Home Upgrade Starter Pack — Checklist

- Brighter task lighting (3000–4000K LEDs)
- Anti-slip bathroom mats (rubber-backed)
- Grab bars that double as towel rails (into studs)
- Lever-style door handles (replace knobs)
- Soft-close seats & drawers (add-on dampers)
- High-contrast pantry labels (18–24 pt)
- Supportive seat cushion for easy stand-up

Silver Living Tips — free resource. Not medical advice.