



Home Design Guide

Easy ways to make your home comfortable, safe, and stylish.



The Comforts of Home

The Sunrise Senior Living design team specializes in creating aesthetically pleasing, functional living spaces for older adults. Our designers have developed this guide to help you make smart and stylish updates to enhance the safety and comfort of your own home.

You can use this guide to learn more about:

- Strategic furniture choices and placements
- Design solutions for aging eyesight
- Creating familiar spaces for memory support







Safety Smarts for Seniors



SMART FURNITURE

- Furniture should be safe to lean on and strategically placed so it can be used for balance.
- Avoid buying furniture that has sharp—and potentially dangerous—corners.



EASY REACHING

- Place frequently used items in waist-to chest-high cabinets and drawers. This eliminates the need to reach high or bend low, and reduces the risk of falling.
- Consider switching to drawer pulls since knobs can be hard to grip.



SAFE WALKING

- Adhere slip-reducing tape or backing to area rugs.
- Tuck electrical cords behind furniture or use cable management products, which are available in most office supply stores.



SHARPER VISION

- Create a strong contrast in color between major pieces of furniture, walls, drapes, and floors.
- Make nighttime navigation easier by using nightlights and motion sensor lights, especially along the path between the bed and bathroom.

TOP FOUR DECORATING TIPS

1 PUT A PLANT ON IT

Live plants can freshen up your space and filter the air. Ferns, peace lilies, and money trees are easy to care for indoors, and high-quality silk plants require no maintenance at all.

2 DO MORE WITH LESS

Keep your room uncluttered by choosing furniture that multitasks, such as a television stand with cabinets for extra storage space or a dining table that can be stored as a sideboard.

3 LIGHT THE WAY

Choose easy-touch lamps with different settings, floor lamps, and “stick-on” lamps in areas where you may need extra lighting. Fabric lampshades are a great choice for ambient lighting.

4 MIX IT UP

Using a variety of textures, colors, and patterns for your top sheets, pillows, bottom sheets, and duvets can help your eyes differentiate between layers.



Design Solutions for Aging Eyesight

- ① Let light in. Natural light not only helps keep things visible, but also helps improve sleep cycles.
- ② Choose furniture that is safe, sturdy, easy to maneuver around, and able to support your weight without slipping or sliding.
- ③ Easy-install, adhesive under-cabinet lighting in the kitchen can help with food preparation.



If weakening vision is making it difficult to navigate your home, follow these tips to help prevent accidents.

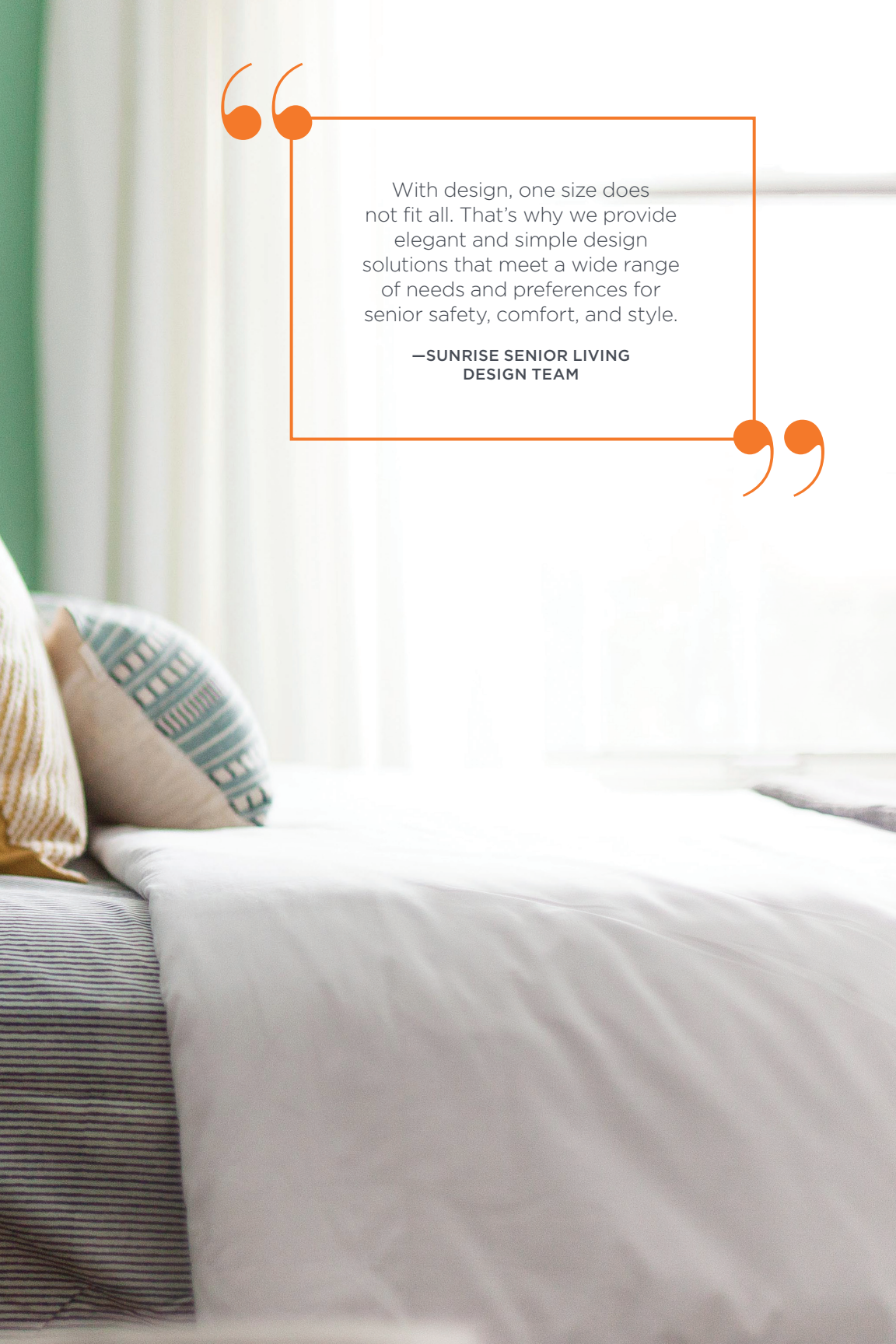


④ Outline windows with curtain fabrics that stand out from the walls. You can also add cording or a trim to couches and chairs to better define these pieces.

⑤ Choose furniture with rounded corners and avoid glass-top pieces to minimize glare.

⑥ Artwork and other accessories should be bright, crisp, and clear.





With design, one size does not fit all. That's why we provide elegant and simple design solutions that meet a wide range of needs and preferences for senior safety, comfort, and style.

—SUNRISE SENIOR LIVING
DESIGN TEAM

Creating Familiar Spaces for Memory Support



For people living with memory loss, every sense offers the opportunity to engage, express, soothe, and share.

1

SIGHT

Familiar photos and meaningful décor can help spark memories and conversation.

Busy patterns can create frustration and confusion.



2

TASTE

Primary colors can help enhance your appetite. Consider items that contrast best with food, such as solid yellow bowls and dishes.

Cups and bowls with two handles improve ease of use.

Don't fake it. Plastic fruits and vegetables can be confused with real food.



3

TOUCH

Textures stimulate memory; items upholstered with touches of lace, fur, and even denim can help evoke particular life events.

Tactile wall art encourages touch and sparks conversation.



4

SMELL

Familiar scents, such as coffee or popcorn, can serve as calming aromatherapy.

While flame candles can present a fire hazard, scented electric candles can mimic the flicker of a real flame and release a pleasant aroma.



5

SOUND

Window treatments that cover the full span of a window dampen the noise associated with sound bouncing off the window's smooth surface. Choose curtains that are easy to open and close.

Rugs, carpet, and other floor surfaces help absorb extra sounds and keep the noise level down.

Use portable TV speakers that connect through a universal remote.



Simple Ways to Make Your Bathroom Safer

1

Install nonslip strips on the shower and bathroom floors.

In many bathrooms, the floor becomes more slippery when wet. Apply high-traction materials, such as anti-skid strips in tubs, and secure bath mats with nonslip lining to help prevent the loss of balance.

2

Add grab bars near the shower, tub, and toilet.

Decorative grab bars are available in most home improvement stores and make it easier to catch yourself if you lose your footing.

3

Place seating in front of the sink and in the shower.

Adding seating throughout the bathroom can allow for short breaks to regain your strength. Consider a bath seat with a handheld showerhead, which allows you to shower while sitting down.

4

Swap faucet knobs for levers.

Faucet levers are easier to turn on and off, relieving pressure from your wrists.

5

Consider installing a higher toilet seat.

Comfort-height toilets are available to replace regular toilets, or you can purchase a riser addition at your local hardware store or pharmacy.





DIY Design Tips for Seniors

Simple tips from the expert design team at Sunrise Senior Living to help keep your living spaces safe, comfortable, and stylish.

Learn more at [SunriseSeniorLiving.com/Design](https://www.sunrise-seniorliving.com/design).

GROUP IT



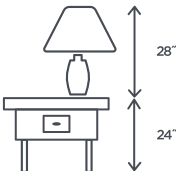
1-3-5-7

Display items in odd numbers to create visual interest.



3 Items,
3 Levels

Group three items at varying heights to create an order of visual importance.



4"

For stability, keep a maximum height difference of 4" between tables and lamps.

PICK IT



30,000

Select double-rub furniture fabrics with a thread count of 30,000 or higher for added durability and comfort.



2 to 3

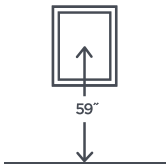
Use paint that is two to three shades lighter above a chair rail to create an elegant look.



360°

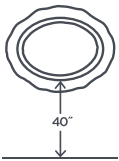
Choose round tables with solid—not glass—tops to help keep rooms open and safe.

HANG IT



59"

Display artwork 59" from the ground to the center of the picture for ideal viewing.



40"

Place the reflective edge of a mirror 40" from the ground so you can see your reflection even when seated.



3" to 5"

Hang groups of photos or artwork no less than 3" to 5"—but not more than 10"—apart from one another.



Certified interior designers at Sunrise Senior Living consider all aspects of resident living, including:

- Furniture selected at optimal heights to ease sitting and standing
- Bathrooms designed for safety and accessibility
- Details such as accent pillows and stylish accessories
- Inviting color combinations with elements such as custom drapes and beautiful wallpaper
- Communal spaces laid out to foster new friendships

Learn more about our thoughtful approach to senior living by visiting your local Sunrise community.



For product recommendations and design tips from the Sunrise design team, visit [SunriseSeniorLiving.com/Design](https://www.sunrise-seniorliving.com/design).

