

‘AGE PROOF’ YOUR HOME

FACT SHEET

Gradual Changes

None of us like to think we are getting older but it makes sense whilst we are still working to consider what work possibly will need doing to our homes.

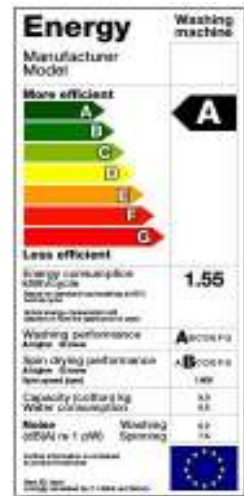
For example you might know that your house needs re-wiring so consider it now rather than later when you may not be able to afford it.

If you have problems with your roof think about a complete refurbish instead of ‘patching it up’, in the long run this will give you more peace of mind.

When equipment / appliances need to be replaced think ahead and purchase items that are efficient, reliable and easy to use, carry, clean and maintain.

Buying energy efficient appliances can save you money as they are designed to use less electricity and water and of course help the environment.

Look out for ‘A’ rated appliances.



Plan Ahead

When work needs to be carried out on your property ensure that any future maintenance will not be costly and consider making adaptations where necessary such as:-

- Replace a traditional fuse box with a residual current device (RCD) consumer unit, it's much easier to flick a switch rather than hunting for fuse wire.
- If you are choosing a new bathroom, consider a higher level toilet and a

walk-in shower with non-slip flooring in place of a bath, better for the environment, cheaper and safer.

- Install good lighting in all rooms especially on stairs. Where possible, add wall lights and amps to make changing light bulbs easier. Use energy saving bulbs as these can last 10 times longer than ordinary bulbs, saving on maintenance and money.

- Make sure the house is well insulated. Cavity wall and loft insulation will save money on your fuel bills.



- Windows and doors should be able to be easily maintained and have good security locks.
- A security light, and front and rear gates add security to the garden.
- When replacing carpets choose plain rather than patterned designs especially on stairs, this will help to prevent falls.
- Keep decorating simple. Choose wallpaper that can be emulsioned rather than having to re-paper rooms when they need to be freshened.
- Handrails fitted to external steps can look stylish as well as functional. Choose an individual design that suits your particular property.

- Plan easily accessible and adequate storage throughout the property. Boarding the loft and adding a drop down ladder will provide an extra store room, but clear out any unneeded clutter.



- High level sockets and low level light switches are much more convenient.
- If the kitchen needs updating choose a layout to give you storage that is easy to reach with ample work surfaces. If possible, choose an oven with a wall housing unit adjacent to the work surface so there is less need to have to bend when placing or removing cooking pots.

An induction hob provides energy efficient, instant heat and is safer as the hob itself does not heat up and, being flush to the work surface, it

makes transferring hot pans much safer. Single lever taps are easier to use especially with wet hands.

The Good Life

Keen gardeners - plan ahead, make a few changes and re-design if necessary to keep the mowing, weeding and general maintenance down to the bare minimum.

Consider raised beds and no fuss gravel for all or part of the garden and ensure

pathways are even. This is work that can be done gradually and at a leisurely pace.



Alarming

There need to be adequate smoke alarms throughout the property. The local Fire Service provides a service where they will check the property and supply smoke alarms. Choose an alarm that can be linked to the mains with a battery back up. For advice on smoke alarms contact: Cheshire Fire and Rescue on 01925 411310.

Installing a carbon monoxide detector is just as important as a smoke alarm. Carbon monoxide is a silent killer and is not easy to detect. The symptoms of carbon monoxide poisoning are similar to 'flu, and are therefore difficult to recognise but a detector with an audible alarm will alert you before you start to feel the affects.

An alarm system installed by a reputable company will give you security in your home. Having the system serviced annually by the installer ensures that any problems will be rectified and the back up battery replaced.

Make Life Easy

Most people would prefer not to move when they reach retirement age therefore 'age proofing' your home is the best solution to making your environment safe and practical. Making simple changes gradually, in advance and while you can still afford to have the work done, will ensure maintenance issues and any costly alterations are carried out before becoming urgent.

Contact us

For trusted advice, contractors and help with getting work done in your home contact:

whia:

Tel: 01925 246812

Email: whia@wha.org.uk

housingplus reception:

Tel: 01925 246868 / 248483 / 248487

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