

Communication & Visual Assistance Checklist



As we the ability to see and hear begins to fade, navigating ones own home may become an challenge. Overall safety and accessiblilty can be improved by reorganizing and redecorating your home.

Tips and Tricks

- Choose contrasting colors for cabinet hardware and drawer pulls, moulding and doors, stair steps, and different flooring levels.
- Create balanced, even light in a room.
- Reduce glare by covering bare light bulbs and eliminating shiny surfaces.
- Cast out shadows, especially when moving between rooms. A drastic transition from light to dark or dark to light can be extremely awkward for those with reduced vision
- Install dimmer switches with knobs or touch-sensitive controls to adjust when brighter light is needed.
- Enable those with limited hand strength or dexterity to easily control light with rocker or toggle switches
- Direct light to areas that need it most with focused lighting, such as track or pendant lighting.
- Provide safety and a sense of well-being by creating well-lit stairways, handrails, and entryways.

What You May Need

Monitoring & Occupancy Sensors

- Help increase communication between members in the household in case assistance is needed in another area of the home with monitoring sensors.
- Eliminate the need to use a light switch with occupancy sensors, which turn on lighting when someone enters a room or hallway.

Nightlights

- Illuminate a safe pathway from bedrooms to bathrooms or exits with nightlights.

Outdoor & Landscape Lighting

- Add security and safety to your home and yard, and reduce the chance of trips and falls with adequate outdoor lighting
- Illuminate outdoor walkways with easy-to-install landscape lights.
- Light pathways on approach and help provide added safety around your home with motion-sensing security lighting.

Specialty & Accent Lighting

- Provide extra light in key work areas in and around the kitchen with accent, pendant, or under-cabinet lighting.

Wireless Door Bells & Chimes

- Create an easy method of communicating when assistance is needed, especially if a household member has limited mobility or impaired speech, with wireless door bells.