



# CHARITY CARE GROUP THE FOUNDATION

EMPOWERING LIVES, BUILDING COMMUNITIES;  
NURTURING GROWTH, FOSTERING FUTURES

## HOME MODIFICATIONS

Home modifications are changes made to adapt living spaces to meet the needs of people with physical limitations so that they can continue to live independently and safely. These modifications may include adding assistive technology or making structural changes to a home. Modifications can range from something as simple as replacing cabinet doorknobs with pull handles to full-scale construction projects that require installing wheelchair ramps and widening doorways.

The main benefit of making home modifications is that they promote independence and prevent accidents. According to a 2000 AARP housing survey, "89% of older Americans want to stay in their current homes for as long as possible," but other studies show that most homes are not designed to accommodate the needs of people over age 65. A house that was perfectly suitable for a senior at age 55, for example, may have too many stairs or slippery surfaces for a person who is 70 or 80.



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# HOME MODIFICATIONS for Seniors



## Why Home Modifications for Seniors Matter?

As people age, they face new challenges in navigating their homes safely and independently. Simple, yet effective modifications can significantly improve their quality of life by:

- ✓ Reducing fall risks, which is one of the leading causes of injury among older adults
- ✓ Increasing home accessibility, ensuring all areas are safe and easy to navigate
- ✓ Improving safety features, such as handrails, ramps, and better lighting
- ✓ Enhancing functional abilities, allowing seniors to maintain independence

Aging in place is often the preferred option for seniors. It helps them stay connected to their communities and reduces the need for expensive nursing home care. OAHMP addresses these needs by offering grants for home modifications that remove common barriers to independent living.

At CCGTF, we are honored to be 2025 grant recipients from the Older Adults Home Modification Program (OAHMP). Our initiative focuses on supporting low-income elderly individuals, enabling them to age in place safely and independently through essential home modifications.

- ✓ homes safer,
- ✓ more accessible,
- ✓ and better suited for independent living.

## What Types of Home Modifications Are Eligible?

The modifications eligible for funding under this program are low-cost, low-barrier, yet high-impact solutions that significantly improve safety and accessibility for older adults.

### Common examples of modifications include:

- ✓ Grab bars in bathrooms to reduce fall risks
- ✓ Ramps for easier access to homes
- ✓ Stair lifts to allow older adults to access all levels of their home
- ✓ Widening doorways for wheelchair accessibility
- ✓ Enhanced lighting to improve visibility in hallways and staircases
- ✓ Non-slip flooring to prevent falls

These types of renovations are essential for reducing accidents, making daily tasks easier, and enabling seniors to live independently with dignity.

According to HUD, these home modifications are not only a preventative measure against injuries. They also:

- ✓ empower seniors to live independently for longer,
- ✓ help seniors maintain a higher quality of life,
- ✓ and allow them to avoid the disruptions that come with moving to assisted living or nursing homes.



### Target Community and Recruitment Strategy:

We have selected Norfolk City as our primary target area because it includes a high concentration of low-income, minority seniors who can greatly benefit from affordable home modifications. We want to collaborate with local agencies, including real estate professionals and financial advisors, to identify eligible clients and raise awareness of our services. With an expected service goal is to reach approximately 50 housing units.

### Commonly Employed Modifications:

Based on client assessments and housing conditions in our target area, we anticipate commonly implementing modifications such as grab bar installations, non-slip flooring, raised toilet seats, shower benches, lever-handled faucets, and railings. These adjustments address fall prevention, improve accessibility, and support daily living activities for older adults, enhancing their ability to age at home safely.

