of bed.



**Motion sensor lights**  
that turn on when you get out of bed could prevent trips in the dark.



**Easy access showers & Shower seats**  
allow you to walk straight in and sit down, which can help prevent falls.



**Powered riser-recliner chairs**  
can be much easier to get in and out of compared with regular armchairs.



**Toilet frames**  
can be helpful for those who struggle to get up and down.



**Living room**



**Bathroom**



**KeySafe or Door entry systems**  
allow trusted family and carers to let themselves in securely.



**Stairlift & Second handrail**  
can make independently getting up and down stairs much easier.

**Hall**



**Kitchen**



**Ramps and handrails**

can replace stairs to your front door for easier access.



**Kitchen mobility accessories**

could help if you struggle to reach or lift things in the kitchen.



**Wider internal doors**

can improve accessibility when using a wheelchair or walking aid.

