



Home Age Fit Urges Aging in Place Stair Safety Review as Daylight Saving Time Ends

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With daylight saving time ending November 1, 2026, across most of the United States, sunset arrives about one hour earlier by the clock, bringing earlier evening darkness to homes nationwide. Home Age Fit, a provider of engineering-informed aging-in-place design resources, is encouraging older adults and their families to examine stairways and frequently used indoor routes under the actual evening lighting conditions that now arrive sooner each day. To support that effort, the company points to its Home Age Fit Aging in Place Stair Safety Guide as a starting framework for an after-dark review.

The seasonal change creates a practical moment to assess how a familiar staircase performs after dark. A staircase does not need to change physically for its visibility or usability to shift under different lighting. Uneven lighting, glare, poorly defined step edges, and abrupt transitions between bright and dark areas can all complicate visual judgment during stair use, particularly for older adults.

The concern is grounded in national data. In its September 4, 2026, update, the Centers for Disease Control

and Prevention reported that more than 14 million U.S. adults aged 65 and older, roughly one in four, experience falls each year. A 2023 study analyzing U.S. emergency department data estimated 251,041 stair-related upper-extremity fractures among adults aged 65 and older between 2012 and 2021, underscoring the long-standing significance of stair injuries in this age group.

Guidance from the National Institutes of Health recommends secure handrails on both sides of stairs, lighting and switches at both ends, unobstructed steps, and adequate nighttime illumination. Home Age Fit frames handrails as functional support systems rather than fixtures that simply exist, noting that reach, grip, continuity, secure mounting, and the load path into the building structure all determine how well a rail performs.

"The clock change is a reminder, not a cause," said Oded Feigin, founder of Home Age Fit. "Many families approach stairs by asking what equipment to add, when the first step is simply to walk the route after dark and observe where the eye struggles and where the body hesitates. Lighting, tread-edge visibility, physical support, stair condition, and the number of daily trips should be evaluated together as one system."

Home Age Fit emphasizes observation before renovation. The company recommends documenting dark spots and hesitation points, clearing obvious clutter, and referring structural, electrical, and individual mobility questions to qualified professionals. Difficulty specifically when descending stairs can reflect environmental obstacles or changes in strength, balance, or mobility, and warrants professional evaluation when it persists. These considerations are addressed in detail in the Home Age Fit Guide to Difficulty Going Down Stairs, which separates environmental factors from physical ones.

Handrail condition forms a distinct part of the assessment. A rail that feels adequate during daylight may still fall short on grip diameter, height, or continuity once it carries real weight during an evening descent. The company notes that measuring these dimensions before ordering parts helps families distinguish a structural issue from a cosmetic one, an approach outlined in the Home Age Fit Stair Handrail Replacement Guide.

"Measuring before replacing matters," Feigin added. "A handrail that wobbles is communicating something about its mounting and its load path, and tightening a bracket does not always resolve what the movement is signaling."

Home Age Fit provides engineering-informed aging-in-place design resources that help seniors and their families prepare a home for the next phase of life. Led by founder Oded Feigin, the company applies technical breakdowns, ergonomic frameworks, and preventative design logic through expert-led guidance, decision-friendly reviews, organized topic hubs, and in-depth articles.

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For more information about Home Age Fit, contact the company here: Home Age Fit Oded Feigin
info@homeagefit.com 144-42 Jewel Avenue Flushing, NY 11367 United States

Home Age Fit

Home Age Fit provides engineering-informed aging-in-place guidance, helping seniors and families plan safer, more comfortable homes through ergonomic frameworks, preventative design, product reviews and practical independence-at-home solutions for life.

Website: <https://homeagefit.com>

Email: info@homeagefit.com

