

## INEXPENSIVE AGE-FRIENDLY ACCESSORIES

### Chair Pads:

- Look for a firm, solid color chair pad about 1.5 inch to 2 inch high. We got ours from Homegoods.com on sale for \$3/pad but there are many other sellers.

### Hanging Glass Planter:

- They are versatile in use and ideal for a small space. We got ours donated but it seems that they start at about \$8/piece and are often packaged in pairs.

### Hooks with adhesive backing:

- The most common brand are 3M Command Hooks. They is a choice of different weight ratings. They come in packages of (2) at about \$12.

### LED battery powered stick-on puck lights:

- LED puck lights come either rechargeable or with batteries. We chose batteries because there are only one or two electrical outlets in many old SRO rooms. There ae many brands. We chose a six pack from VICOX at \$12.79

### Serving Tray:

- We chose the Lyellfe 8 Pack Fast Food Serving Tray, 15 by 10-Inch, because it had a smooth surface, the right size, came in nice colors and was affordable. The pack of eight sells for \$22.49

### Resistance Bands:

- They are offered by many different retailers and come in packs of four to five bands in different strength that have different colors. The most important thing is to put them in a visible spot - for example at the door handle to the bathroom so there is always an invitation to use them.

### Tips:

- Most of these items are sold in multiples. This could be a good opportunity to team up with others to order them.

AT HOME  
WITH  
GROWING  
OLDER

Something to  
Write Home About

