



Preventing falls in the home of

Gary Reagan

543 Walnut St • Houston, TX 54403

ABOUT THIS REPORT

An assessment was completed of your home on Friday, April 29, 2016, by Teresa Snow.

Based on your personal needs, the information gathered during our assessment, and from listening to you and your family, we can now provide you with recommendations and options to enable you to live safer at home.

This report pinpoints the environmental risks and hazards you can address in your home to reduce your risk of falling. It also lists the aids and devices best for improving your quality of life.

Following these recommendations can enhance your safety and independence at home.

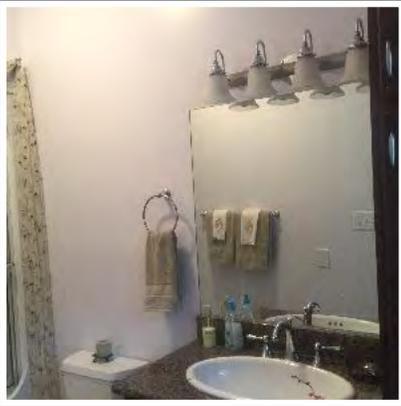


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ABOUT THIS ROOM

Up to 80% of falls occur in the bathroom and approximately 200,000 Americans are treated in emergency rooms for bathroom-related injuries each year. Bathrooms have hard, slippery surfaces and few dependable things to grasp onto, greatly increasing the chances for falling. Most falls occur while getting in and out of the shower, or on and off the toilet, and using towel bars, sink tops and other objects to support balance.

The recommendations below will be key to reducing your risk of falling.



Risk: Lack of adequate hand support while getting up or sitting down on the toilet can increase fall risk.

Toilet can be addressed with the following recommendation(s):

- 1 Install floor-mount grab bar on either side
- 2 Install back wall-mount grab bar on either side



RECOMMENDATION

1 Install floor-mount grab bar on either side

Floor mounted grab bars provide a sturdy surface to hold onto making sitting down or standing up from the toilet easier and safer.

RECOMMENDED VENDOR: Manufacturer number 15-CC. Can be found at: <http://LLS.care/8RJV5E>.

- ⦿ Grab bar diameter: 1.5 inch
- ⦿ Grab bar matching toilet-bowl shape: oval
- ⦿ Primary color: silver
- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ Average price: \$187.95



RECOMMENDATION

2

Install back wall-mount grab bar on either side

Properly installed back wall mounted grab bars provide a sturdy surface to hold onto making sitting down or standing up from the toilet easier and safer.

RECOMMENDED VENDOR: Flip Up Safety Bars Manufacturer number 1-1-12-FLIP-FRICTION. Can be found at: <http://LLS.care/LX49RY>.

- ⦿ Grab bar diameter preference: 1.5 inch
- ⦿ Maximum weight: 250
- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ Average price: \$109.00
- ⦿ 1-1/2 inch. Dia. x 30" Friction Hinge
- ⦿ Rated at 250 lbs
- ⦿ Stainless steel
- ⦿ Smooth Grip



Risk: Inappropriate toilet seat height can increase fall risk.

Toilet can be addressed with the following recommendation(s):

- 1 Install a raised toilet seat



1

Install a raised toilet seat

Raised toilet seats increase the height of your toilet seat making it easier and safer to get on and off the toilet. Raised toilet seats that attach directly to the toilet bowl are the most secure and safest option.

RECOMMENDED VENDOR: Homecraft Savannah Raised Toilet Seat Manufacturer number AA2112L. Can be found at: <http://LLS.care/8D54GZ>.

- ⦿ Average price: \$40.95
- ⦿ Includes toilet seat lid
- ⦿ Lightweight, all plastic construction
- ⦿ Easy installation.



RECOMMENDATION

Risk: Lack of a night light can make it difficult to see obstacles in the dark, increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Install night lights



1

Install night lights

RECOMMENDATION

To prevent falls when getting up at night, add night lights in the bathroom and hallway and keep a flashlight by the bed in case power is out.

RECOMMENDED VENDOR: Briggs LED Motion Sensor
 Manufacturer number 081621317. Can be found at:
<http://LLS.care/85XR42>.

- ⦿ Average price: \$49.85
- ⦿ Automatically shuts off after 30 seconds
- ⦿ Battery operated
- ⦿ Detects motion up to 10 feet away



Risk: Light switches that are not illuminated are difficult to find at night increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Replace with illuminated light switch or install night light near the switch



RECOMMENDATION

1

Replace with illuminated light switch or install night light near the switch

An illuminated light switch is easier to locate at night and helps prevent trips or falls in the dark.

RECOMMENDED VENDOR: Lighted Switch Manufacturer number 3632394. Can be found at: <http://LLS.care/LK6PGK>.

- ⦿ Contractor recommended
- ⦿ Average price: \$4.00
- ⦿ 120 Volts
- ⦿ 15 Amps
- ⦿ Toggle switch



Risk: Low illumination in the room can lead to risk of falls

Room Lighting can be addressed with the following recommendation(s):

- 1 Replace light bulbs in this room



RECOMMENDATION

1

Replace light bulbs in this room

Moving about rooms that do not have enough light can make it difficult to see obstacles and lead to trips or falls. It is important to replace all light bulbs to create more light.

RECOMMENDED VENDOR: Feit LED Dimmable General Purpose Light Bulb Manufacturer number 3531776. Can be found at: <http://LLS.care/83X6EN>.

- ⦿ Contractor recommended
- ⦿ Average price: \$7.99
- ⦿ Dimmable
- ⦿ 120 Volt
- ⦿ 1100 Lumens





Risk: Lack of hand supports (grab bars) located by tub/shower entry can increase risk of falling

Tub with shower can be addressed with the following recommendation(s):

- 1 Mount a vertical grab bar just outside the tub/shower on the controls (faucet) side



1
RECOMMENDATION

1 Mount a vertical grab bar just outside the tub/shower on the controls (faucet) side

Properly installed wall mounted grab bars placed vertically just outside of tub/shower entrance on the faucet side provide a sturdy surface to hold onto making getting in and out of the tub/shower safer.

RECOMMENDED VENDOR: GBS 16"x1.5" straight silver wall-mount grab bar Manufacturer number 1-B2-GBS-1-12-SS-PEENED. Can be found at: <http://LLS.care/LWXG5X>.

- ⦿ Grab bar length: 16 inch
- ⦿ Grab bar diameter: 1.5 inch
- ⦿ Primary color: silver
- ⦿ Grab bar shape: straight
- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ The grab bar should be mounted vertically.
- ⦿ Average price: \$21.41
- ⦿ 1-1/2 inch Diameter



Risk: Lack of support while showering or bathing can increase risk of falls

Tub with shower can be addressed with the following recommendation(s):

- 1 Install a tub/shower sliding bench
- 2 Mount a grab bar on the tub/shower control wall to support the patient while seated and showering
- 3 Install new adjustable-height shower head
- 4 Install a holster for the hand held shower head that can be easily reached while the patient is seated
- 5 Install a hand held shower head



1

RECOMMENDATION

Install a tub/shower sliding bench

A tub/shower bench eliminates the need to step over the wall of the tub, helps reduce the risk of falls and lessens fatigue while providing a safe place to sit while bathing.

RECOMMENDED VENDOR: Drive Padded Transfer Bench
Manufacturer number A83032. Can be found at:
<http://LLS.care/873KE2>.

- ⦿ Padded seat: no
- ⦿ Minimum weight: 0
- ⦿ Maximum weight: 400
- ⦿ Contractor recommended
- ⦿ Estimate: 0.5 hours
- ⦿ Average price: \$222.20
- ⦿ 1" sturdy aluminum frame is corrosion resistant
- ⦿ 1-1/2" padding provides additional comfort
- ⦿ Capacity:400 lbs



2

RECOMMENDATION

Mount a grab bar on the tub/shower control wall to support the patient while seated and showering

Properly installed grab bars on the control wall provide a sturdy surface to hold onto making sitting down and standing up easier while bathing.

RECOMMENDED VENDOR: GBS 24"x1.5" straight silver wall-mount grab bar Manufacturer number 1-B2-GBS-1-12-SS-PEENED. Can be found at: <http://LLS.care/8N65N3>.

- ⦿ Grab bar length: 24 inch
- ⦿ Grab bar diameter: 1.5 inch
- ⦿ Primary color: silver
- ⦿ Grab bar shape: straight
- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ Mount the grab bar horizontally, at shoulder height(when the patient is seated)
- ⦿ Average price: \$24.56
- ⦿ 1-1/2 inch Diameter



3

RECOMMENDATION

Install new adjustable-height shower head

A hand held shower head with extendable hose makes it easier, safer and more comfortable to bathe while seated.

RECOMMENDED VENDOR: Moen slide bar/grab bar shower Manufacturer number 52224GBP25. Can be found at:
<http://LLS.care/LJZPKP>.

- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ The adjustable height shower head should be mounted such the shower head itself is 8 inches greater than patient height
- ⦿ Average price: \$195.50
- ⦿ 24" Stainless grab bar
- ⦿ 59" Hose
- ⦿ Single function spray head



4

RECOMMENDATION

Install a holster for the hand held shower head that can be easily reached while the patient is seated

An additional wall mounted holster for the shower head installed within easy reach while seated will make using shower head to bathe safer.

RECOMMENDED VENDOR: Moen Suction Cup Handheld Shower Holder Manufacturer number 081606185. Can be found at: <http://LLS.care/LQZW96>.

- ⦿ Contractor recommended
- ⦿ Estimate: 0.5 hours
- ⦿ Install at a location easily accessible by the patient when seated
- ⦿ Average price: \$16.25
- ⦿ Attaches directly to shower/tub surround or tile
- ⦿ For use with most handheld showers



5

RECOMMENDATION

Install a hand held shower head

A hand held shower head with extendable hose makes it easier, safer and more comfortable to bathe.

RECOMMENDED VENDOR: Moen handshower showerhead Manufacturer number 21908. Can be found at: <http://LLS.care/89Z4V9>.

- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ Average price: \$71.40
- ⦿ 4" diameter spray head handshower
- ⦿ Chrome finish
- ⦿



Risk: Flooring that is slippery can increase fall risk.

Floor can be addressed with the following recommendation(s):

- 1 Have a contractor apply a coat of Johnny Grip
- 2 Replace Flooring



1
RECOMMENDATION

Have a contractor apply a coat of Johnny Grip

Applying a slip-resistant coating to flooring surfaces will increase traction and reduce the slippery nature of the flooring when either wet or dry. Read product label recommendations before application.

RECOMMENDED VENDOR: Johnny grip floor treatment
Manufacturer number 16 Ounce bottle. Can be found at:
<http://LLS.care/8PZMQ4>.

- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ Average price: \$39.00
- ⦿ Works on porcelain bathtubs or tile floors
- ⦿ Indoors / Outdoors
- ⦿ Treats 2-3 bathtubs or 50 Sq. Ft.



2
RECOMMENDATION

Replace Flooring

Slippery flooring can be dangerous. If slip resistant coating or strips are not possible nor preferred then flooring may need to be replaced with appropriate flooring.

- ⦿ Contractor recommended
- ⦿ Estimate: 4 hours



ABOUT THIS ROOM

The kitchen has a variety of hazards that could contribute to a fall. Hard flooring surfaces like linoleum or tile can be slippery when splattered with water, food or grease. Cooking equipment and other kitchen items stored out of reach will require the use of a chair or stool to retrieve, greatly increasing the risk for a loss of balance or fall. It is important to remove items such as cords, throw rugs or clutter as these could cause a trip or fall.



Risk: Flooring that is slippery can increase fall risk.

Floor can be addressed with the following recommendation(s):

- 1 Have a contractor apply a coat of Johnny Grip
- 2 Replace Flooring



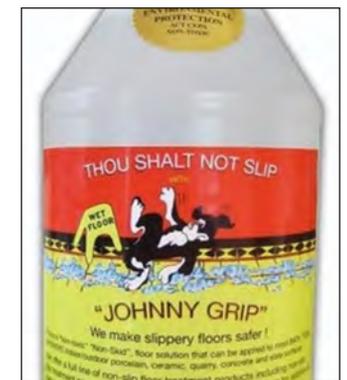
RECOMMENDATION

1 Have a contractor apply a coat of Johnny Grip

Applying a slip-resistant coating to flooring surfaces will increase traction and reduce the slippery nature of the flooring when either wet or dry. Read product label recommendations before application.

RECOMMENDED VENDOR: Johnny grip floor treatment
 Manufacturer number 16 Ounce bottle. Can be found at:
<http://LLS.care/8D5423>.

- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ Average price: \$39.00
- ⦿ Works on porcelain bathtubs or tile floors
- ⦿ Indoors / Outdoors
- ⦿ Treats 2-3 bathtubs or 50 Sq. Ft.



2

Replace Flooring

- ⦿ Contractor recommended
- ⦿ Estimate: 4 hours

Slippery flooring can be dangerous. If slip resistant coating or strips are not possible nor preferred then flooring may need to be replaced with appropriate flooring.

RECOMMENDATION

Risk: Lack of a night light can make it difficult to see obstacles in the dark, increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Install night lights

1

Install night lights

- ⦿ Average price: \$49.85
- ⦿ Automatically shuts off after 30 seconds
- ⦿ Battery operated
- ⦿ Detects motion up to 10 feet away

To prevent falls when getting up at night, add night lights in the bathroom and hallway and keep a flashlight by the bed in case power is out.

RECOMMENDED VENDOR: Briggs LED Motion Sensor
 Manufacturer number 081621317. Can be found at:
<http://LLS.care/85XREW>.

RECOMMENDATION



Risk: Light switches that are not illuminated are difficult to find at night increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Replace with illuminated light switch or install night light near the switch

1
RECOMMENDATION

1 Replace with illuminated light switch or install night light near the switch

An illuminated light switch is easier to locate at night and helps prevent trips or falls in the dark.

RECOMMENDED VENDOR: Lighted Switch Manufacturer number 3632394. Can be found at: <http://LLS.care/LK6P3R>.

- ⦿ Contractor recommended
- ⦿ Average price: \$4.00
- ⦿ 120 Volts
- ⦿ 15 Amps
- ⦿ Toggle switch



Risk: Low illumination in the room can lead to risk of falls

Room Lighting can be addressed with the following recommendation(s):

- 1 Replace light bulbs in this room
- 2 Resurface the wall (paint, wallpaper, tile, or stone) with material that has LRV > 50%

1

RECOMMENDATION

Replace light bulbs in this room

Moving about rooms that do not have enough light can make it difficult to see obstacles and lead to trips or falls. It is important to replace all light bulbs to create more light.

RECOMMENDED VENDOR: Feit LED Dimmable General Purpose Light Bulb Manufacturer number 3531776. Can be found at: <http://LLS.care/83X6E7>.

- ⦿ Contractor recommended
- ⦿ Average price: \$7.99
- ⦿ Dimmable
- ⦿ 120 Volt
- ⦿ 1100 Lumens



2

RECOMMENDATION

Resurface the wall (paint, wallpaper, tile, or stone) with material that has LRV > 50%

The color of wall paint can help enhance the amount of light to a room making it safer and easier to see when moving around the room.

RECOMMENDED VENDOR: Can be found at: <http://LLS.care/LWXG5N>.

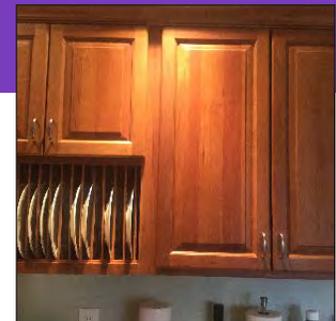
- ⦿ Contractor recommended



Risk: Storage that is difficult to reach could cause a loss of balance increasing fall risk.

Storage/Cabinets can be addressed with the following recommendation(s):

- 1 Store all frequently used items in easily accessible areas.
- 2 Install pull up cabinet device for storage that is too low and out of reach



1 **Store all frequently used items in easily accessible areas.**

RECOMMENDATION

Items stored out of easy reach may require the use of a step ladder or standing on toes to retrieve them. Moving commonly used items to areas that are easily accessible will make retrieving items safer.

2 **Install pull up cabinet device for storage that is too low and out of reach**

RECOMMENDATION

Items stored beyond reach range in lower cabinets could cause a loss of balance and potential fall. Installing a pull up cabinet device for items stored in lower spaces that are out of reach range will make it easier and safer to retrieve stored items.

RECOMMENDED VENDOR: Rev-a-Shelf Double Pullout Wire Basket Manufacturer number 5WB2-1822-CR . Can be found at: <http://LLS.care/LX49K5>.

- ⦿ Contractor recommended
- ⦿ Estimate: 1 hour
- ⦿ Average price: \$126.51
- ⦿ Two-Tiers operate independently
- ⦿ Heavy gauge wire construction
- ⦿ 18" x 22"





ABOUT THIS ROOM

Hallways or corridors can be lengthy and difficult to walk down especially if there are balance or strength concerns. Corridors and hallways often have poor lighting increasing the risk of a trip or fall. Clutter, cords, throw rugs without slip resistant backing or loose carpeting in the hallway can be trip hazards. Furniture placed in the path of foot traffic could be a trip hazard especially when using a walking aid.

Risk: Lack of a night light can make it difficult to see obstacles in the dark, increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Install night lights



RECOMMENDATION

1 Install night lights

To prevent falls when getting up at night, add night lights in the bathroom and hallway and keep a flashlight by the bed in case power is out.

RECOMMENDED VENDOR: Briggs LED Motion Sensor
 Manufacturer number 081621317. Can be found at:
<http://LLS.care/873KEE>.

- ⦿ Average price: \$49.85
- ⦿ Automatically shuts off after 30 seconds
- ⦿ Battery operated
- ⦿ Detects motion up to 10 feet away



Risk: Light switches that are not illuminated are difficult to find at night increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Replace with illuminated light switch or install night light near the switch



1
RECOMMENDATION

1 Replace with illuminated light switch or install night light near the switch

An illuminated light switch is easier to locate at night and helps prevent trips or falls in the dark.

RECOMMENDED VENDOR: Lighted Switch Manufacturer number 3632394. Can be found at: <http://LLS.care/8N65N2>.

- ⦿ Contractor recommended
- ⦿ Average price: \$4.00
- ⦿ 120 Volts
- ⦿ 15 Amps
- ⦿ Toggle switch





ABOUT THIS ROOM

Falls happen in every room of the house including the bedroom. Getting up to use the bathroom at night can be hazardous especially if the pathway is not well lit. Lack of bedside lamps, illuminated light switches or light sensor nightlights can make seeing while heading to the bathroom difficult. Even if the path to the bathroom is familiar clothing, shoes, long bed skirts, and other clutter can be trip hazards, particularly in the dark. Beds that are difficult to get in and out of could cause a loss of balance and lead to a fall.



Risk: Lack of control for room lighting while lying in bed can increase fall risk



Bed can be addressed with the following recommendation(s):

- 1 Install bedside lamp with touch on/off switch
- 2 Install remote control for room lighting
- 3 Install Clapper control for room lighting

RECOMMENDATION

1 Install bedside lamp with touch on/off switch

A lamp with on/off touch controls placed at the bedside provides easy access to lighting in the dark and helps to prevent tripping or falling over obstacles when getting up at night.

RECOMMENDED VENDOR: Simple Designs Mini Touch Lamps
 Manufacturer number LT2016-IVY-2PK. Can be found at:
<http://LLS.care/LJZPKR>.

- ⦿ Average price: \$37.00
- ⦿ 1 Light 10" 2 Pack Mini Touch Lamp
- ⦿ Perfect lamp for bedroom night tables



2

RECOMMENDATION

Install remote control for room lighting

Remote control for lights provides easy access to lighting and helps prevent tripping and falling over obstacles when getting up at night.

RECOMMENDED VENDOR: Coleman Cable Indoor Wireless Remote Outlet Manufacturer number 3635412. Can be found at: <http://LLS.care/LQZW9M>.

- ⦿ Average price: \$10.67
- ⦿ Signal Travels Up to 80 Feet
- ⦿ Simple Set-Up



3

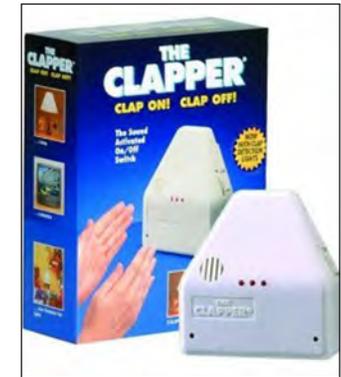
RECOMMENDATION

Install Clapper control for room lighting

Lighting with clap on/off control provides easy access to lighting and helps prevent tripping and falling over obstacles when getting up at night.

RECOMMENDED VENDOR: The Clapper Manufacturer number CL840-12. Can be found at: <http://LLS.care/89Z4V2>.

- ⦿ Average price: \$18.00
- ⦿ Sound activated electrical on and off switch
- ⦿ Works in any electrical outlet
- ⦿ Operates up to two devices



Risk: Lack of working telephone at the bedside can increase fall risk.

Bed can be addressed with the following recommendation(s):

- 1 Install appropriate telephone accessible by patient while still in bed



1 RECOMMENDATION

Install appropriate telephone accessible by patient while still in bed

Installing an easily accessible telephone near a bed helps prevent trips or falls that may happen when rushing to answer the phone.

RECOMMENDED VENDOR: Clarity Amplified Corded/Cordless Combo with Answering Machine Manufacturer number E814CC. Can be found at: <http://LLS.care/8PZMQW>.

- ⦿ Average price: \$88.06
- ⦿ Amplifies incoming sound up to 40 decibels
- ⦿ Extra loud and clear speakerphone



Risk: Impaired ability to get in/out of bed can increase fall risk.

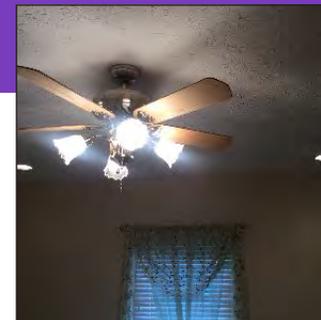
Bed can be addressed with the following recommendation(s):



Risk: Lack of a night light can make it difficult to see obstacles in the dark, increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Install night lights



1

RECOMMENDATION

Install night lights

To prevent falls when getting up at night, add night lights in the bathroom and hallway and keep a flashlight by the bed in case power is out.

RECOMMENDED VENDOR: Briggs LED Motion Sensor
Manufacturer number 081621317. Can be found at:
<http://LLS.care/LZKVV6>.

- ⦿ Average price: \$49.85
- ⦿ Automatically shuts off after 30 seconds
- ⦿ Battery operated
- ⦿ Detects motion up to 10 feet away



Risk: Light switches that are not illuminated are difficult to find at night increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Replace with illuminated light switch or install night light near the switch



1

RECOMMENDATION

Replace with illuminated light switch or install night light near the switch

An illuminated light switch is easier to locate at night and helps prevent trips or falls in the dark.

RECOMMENDED VENDOR: Lighted Switch Manufacturer number 3632394. Can be found at: <http://LLS.care/86R5EK>.

- ⦿ Contractor recommended
- ⦿ Average price: \$4.00
- ⦿ 120 Volts
- ⦿ 15 Amps
- ⦿ Toggle switch



Risk: Light switches that are not located at the proper height can be difficult to locate at night increasing fall risk.

Room Lighting can be addressed with the following recommendation(s):

- 1 Recommend Contractor Service to relocate the light switch to ideal location (48-55" off the floor).



1
RECOMMENDATION

1 Recommend Contractor Service to relocate the light switch to ideal location (48-55" off the floor).

Light switches that are difficult to reach or locate at night may cause a trip or fall while searching for the switch in the dark.

RECOMMENDED VENDOR: Electrical Service

- ⦿ Contractor recommended
- ⦿ Estimate: 3 hours
- ⦿ Recommend Contractor Service to relocate the light switch to ideal location (48-55" off the floor).
- ⦿ Hourly rate and estimate are normally provided.



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Lighting in a room should be bright enough to enable you to see well while doing whatever activity you choose. And age is a factor--generally speaking for people with normal vision, at age 60 you need about twice the level of light you did at age 20. That's why no single level of lighting can be recommended. The following will guide help you choose the right lighting for you.

Commonly available light bulbs include incandescent, halogen, fluorescent, compact fluorescent (CFL), and light emitting diode (LED). Changing existing incandescent bulbs to a newer type of bulb is an easy way to safely increase the level of lighting without the need to replace fixtures. The result is brighter light with lower energy consumption and longer life of the bulb.

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Lighting Controls are important to create safer living environments. Pre-programmable dimmers, automatic motion sensors, switches located at appropriate heights and locations, back-lit keypad buttons, illuminated light switches, face-plate covers that contrast clearly with walls, sound-activated switches, and whole-house lighting control systems offer many options for homeowners.

WHAT DIFFERENCE DOES THE COLOR OF THE BULB MAKE IN MY HOME?

Although our eyes have adjusted to the soft white color temperature of incandescent bulbs over the years, this doesn't mean that they are necessarily the best option for all lighting applications.

The three primary types of color temperature for light bulbs are: Soft White (2700K – 3000K), Bright White/Cool White (3500K – 4100K), and Daylight (5000K – 6500K).

The higher the Degrees Kelvin, the whiter the color temperature. Although the whiter lights will appear "brighter" than those of a lower Kelvin reading, the amount of Lumens (measurement for brightness) does not change, and true brightness is not affected.

SOFT WHITE/WARM WHITE (also know as 2700 Kelvin)
The is a very soft yellowish light providing a traditional warm, cozy feel.

BRIGHT WHITE/COOL WHITE (also know as 4100 Kelvin)
This is a whiter light than soft white.

DAYLIGHT (also know as 5000-6500 Kelvin)
This is a bluish-white and provides the greatest contrast among colors. Best for reading and intricate projects.

WHAT COLOR LIGHT IS RECOMMENDED?

Kitchen Bathroom Garages Outdoor lighting	Bright White or Cool White
Livingroom/Den Bedroom Entry Way Dining Area	Soft White or Warm White
Reading Lamps Task/Hobby Areas	Daylight

