



Staying in Your Home: Home Modification and Repair

Modifying your home to accommodate age, disability and safety concerns:

Usually, we adapt ourselves to our physical environment by trying to work around existing obstacles. When we can't reach a shelf or twist a door knob, we often accept the problem as our own personal limitation. Take a fresh look at correcting the problems in your home by adapting the environment to suit your needs.

You will need some help to make your home safer and more comfortable. Many changes can be made easily by you, friends and family. You can eliminate frustrations by replacing something unusable or difficult with something convenient. Simple projects such as installing light switch adaptors or a hand-held shower can make significant improvements in your home. The changes may be small but these are things that are essential to your independence.

There are several ways to modify and repair your home. You can:

- 1) Do it yourself, or get a friend, relative or community group to help;
- 2) Hire a handyman or contractor;
- 3) Contact a home modification and repair program.

Source: www.homemods.org sponsoring group Fall Prevention Center for Excellence

Click thru for local resources:

[Home Repairs, Modifications & Energy](#)
[Medical Assistance & Eligibility](#)
[Mobile Doctors](#)

[Transportation: free and low-cost](#)
[Medical Equipment](#)
[Staying In Your Home](#)

Home Modification has been studied by many sectors: housing, aging, disability, and health care. There's a lot of great links on the web –here's a few:

<http://www.homemods.org/resources> good reference library of books, videos and product sources

http://www.bsu.edu/wellcomehome/home_assessment.html good checklist to help assess modifications

Your Community Guide (YCG) is a locally owned company in Austin, Texas maintaining current information about community resources. The site is oriented towards families; particularly in their caregiving roles as custodians for children and/or senior family members and hosts a database of over 150 categories of community agencies, businesses, and services available to central Texas families. It is searchable by Zip Code, Category, or Key Word.
<http://www.yourcommunityguide.org>
