



**ACTIVE ADULT
LIVING**

**PROGRESS
LIGHTING™**



Photo credit: GreenTech Homes and Piper Stromatt



GLOBE LED
P500147-109-30

According to the American Lighting Association (ALA), a 60-year-old needs **twice as much light** as a 30-year-old to perform the same seeing task with equal speed and accuracy.



HARTWICK
P710088-012

Kitchen & General Living

Home lighting can profoundly affect the quality of life, especially as we age. Lighting plays a vital role in creating a safe and healthy environment for active adults. Our eye and visual systems change as we age, requiring more light. Progress Lighting has a product assortment that promotes design style, visual comfort and performance, ideal for active adult living.

Pendant Lighting

- Provide an additional layer of light, which is essential for quality lighting design.
- Glass shades allow more light reducing household maintenance needs.

Undercabinet Lighting

- Ensure safety for daily kitchen tasks by keeping the counters well-lit.

Recessed Lighting

- Recessed downlights are an efficient, yet discreet way to provide necessary ambient lighting in a room.

Lighting Suggestions



LEAGUE
P400286-009



INSPIRE LED
P350134-009-30

Bath & Vanity

A layered approach to lighting is essential in providing necessary light from various angles. Light sources above the mirror cast shadows over the face, which can cause challenges for women applying make-up and men shaving. For the ideal lighting, install a combination of an overhead bath fixture and wall sconces on each side of the mirror.

Wet Location Lighting

- Install bright, glare-free lighting above the toilet and wet areas.

Pendant or Chandelier Lighting

- Consider installing pendants or a chandelier to not only provide an additional light source, but to also add to the overall style of the space.

Low Level Lighting

- Lighting placed at low levels can provide safety at night. Step lighting or tape lighting used as kick-toe lighting are great options for low level lighting.

Lighting Suggestions



HIGH LUMEN RECESSED TRIM
P800021-028-30



LED STEP LIGHT
P6827-0930K

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Quick Tips

-  Install dimmers across the home.
-  Use LED fixtures to save on overall cost and maintenance.
-  Incorporate layers of light.
-  Avoid shadows and dark spots.
-  Select glare-free light fixtures.
-  Choose 3000 Kelvin lighting color temperature.



Photo credit to Fridley Homes

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701 Millennium Boulevard
Greenville, SC 29607

progresslighting.com



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