

A COMPLIMENTARY GUIDE FOR YOU

A Senior's Guide to a **Safe and Relaxing** Home

Simple, practical ways to make your home safer,
cozier, and worry free, at every stage of life.



PRESENTED WITH CARE BY

David Reis, MD

Senior Lifestyle Advocate and Real Estate Professional

From My Heart to Your Home



Years of listening to hearts taught me that true comfort starts at home. This guide is my way of sharing what I have learned, with you.

Dear Friend,

For many years, I cared for patients' hearts as a cardiologist. I sat with families during some of life's biggest decisions, and I learned that true wellbeing is about far more than medicine. It is about feeling safe, comfortable, and at ease in the place you call home.

Today, I bring that same care to real estate, focusing on helping seniors and their families make home decisions that support a full, comfortable, and relaxing life.

This guide is a gift. It is filled with simple, practical ideas gathered from years of conversations with patients, families, and homeowners just like you. Read it at your own pace. Share it with someone you love. And if a question ever comes up, about your home or your next chapter, please know I am only a phone call away, with no obligation at all.

Warmly,
David Reis, MD

Small Changes, Big Peace of Mind

A few simple updates can turn any room into a safer, more relaxing space. Here is where to start.



Entryways and Hallways

- Add bright, motion sensor lighting so you never fumble for a switch in the dark.
- Keep pathways wide and clear of rugs, cords, and clutter.
- Add a sturdy handrail on both sides of any front steps.
- Place a sturdy bench by the door for sitting while removing shoes or boots.



Kitchen

- Store everyday items between waist and shoulder height, no step stool needed.
- Choose lever style faucet handles, easier and gentler on the hands.
- Add a nonslip mat near the sink and stove.
- Keep a small nightlight on for safe late night snacks.



Bathroom

- Install grab bars near the toilet and inside the shower or tub.
- Use a nonslip mat or textured strips in the tub.
- Consider a raised toilet seat for extra comfort and ease.
- A shower chair can turn washing up into a relaxing moment, not a risky one.

More Comfort, Room by Room



Bedroom

- Keep a lamp and phone within easy reach of the bed.
- Choose a bed height where your feet touch the floor with ease.
- Add a nightlight along the path to the bathroom.
- Keep the floor clear, so nighttime trips are always safe ones.



Stairs

- Install sturdy handrails on both sides, the whole way up.
- Mark the edge of each step with bright tape if steps are hard to see.
- Keep stairs free of laundry, shoes, or boxes at all times.
- Add good lighting at both the top and bottom of every staircase.



Lighting Throughout the Home

- Brighter is better. Aim for warm, even light in every room.
- Use nightlights in hallways, bathrooms, and bedrooms.
- Keep a lamp within reach of your favorite chair.
- Add motion sensor lights outside to welcome you home safely after dark.

A well lit home is one of the simplest ways to prevent falls, and one of the least expensive too.

A Home That Feels Like a Hug



Everyday Comfort

- Choose a favorite chair with firm cushions and sturdy armrests, easier to sit down and rise from.
- Keep cherished photos, books, and plants within easy reach.
- Let in natural light and fresh air whenever you can.
- A cozy throw blanket and a good reading lamp can turn any room into a retreat.



Helpful Technology

- A medical alert pendant offers real peace of mind, for you and for those who love you.
- Smart speakers can turn on lights, set reminders, or call for help, all by voice.
- A video doorbell lets you see who is at the door without getting up.
- Automatic pill organizers help keep medications simple and right on schedule.

A relaxing home is not about spending a lot. It is about small, thoughtful touches that let you feel truly at ease, every single day.



TAKE TWO MINUTES

Your Quick Home Safety Checklist

Grab a cup of tea and read through this list. Even checking off two or three items can make a real difference.

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| ☐ Grab bars installed in the bathroom | ☐ A phone kept within reach at night |
| ☐ Nightlights in hallways and bedrooms | ☐ Emergency contacts posted where you can see them |
| ☐ Nonslip mats in the tub and kitchen | ☐ A comfortable chair that is easy to rise from |
| ☐ Handrails on both sides of every staircase | ☐ Working smoke and carbon monoxide detectors |
| ☐ Clear, clutter free walkways throughout | ☐ A plan for who to call if you need help |
| ☐ Bright, even lighting in every room | ☐ Furniture arranged so pathways stay wide and open |

Even small steps add up to a home that feels safer, and more relaxing, every single day.



LOOKING AHEAD

Thinking About Your Next Chapter?

Sometimes, the safest and most relaxing home is a new one. There is no right or wrong answer, only what feels right for you.

A Few Signs It Might Be Time for a Change

- The stairs at home have become tiring or difficult.
- The yard or house feels like more upkeep than joy.
- You would love to be closer to family, friends, or familiar places.
- You are ready for a single level home or a low maintenance community.

As both a physician and a real estate professional, I bring a rare and caring perspective to these decisions. Together, we can think through comfort, safety, health, and finances, always at your own pace, and never with any pressure.



Know Someone Who Could Use This Guide?

Please feel free to pass this guide along to a friend, neighbor, or family member. And if you, or someone you love, would ever like a free, no obligation conversation about home safety or your next chapter, I am always happy to help.



David Reis, MD

Senior Lifestyle Advocate and Real Estate Professional

David Reis spent his career as a cardiologist, caring for patients' hearts and walking beside families through many of life's most important decisions. Today, he brings that same compassion to real estate, helping seniors and their families find homes that support a safe, comfortable, and truly relaxing life. As a Licensed Real Estate Salesperson with the eXp Commercial Referral Division, David pairs medical insight with real estate expertise, a rare and valuable combination for families navigating housing decisions later in life.

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This guide offers general information only and is not medical or financial advice. Please consult the appropriate professional for guidance specific to your situation.