**Accessibility Modifications for Seniors**

Aging at home comfortably and safely is possible with a few accessibility modifications.

* Start by clearing pathways of clutter and widening doorways for easy navigation.
* Choose slip-resistant flooring to prevent falls, and install handrails and grab bars in key areas like bathrooms and hallways.
* For shower safety, use a walk-in shower, shower chair, and non-slip mats.
* Raise toilet seats and add grab bars for better accessibility.
* Modify kitchens with pull-out shelves and lever-style handles to make tasks easier. Improve lighting by adding motion-activated lights and nightlights.
* Have an emergency plan with essential contacts and medical alert systems.

These simple changes can help seniors maintain independence and peace of mind at home.