



AWARD WINNING DESIGNS

INTERIOR & EXTERIOR DESIGN SERVICES



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As my parents get older, we're starting to think about how to make their home safer and easier to live in so they can stay there for years to come. Where do we start?

This is an excellent and very common question. More and more families are choosing to help their loved ones remain in their own homes as they age, a concept known as "aging in place." The process can feel overwhelming at first but breaking it into manageable steps makes it much easier.

Begin with a home safety check. Every home is different, but the first step is always to take a walk through the house with a critical eye for safety hazards. Look at both the immediate concerns and areas that could become difficult down the road. Some common issues to watch for could include dim lighting, loose rugs or clutter, narrow doorways, bathrooms without grab

bars or slip resistant flooring, and stairs that may become harder to climb with age. Making a simple checklist and addressing obvious hazards early can prevent accidents before they happen.

Focus on fall prevention. Falls are the leading cause of injury among older adults, so this should be a top priority. Even small improvements can make a significant difference like installing sturdy handrails on both sides of stairways, adding grab bars near toilets and showers, and improving lighting. These low-cost updates immediately make a home safer and easier to navigate.

Support mobility and access. As mobility changes, the home should adapt. For some families, that may mean simple adjustments, such as moving frequently used items to lower shelves or rearranging furniture to create clear walking paths. For others, larger updates may eventually be needed like stairlifts and ramps to make all levels accessible, zero threshold showers

to reduce the risk of tripping when bathing, or widened doorways to allow for easier use of walkers or wheelchairs. The goal is to remove barriers that make daily activities stressful or unsafe.

Plan ahead for future needs. It's often more cost-effective to think a few years down the road instead of only addressing today's challenges. For example, if a bathroom remodel is on the horizon, consider incorporating features like a walk-in shower, comfort-height toilet, and slip-resistant flooring, even if they aren't needed immediately. By anticipating future changes, families can avoid multiple disruptive renovations and create a space that will continue to work well as needs evolve.

Create a comfortable, livable space. Safety is essential, but so is comfort. Homes designed for aging in place don't need to feel clinical. Modern accessibility products and finishes allow for a balance of function and style.

For instance, grab bars now come in attractive finishes that match bathroom décor. The goal is to maintain both independence and a sense of pride in the home.

At ProCare @ Home, we understand that every family's needs are unique. That's why we offer a range of home modifications and accessibility solutions designed to make daily life safer, more comfortable, and more independent. You can visit our new design and resource center Monday through Friday 9:00am-4:00pm to see first-hand a range of showers, grab bars, ramps, stairlifts, and more! Contact us at 717-945-1805 or visit our website www.procare-home.com.



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Cool fall nights are perfect for gathering around a fire pit, making the most of your outdoor space. As the season turns colder, don't forget your indoors. Finished basements create cozy retreats for family and friends. From outdoor living to indoor comfort, we design spaces you'll enjoy every season.



Creating Outdoor Living Spaces for Family Memories



Home Safety: Solutions for Aging in Place — Lifts, Ramps, Showers & Baths, Grab Bars & Poles, and More!



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