

# So, you want to stay in your Home

A resource guide to accessible  
living for people of all ages  
and abilities.





**"It is not good enough for a nation  
merely to have added new years to life –  
our objective must also be to add new life to those years."**

John F. Kennedy, Feb. 21, 1963

*Is your mother's desire to stay in  
the family home a cause for worry?*

*Would it give you peace of mind if  
the home were modified to better  
accommodate the frailties that  
age brings?*

*Did you know there are diverse and countless  
choices in home care equipment to help with  
daily living tasks?*



*And there are ways to make a home  
more accessible for a wheelchair user.*

**We offer a wide variety of solutions designed to help people  
stay safe in their homes, and if we don't have the answers,  
we'll find someone who does.**





**Most people want to stay in their homes,  
and with a bit of help, they can...**

# So, you want to stay in your Home

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Perhaps you are one of millions of Americans who would love to stay in your home well past retirement and into your golden years. Or, maybe mobility and ability challenges have you looking for ways to make the rooms in your home more easily accessible to yourself or a loved one.

Adult children of aging parents worry that mom or dad may be more susceptible to potential risks at home, especially in the bathroom or shower. A fall while performing daily activities will raise concerns about their continued ability to stay safe and independent at home.

Wheelchair users are frustrated by common barriers like narrow doorways, stairways, tight hallways and inaccessible bathing or shower facilities, just to name a few.

**Before the "For Sale" sign goes in the front yard, take a few moments to sit down with your loved ones and read through this guide. You'll learn about the many ways to make your home safer and more livable.**

Some involve simple changes that might make you say, "Why didn't I think of that?" Others involve assistive devices and aids to daily living that can make everyday tasks much easier and safer. On yet another level, home modifications can literally create new, safe spaces within your home.

This guide is intended to help you stay in your own home as long as you wish and on your own terms. It contains useful information about ways to help you get around in your community. We can help you make informed decisions about assistive equipment and home modifications that can be the difference between staying independently in your home and alternatives that are not nearly as desirable.



# Falls:

There are ways to  
lower the risks

## What you need to know about falls

- 1) One in three adults 65 and older falls each year.
- 2) Twenty to 30 percent suffer moderate to severe injuries that make it hard for them to get around or live independently.
- 3) Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes.
- 4) Taking care of your overall health and well-being can help lower your risk of falling. So can safety equipment in your home, particularly the bathroom.

**We can help you assess your environment and suggest ways to make it safer. We can provide the assistive and safety devices that reduce your risk of falling.**





## Common-sense ways to prevent falls

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- **Use a cane or walker to steady yourself** when getting up. Stand up slowly after eating, lying down or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- **Use a cane or walker** to feel steadier **when you walk**. If your doctor prescribes a cane or walker, we can help find one that fits your needs.
- **Wear rubber-soled, low-heeled shoes** that fully support your feet. Wearing only socks or smooth-soled shoes on stairs or waxed floors can be unsafe.
- **Hold the handrails** when you use the stairs. **Use hand grips and install grab bars** throughout the house.
- Don't stand on a chair to reach items on tall shelves. **We can help you choose the right "reaching stick,"** commonly known as a "reacher," that can make many daily tasks safer and easier. **Consider a step stool** with a handle.
- **Carefully consider the safety of your bathroom. Grab bars, raised toilet seats, safety bars for your tub, and transfer benches** can make your bathroom a significantly safer place.
- Consider purchasing a **personal medical alarm** to wear around your neck. Talk to our staff about these devices that can bring peace of mind to you and your loved ones.
- **Taking care of your overall health** and well-being can help lower your risks.
- **Ask your doctor about a bone density test**, which will tell how strong your bones are. Medications are available that can make your bones stronger and harder to break.
- **Regular exercise can help** keep you strong, and your joints, tendons and ligaments flexible. Talk with your doctor before beginning any program.
- **Have your vision and hearing tested often.** Even small changes in sight and hearing can make you less stable.
- Discuss possible side effects from medication with your doctor and/or pharmacist. **Some medicines affect coordination and balance.**



# MAKING EVERY ROOM IN YOUR HOME SAFE AND ACCESSIBLE.

Have you thought about the current and future safety and accessibility needs of all those who are living in your home? What about accessibility needs of friends and relatives who visit? Do you have an aging parent who is coming to stay for awhile?

Practicing the concept of universal design, either during initial construction or with home modifications later, incorporates design elements, spaces and even equipment that make each room more user friendly for as many different people as possible.

Modifications like extra-wide doorways and hallways can accommodate a stroller for twins, or make getting around easier for a person on crutches or in a wheelchair. Movable cabinets increase the usability of the kitchen for children, wheelchair users, and anyone who has a hard time reaching.

Equipment like grab bars, lift chairs and support poles offer assistance when coming to a standing position, while stair lifts, ramps, vertical platform lifts and even residential elevators can keep every level of your home accessible to all.



Open this page and take a minute or two to consider the many options available to make each room in your home safer and more accessible.



- Portable Lifts
- Ceiling Lifts
- Support Poles
- Trapeze Bars
- Adjustable Beds
- Over-bed Tables

## Bedroom



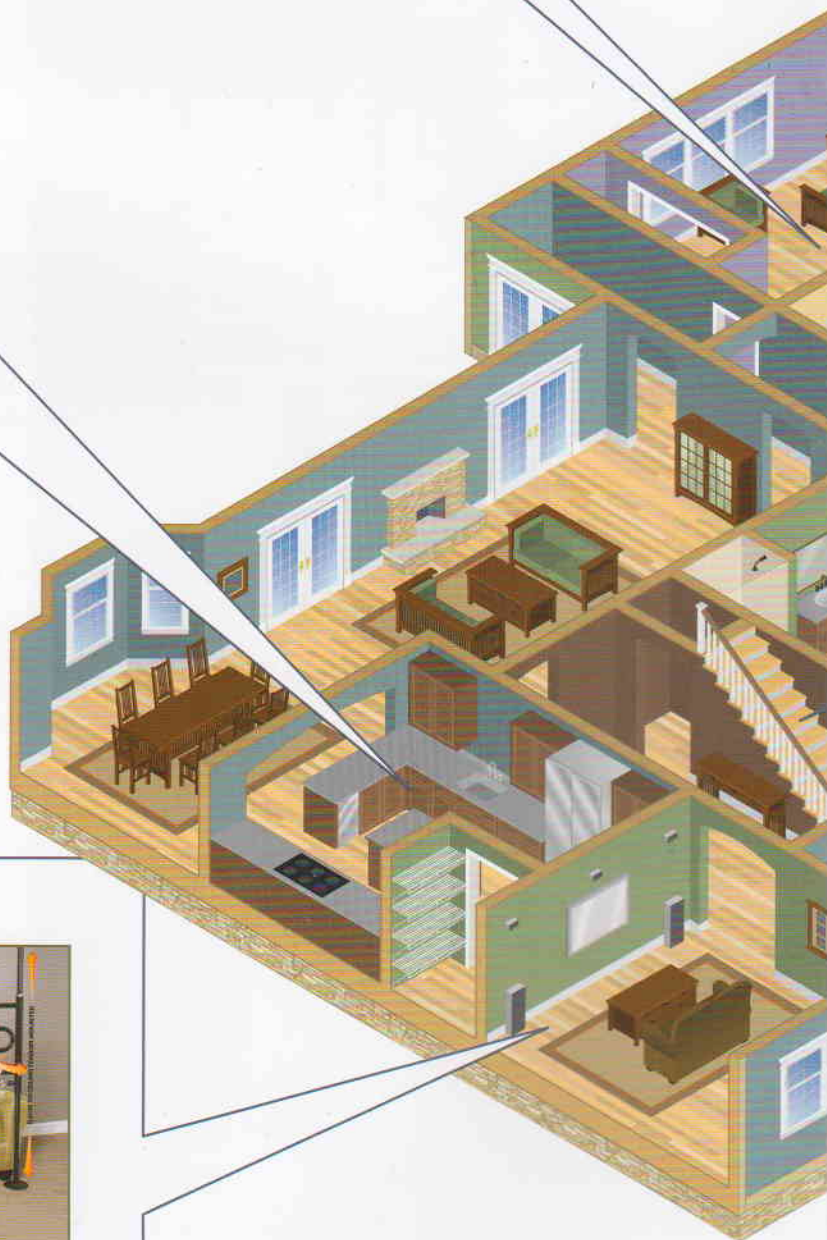
- Clear Floor Space
- Lever or Touch Faucets
- Handles (not knobs) on Cabinets and Drawers
- Accessible Counters and Cabinets
- Upper Cabinets that Lower to Counter Level

## Kitchen



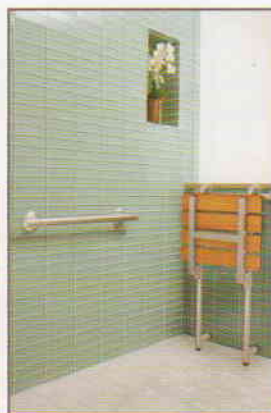
- Support Poles
- Lift Chairs
- Furniture Layout
- Remote Lighting
- Reachers
- Furniture Risers
- Widen Doorways, Hallways

## Living Space





## Bathroom



- Walk-in Tubs
- Curbless Showers
- Grab Bars
- Shower Benches
- Support Poles
- Non-slip Flooring
- Hand-held Showers
- Complete Remodel

## Stairs



- Stair Lifts
- Inclined Vertical Lifts for Wheelchair and Scooter Users
- Residential Elevators

## Entry



- Threshold Ramps
- Modular Ramps
- Portable Ramps
- Vertical Platform Lift
- Lighting
- Door Openers
- Widen Doorways



# Solutions to home safety and home accessibility challenges

## Bathrooms



- Barrier-free showers
- Walk-in tubs
- Grab bars
- Elevated toilet seats
- Bath lifts
- Shower benches
- Rubber bath mats

## Wheelchair Users



- Ramps
- Portable ramps
- Curbless or barrier-free showers
- Residential elevators
- Patient and vehicle lifts
- Room-by-room accessibility
- Porch lifts
- Inclined platform lifts
- Vertical platform lifts
- Automatic door openers

## Bedroom



- Adjustable beds
- Bed rails
- Patient lifts
- Bedside commodes
- Stand poles
- Over-bed trapeze
- Canes
- Hemi walkers
- Permanent ceiling lifts

## Living Area



- Lift chairs
- Stair lifts
- Canes
- Walkers
- Stand poles
- Hand grips
- Lighting

## Kitchen



- Easy-access cabinetry
- Accessible counter tops
- Hand grips
- Easy-grip utensils, ergonomic dishes
- Accessible appliances
- Reachers

## Getting Around

*inside, outside and in your community*



- Scooters
- Portable ramps
- Power wheelchairs
- Rollators
- Three-wheeled rollators
- Walkers and canes
- Foldable canes, walkers, wheelchairs



## Bathroom Assessment

| Do you have trouble...   | Solutions to consider  |
|--|--|
| <input type="checkbox"/> getting in and out of the bathtub?  | <ul style="list-style-type: none"> <li>• Grab bars and tub bars</li> <li>• Dual grip bars</li> <li>• Extra-long, non-slip bathtub mats</li> </ul>  |
| <input type="checkbox"/> sitting down and getting up from tub?   | <ul style="list-style-type: none"> <li>• Bath lift</li> <li>• Walk-in tubs</li> <li>• Swivel bath seats</li> <li>• Transfer benches</li> <li>• Bath systems</li> </ul>   |
| <input type="checkbox"/> navigating the entry?<br><input type="checkbox"/> with secure footing?                  | <ul style="list-style-type: none"> <li>• Grab bars near entry and on walls</li> <li>• Extra space in and around sink and toilet</li> <li>• Remove throw rugs</li> <li>• Non-slip flooring</li> </ul>   |
| <input type="checkbox"/> standing at the sink?   | <ul style="list-style-type: none"> <li>• Hemi or side walkers</li> <li>• Accessible sinks</li> <li>• Shower benches</li> </ul>   |
| <input type="checkbox"/> getting on and off the toilet?  | <ul style="list-style-type: none"> <li>• Raised toilet seats</li> <li>• Stand bars</li> <li>• Hand grips</li> <li>• Non-slip flooring</li> <li>• Safety frames</li> </ul>  |
| <input type="checkbox"/> replacing toilet tissue on the holder?  | <ul style="list-style-type: none"> <li>• Pivoting toilet paper holders</li> </ul>  |
| <input type="checkbox"/> reaching and effectively using toilet tissue?   | <ul style="list-style-type: none"> <li>• Rolling toilet paper holders</li> <li>• Toilet hygiene aids</li> <li>• Inspection mirrors</li> <li>• Bidets</li> <li>• Reachers and grabbers</li> <li>• Grab bar that doubles as toilet paper holder</li> </ul> |
| <input type="checkbox"/> reaching and cleaning thoroughly?<br><input type="checkbox"/> standing while showering? | <ul style="list-style-type: none"> <li>• Reachers, easy grip razors and tooth brushes</li> <li>• Hand-held showers</li> <li>• Shower chairs and benches</li> </ul>   |
| <input type="checkbox"/> accessing the shower?   | <ul style="list-style-type: none"> <li>• Curbless or barrier-free showers</li> </ul>   |
| <input type="checkbox"/> with dexterity limitations making grooming tasks difficult?                             | <ul style="list-style-type: none"> <li>• Hands-free hair dryers</li> <li>• Weighted grips for toothbrushes, razors and hair brushes</li> </ul>   |



# Bathroom Solutions



*Curbless or barrier-free showers, as well as walk-in tubs, significantly decrease the risk of falling and increase independence for anyone with mobility challenges.*



**So many options available to keep your home stylish, safe and accessible!**



*Dual-purpose grab bars are stylish and practical!*



*Consider the convenience and comfort of a bidet.*



*Hand-held showers, and shower/bath chairs or benches increase accessibility and safety in any bathroom.*



## Bedroom Assessment

| Do you have trouble...   | Solutions to consider  |
|--|--|
| <input type="checkbox"/> getting in and out of bed?  | <ul style="list-style-type: none"> <li>• Hand grips, bed rails, support poles</li> <li>• Grab bars</li> <li>• Trapeze bars</li> <li>• Canes</li> <li>• Walkers</li> <li>• Furniture extenders</li> <li>• Adjustable bed</li> <li>• Portable seat lift</li> </ul> |
| <input type="checkbox"/> accessing what you need while confined to your bed?   | <ul style="list-style-type: none"> <li>• Tilt-top over-bed tables</li> <li>• Reachers or grabbers</li> <li>• Patient lift</li> <li>• Portable commodes</li> <li>• Permanent ceiling lift</li> <li>• Remote lighting</li> </ul>                                   |
| <input type="checkbox"/> reaching items in your closet, or on bedroom shelves?                                       | <ul style="list-style-type: none"> <li>• Reachers</li> <li>• Foot stools with hand rail</li> <li>• Moveable clothing racks and shelves</li> <li>• Hand grips, support poles</li> </ul>   |
| <input type="checkbox"/> dressing yourself?  | <ul style="list-style-type: none"> <li>• Sock aids</li> <li>• Dressing sticks</li> <li>• Long-handled shoe horns</li> <li>• Reacher extension kits</li> <li>• Stretchable shoe laces</li> </ul>  |
| <input type="checkbox"/> with pain caused from poor posture or sleep positions?                                      | <ul style="list-style-type: none"> <li>• Adjustable beds</li> <li>• Head, neck and body support pillows</li> </ul>   |
| <input type="checkbox"/> with general safety concerns surrounding your bedroom environment?                          | <ul style="list-style-type: none"> <li>• Keep a phone within reach</li> <li>• Night lights</li> <li>• Consider unobtrusive, more accessible bedroom furniture</li> </ul>   |
| <input type="checkbox"/> with a temporary or permanent condition that limits your access to the toilet in your home? | <ul style="list-style-type: none"> <li>• Multiple use commodes</li> <li>• Three-in-one commodes</li> <li>• Four-in-one commodes</li> <li>• Portable commodes</li> </ul>  |



# Bedroom Solutions





## Kitchen Assessment

| Do you have trouble...  | Solutions to consider   |
|---|---|
| <input type="checkbox"/> accessing cabinets and appliances?                                 | <ul style="list-style-type: none"> <li>• Movable cabinets/pantry</li> <li>• Home modification for accessibility</li> </ul>  |
| <input type="checkbox"/> accessing counter tops? Kitchen work area?                         | <ul style="list-style-type: none"> <li>• Adjustable height and barrier-free counter space</li> </ul>                        |
| <input type="checkbox"/> standing on hard surfaces for long periods of time?                | <ul style="list-style-type: none"> <li>• Compression stockings, anti-fatigue floor mats</li> </ul>                          |
| <input type="checkbox"/> negotiating the transport of food or dishes to and from the table? | <ul style="list-style-type: none"> <li>• Walker or wheelchair trays and accessories</li> <li>• GRIP activity pad</li> </ul> |



## Wheelchair/Scooter User Assessment

| Do you have trouble...   | Solutions to consider  |
|--|--|
| <input type="checkbox"/> manipulating your chair in your bathroom? | <ul style="list-style-type: none"> <li>• Accessible sink and toilet</li> </ul>   |
| <input type="checkbox"/> using the shower or bathing area?         | <ul style="list-style-type: none"> <li>• Barrier-free or curbless shower or walk-in tub</li> <li>• Bath lifts</li> </ul>   |
| <input type="checkbox"/> navigating throughout your home?          | <ul style="list-style-type: none"> <li>• Elevator</li> <li>• Ramps inside and outside of home</li> <li>• Smooth floors</li> <li>• Low thresholds</li> <li>• Threshold ramps</li> </ul>       |
| <input type="checkbox"/> traveling outside of your home?           | <ul style="list-style-type: none"> <li>• Vehicle lifts, valet seats</li> <li>• Crutch holders</li> <li>• Armrest pouches</li> <li>• Soft and hard backpacks</li> <li>• Light kits</li> </ul> |
| <input type="checkbox"/> accessing and reaching in the kitchen?    | <ul style="list-style-type: none"> <li>• Pull-down cabinets, adjustable-height countertops</li> <li>• Free under-cabinet space, adjustable height</li> </ul>                                 |
| <input type="checkbox"/> navigating hallways?                      | <ul style="list-style-type: none"> <li>• Widen hallways</li> </ul>   |
| <input type="checkbox"/> maneuvering through doorways?             | <ul style="list-style-type: none"> <li>• Widen doorways</li> </ul>   |
| <input type="checkbox"/> navigating entry ways and outside steps?  | <ul style="list-style-type: none"> <li>• Porch lifts</li> <li>• Vertical platform lifts</li> </ul>   |
| <input type="checkbox"/> navigating stairways in your home?        | <ul style="list-style-type: none"> <li>• Stair lifts</li> <li>• Inclined platform lifts</li> </ul>   |
| <input type="checkbox"/> removing or navigating barriers?          | <ul style="list-style-type: none"> <li>• Automatic door openers</li> <li>• Remote lighting</li> </ul>  |
| <input type="checkbox"/> leaving the house?                        | <ul style="list-style-type: none"> <li>• Outdoor lifts</li> <li>• Automatic door openers</li> </ul>  |



## Kitchen Solutions



## Wheelchair/Scooter User Solutions



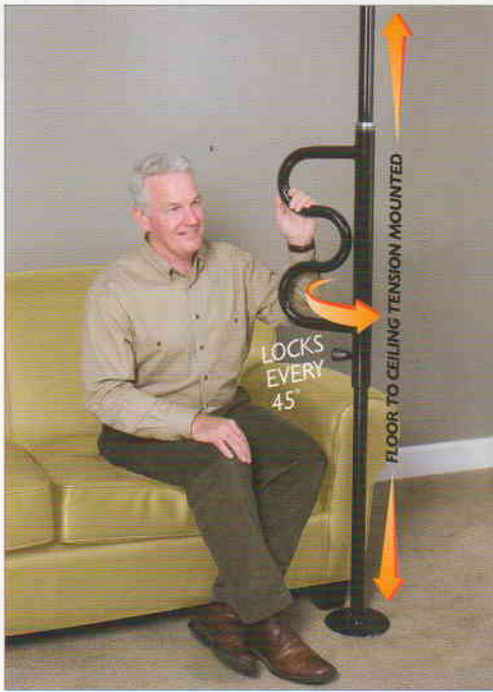


## Living Area Assessment

| Do you have trouble...  | Solutions to consider  |
|---|--|
| <input type="checkbox"/> getting in and out of living room furniture?                                   | <ul style="list-style-type: none"> <li>• Lift chairs</li> <li>• Portable seat lift</li> <li>• Couch canes, support poles</li> <li>• Canes, walkers</li> <li>• Furniture risers</li> </ul>                          |
| <input type="checkbox"/> accessing necessities, reading materials, and keeping them at your fingertips? | <ul style="list-style-type: none"> <li>• Lift chair table with magazine rack</li> <li>• Reachers, grabbers</li> <li>• Remote lighting</li> <li>• Swivel seats</li> <li>• Book holders</li> </ul>                   |
| <input type="checkbox"/> reaching objects in closets or on shelves?                                     | <ul style="list-style-type: none"> <li>• Footstools with handle</li> <li>• Bariatric footstools</li> <li>• Reachers</li> <li>• Grabbers</li> <li>• Extenders</li> <li>• Pull-down cabinets</li> </ul>              |
| <input type="checkbox"/> turning door knobs?  | <ul style="list-style-type: none"> <li>• Lever handles</li> <li>• Door knob adapters</li> </ul>  |
| <input type="checkbox"/> opening drawers or cabinets?   | <ul style="list-style-type: none"> <li>• D-shaped handles</li> </ul>   |
| <input type="checkbox"/> with balance and coordination issues?  | <ul style="list-style-type: none"> <li>• Handrails, textured railing in hallways</li> <li>• Hand grips</li> <li>• Grab bars and support poles throughout your home</li> <li>• Non-slip floors</li> </ul>           |
| <input type="checkbox"/> climbing stairs in your home?  | <ul style="list-style-type: none"> <li>• Stair lifts</li> <li>• Quad canes</li> <li>• Indoor elevators</li> <li>• Home modifications, textured railing</li> <li>• Inclined platform lift</li> </ul>                |
| <input type="checkbox"/> seeing?  | <ul style="list-style-type: none"> <li>• Lighting throughout the house</li> <li>• Lighting under kitchen cabinets</li> <li>• Lights in stairwells</li> <li>• Light switches at top and bottom of stairs</li> </ul> |
| <input type="checkbox"/> with strength and/or coordination issues?                                      | <ul style="list-style-type: none"> <li>• Automatic door openers</li> <li>• Rocker light switches</li> <li>• Key turners</li> </ul>   |



# Living Area Solutions



*Lift chairs, stair lifts, portable seat lift devices, support poles, textured railing, lever door handles, automatic door openers and emergency alert systems are just a few of the options available to help create a safer, more accessible living space.*





## Getting around inside, outside and away from home

| Do you have trouble...   | Solutions to consider   |
|--|---|
| <input type="checkbox"/> standing at the bathroom or kitchen sink?   | <ul style="list-style-type: none"> <li>• Quad canes</li> <li>• Hemi or side walkers</li> </ul>  |
| <input type="checkbox"/> traveling the hallways in your home?  | <ul style="list-style-type: none"> <li>• Widen hallways, add textured railing</li> <li>• Adequate lighting</li> <li>• Use a cane, walker or rollator</li> <li>• Three-wheeled rollators</li> </ul>  |
| <input type="checkbox"/> negotiating doorways and thresholds?  | <ul style="list-style-type: none"> <li>• Canes</li> <li>• Walkers</li> <li>• Threshold ramps</li> <li>• Automatic door openers</li> </ul>   |
| <input type="checkbox"/> moving around in your kitchen?  | <ul style="list-style-type: none"> <li>• Canes, walkers or rollators</li> <li>• Compact scooters</li> <li>• Accessory trays and baskets</li> <li>• Wheelchair modifications</li> <li>• Accessible cabinets, appliances and counter space</li> </ul> |
| <input type="checkbox"/> getting around in your bedroom?   | <ul style="list-style-type: none"> <li>• Canes</li> <li>• Hemi or side walkers</li> <li>• Three-wheeled rollators</li> <li>• Bed rails</li> <li>• Ceiling lift</li> </ul>   |
| <input type="checkbox"/> getting up from your favorite chair?  | <ul style="list-style-type: none"> <li>• Canes</li> <li>• Hemi or side walkers</li> <li>• Rollators</li> </ul>  |
| <input type="checkbox"/> negotiating the exit areas of your home: into the garage or out the front door?<br>What about the sliding glass doors that lead to your garden? | <ul style="list-style-type: none"> <li>• Hand grips, hand rails and grab bars</li> <li>• Portable, permanent and threshold ramps</li> <li>• Canes, hemi or side walkers</li> <li>• Half step</li> </ul>   |
| <input type="checkbox"/> going shopping?   | <ul style="list-style-type: none"> <li>• Canes, walkers or rollators</li> <li>• Scooters</li> <li>• Vehicle lift</li> </ul>   |
| <input type="checkbox"/> getting in and out of your car?   | <ul style="list-style-type: none"> <li>• Retractable canes</li> <li>• Swivel seats</li> <li>• Folding walkers and hemi walkers</li> </ul>   |
| <input type="checkbox"/> dealing with public transportation or have trouble negotiating airports?  | <ul style="list-style-type: none"> <li>• Retractable canes</li> <li>• Folding walkers</li> <li>• Folding transport chairs, compact scooters</li> </ul>  |
| <input type="checkbox"/> with an injury keeping you housebound?  | <ul style="list-style-type: none"> <li>• Transport chairs</li> <li>• Knee scooters</li> <li>• Crutches</li> <li>• Canes</li> <li>• Braces</li> </ul>  |



# Getting around inside, outside and away from home



*Whether your plans include running errands or bathing safely and independently in your own home, there is accessibility equipment available to help you complete all your daily living activities. Ask us! We are here to help.*



## Modify Your Home...Room by Room

Modifying the home can be as simple as picking up throw rugs (tripping hazards) or more complex – widening doorways, installing a “curbless” shower, changing door handles to levers, installing “rocker” light switches, or opening up interior space to make it more accessible and practical for individuals who use mobility equipment.

### *Some of the most common home modifications include:*

- **Grab bars in bathrooms**
- **Ramps, both interior and exterior**
- **Stair lifts**
- **Door widening**
- **Walk-in tubs/curbless or barrier-free showers**
- **Full bath remodels**
- **Ceiling lifts**
- **Porch lifts**
- **Accessible room additions**
- **Floor coverings to accommodate wheelchair use**





# Home Modifications for safety and quality of life

There are many simple modifications that can increase the safety and convenience of any home. More people are choosing to stay in their homes as they age. By implementing some of these creative solutions to mobility and daily living challenges, you or your loved ones can maintain independence with safety and confidence.

## The Challenges

### Safe and accessible entryways, inside and out

Falls inside and outside the home are the number one cause of injury among the elderly.

- Are you concerned about your loved one's ability to maintain balance?
- Does he or she have coordination problems?
- What about walking and climbing steps?

There are a number of obstacles inside and outside a home that can cause mom or dad to trip and fall. Door thresholds, curbs, unlit entryways, wet flooring, raised room floors, carpeting, etc. are just a few.

### Limited reach

Limited reach, hand and arm strength, dexterity, ability to stand, height:

- Can mom or dad reach high above their head, or pick up items on the ground?
- Are you concerned about ability to grasp?
- What about height?

As people age they lose inches from their stature. They may also lose their ability to stand for long periods, or lose their ability to stand entirely. Many daily living tasks become disheartening for an aging adult without easy access to daily necessities.

### The bathroom

The bathroom can be the most dangerous room in the home of an aging adult or disabled person.

- Are there non-slip surfaces?
- Enough clear floor space for aided mobility?
- Does your loved one use a cane or a walker?
- Is the bathroom a safe place for them when using their mobility equipment?
- Are the bathtub and shower controls reachable, easy to use, and require little strength?
- Where are the grab bars in the bathroom?
- Are there grab bars near the toilet, shower and tub?
- Is a shower chair available and convenient?
- Ample space around the toilet?

## Solutions

### Entrance Solutions:

- At least one entrance without steps and a flat or low threshold
- A minimum of 5' by 5' maneuvering space at the stepless entrance
- Clean, textured pathways that lead to and from the curb
- Well-lit entry
- Motion sensitive lighting outdoors
- Handrails
- Ramps, or gently sloping path

### Interior Solutions:

- Minimum of 32 inches of clearance through passage doors
- 42-inch-wide hallways where possible
- Bedroom and bathroom on the main floor
- Laundry on the main floor
- Low-pile carpet with firm padding
- No area rugs

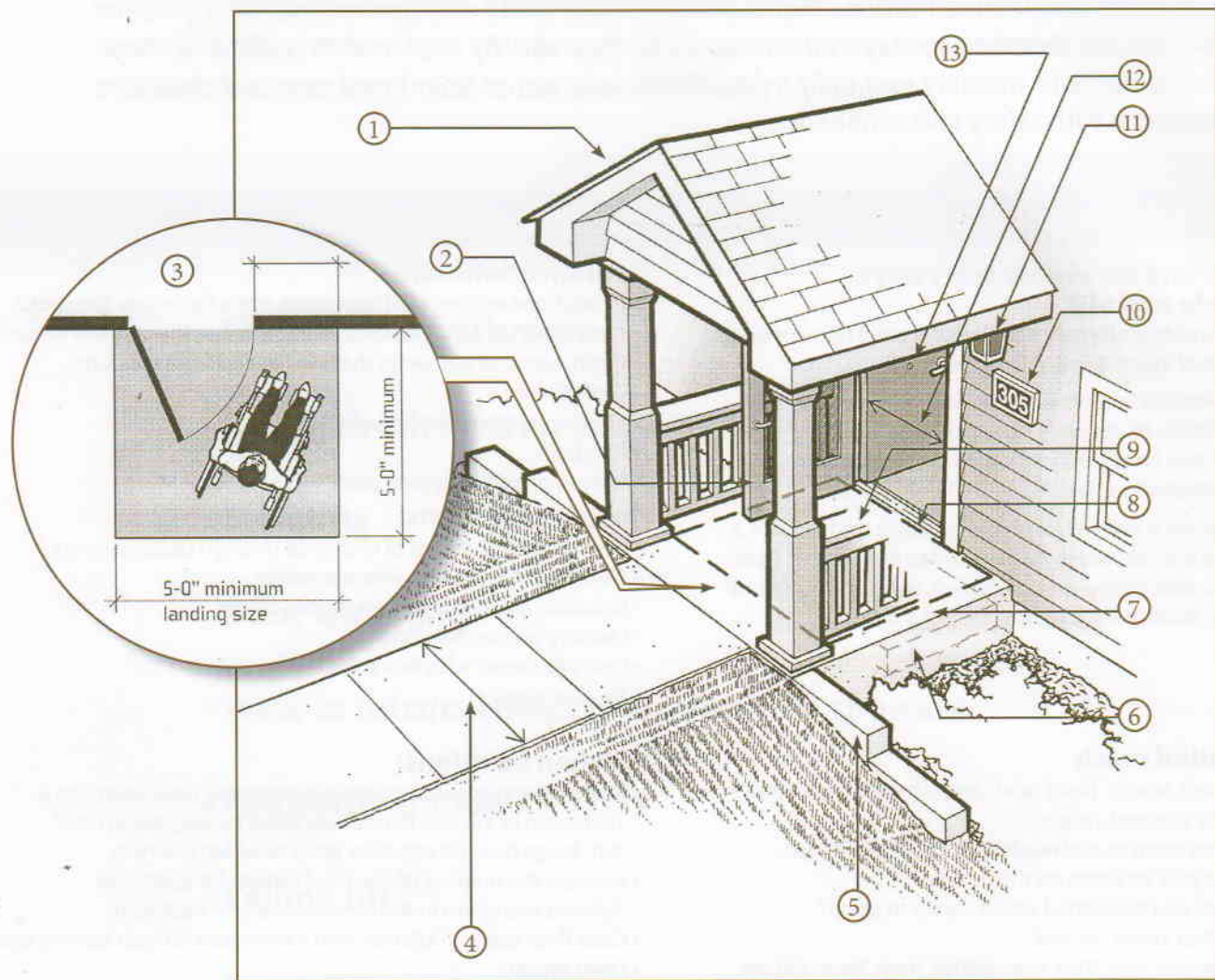
### Kitchen Solutions:

- Maneuvering space at doors: If in-swinging door obstructs a bathroom or kitchen fixture, use offset hinges, swing door out, hinge door on opposite jamb or widen doorway
- Increase the number of electrical outlets for additional lighting and alarm indicators, especially in bedrooms
- Clear floor space in kitchen with a minimum 60-inch turning circle
- Lever faucet
- Handles, not knobs, on cabinets and drawers
- Adaptable cabinets to reveal knee space

### Bathroom Solutions:

- Minimum of 5' by 5' clear floor space in the bathroom
- Non-slip flooring
- Bathroom size of at least 5' by 8'
- Broadly applied bands of reinforcement inside walls around toilets and bath fixtures for installation of grab bars
- Textured grab bars by toilet, bathtub and shower
- Offset controls in shower/tub to minimize bending and reaching
- 48" by 56" toilet space with centerline of toilet 18" from side wall
- Shower bench
- Hand-held shower head
- Curbless shower, with non-slip surface and fold-down seat
- Doors that can be unlocked from the outside
- A bathroom telephone
- Rounded counter edges

### Entry/Exit Modifications



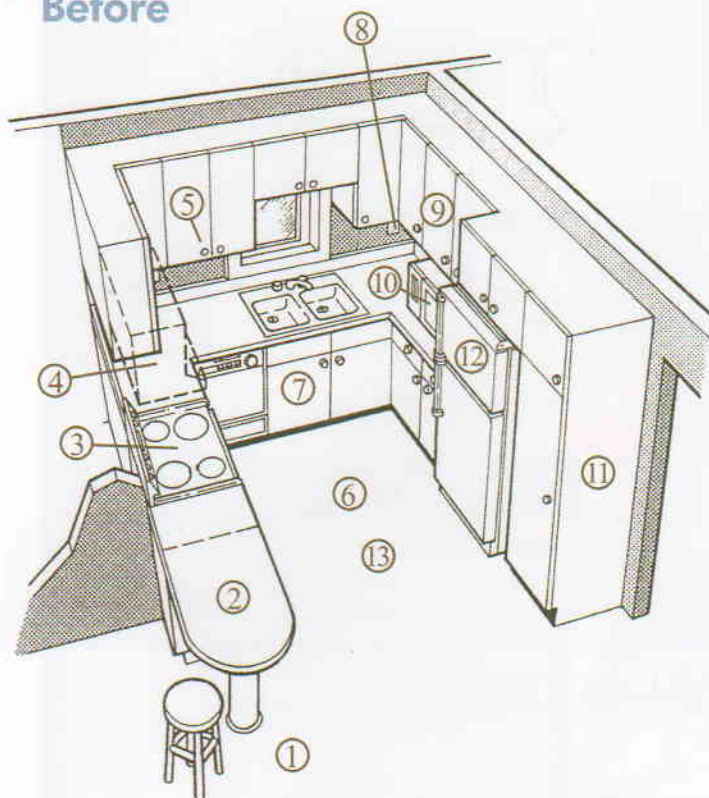
#### Remodeled Stepless Entry

1. Covered entrance helps control water at low threshold and provides protection during inclement weather.
2. Provide adequate maneuvering space around screen or storm doors.
3. 5' x 5' minimum level landing area for maneuvering.
4. Walkway 4' wide, sloped at 1:20 or less, slopes steeper than 1:30 necessitate handrails.
5. Using a combination of earth berm and retaining walls is an effective method for providing a stepless route to the landing while maintaining an integrated appearance with the home and surrounding site.
6. Original small stoop removed.
7. New porch landing set at same level as interior house floor, eliminates step at entry door.
8. Flush or low profile threshold, 1/2" high maximum.
9. Handrail with integral package shelf.
10. High contrast house numbers, easy to read from a distance.
11. Provide good overall lighting plus focused lighting at lock sets and house number for nighttime security and ease of use.
12. Both entry and screen door provide a minimum 32" clear opening, lever-handle hardware.
13. Additional lowered peephole for children and seated or shorter adults.

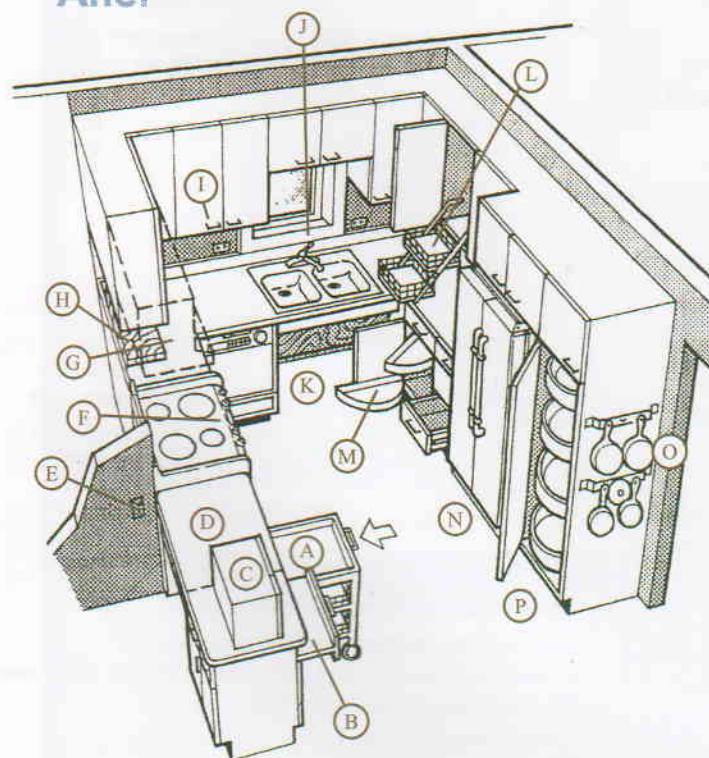


## Kitchen Modifications

### Before



### After



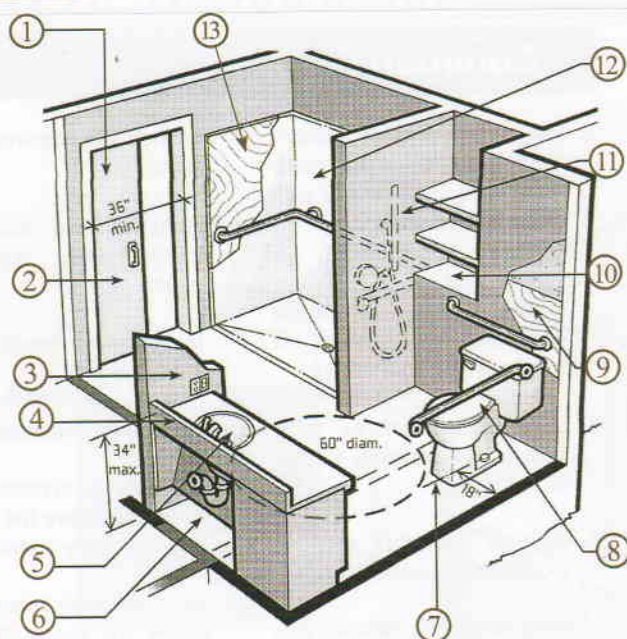
### Common Problems

- Many kitchens have uniform lighting and color that make them difficult for people with visual impairments.
- Eating and work counters located too high for people who are seated, short of stature, or young children.
- Cooking appliances with difficult-to-use controls, located on rear of unit.
- Controls for lights and fan located high on hood.
- Knob handles on cabinets and faucets are difficult for people with limited hand strength and dexterity.
- Appliances located in awkward places for people who use wheelchairs, walkers, etc.
- Kitchen sink requires users to stand.
- Switches and outlets are located too high over counters.
- Most shelves in wall cabinets are too high.
- Microwave in awkward location.
- Many shelves in pantry are too deep and above the range of reach for many users.
- Most of freezer space located above the reach of people who are seated or shorter in stature.
- Many kitchens lack adequate floor space for people using mobility aids.

### Changes

- Rolling carts provide additional storage space that is easy to reach and can be stored in knee spaces.
- Pull-out work surfaces are helpful below microwaves.
- Wall and microwave oven.
- Counter top modifications.
- New outlets or switches may be added at accessible locations.
- New range with front mounted controls.
- Ventilation hood.
- Shelves installed under high wall cabinets provide additional reachable storage.
- Existing knob handles replaced with loop handles.
- Lever faucet replaces existing turning knobs.
- Knee space under sink improves access to dishwasher and sink for seated user.
- Pull-down shelves make high wall cabinets more usable.
- Revolving and pull-out shelves make difficult-to-reach areas easier to access.
- Refrigerator replaced with more accessible side-by-side model.
- Hanging racks provide reachable storage.
- Deep, fixed shelves replaced with rotating shelves or full extension roll-out storage shelves.

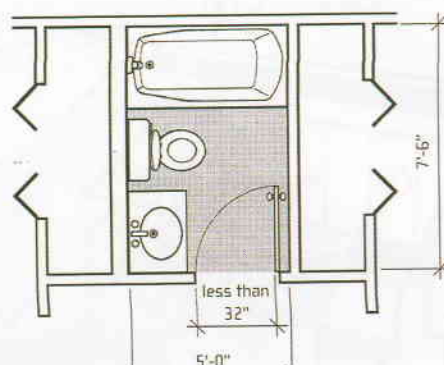
## Bathroom Modifications



### Remodeled Bathroom

1. Pocket door with loop handle is an alternative to out-swinging door that may obstruct hall or room circulation.
2. Frame width for pocket doors should be at least 36" to achieve a clear 32" opening. An accessible handle or a stop inside the pocket should prevent the door from sliding completely into the frame.
3. Switches and outlets in easy-to-reach, accessible locations.
4. Lever handle faucet control.
5. Shallow sink with rear drain to permit knee space clearances.
6. Removable pipe protection and appearance panel to provide the necessary knee space for forward approach.
7. Toilet placement in corner of a 5' X 5' clear floor space is ideal, creating unobstructed areas in front and to one side. This allows greater maneuvering and transfer options for people using wheelchairs and those needing assistance.
8. Toilet seat height between a minimum of 15 inches and a maximum of 19 inches.
9. Whole wall areas of plywood or other solid reinforcing material allow grab bar placement at the best heights and angles to suit individual needs.
10. Incorporate additional "livability" features such as storage or shelving.
11. Hand-held shower head on adjustable height slide mount with offset anti-scald valve and single lever handle valve.
12. A "curbless" (roll-in) shower is a versatile fixture usable by people with differing abilities and necessary for some. 36" X 60" clear floor space for shower.
13. Enlarged reinforced areas provide more secure mounting for future installation of shower seats.

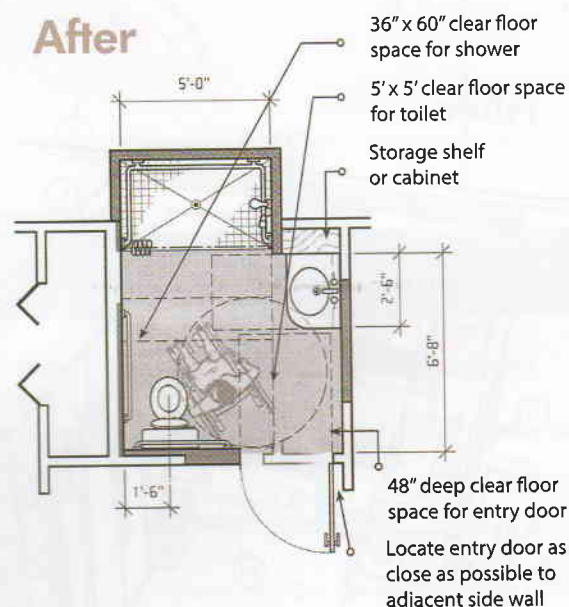
### Before



### Common Problems

- Narrow entry doors
- Lack of turning space
- Lack of maneuvering space to side of toilet
- Toilet location obstructs bathing fixture
- No knee space below sink
- No reinforcing in walls for grab bars

### After



### Changes

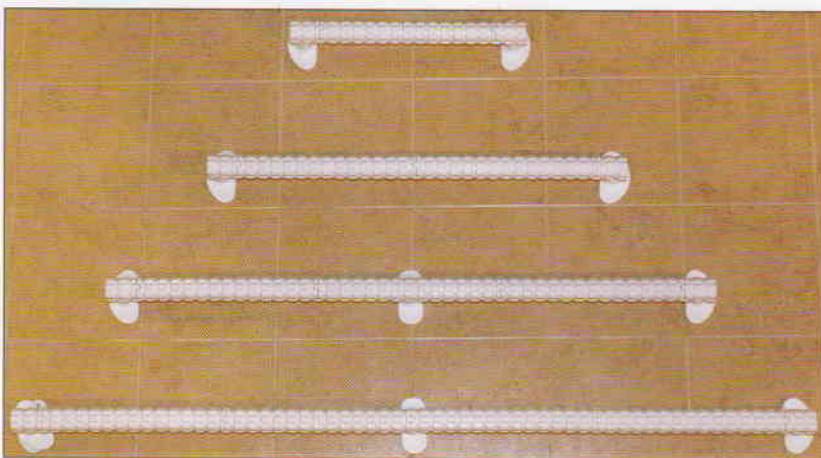
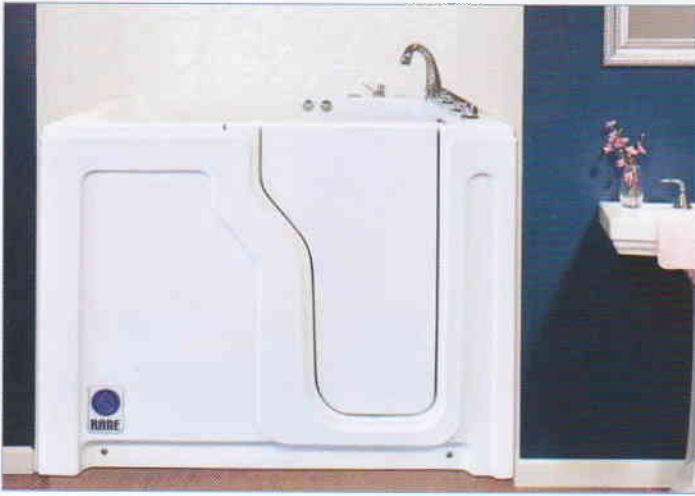
- Incorporate entire adjacent right closet
- Incorporate small "bump out" or mini-addition for shower
- Relocate plumbing and all fixtures
- New "curbless" shower
- New, wider out-swinging door







# There are so many ways to make your home more accessible...



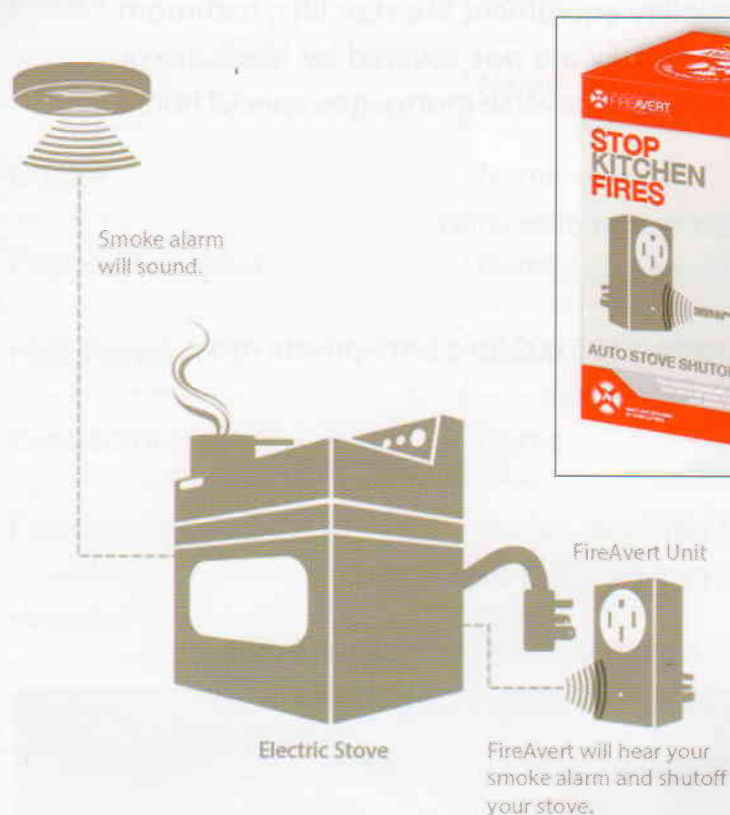
*Textured grab bars, fold-down shower seats, barrier-free showers, walk-in tubs and more are available in many styles and colors. Let us help you create safe and accessible spaces in your home that are functional and appealing.*

**CALL US TODAY FOR A FREE IN-HOME ASSESSMENT.**





## Staying Safe in Your Home



**UNATTENDED COOKING RANGES** are the most common cause of home fires in the United States. FireAvert is an innovative product that protects your home from stove fires in just minutes. Plug the FireAvert into the plug-in behind your stove. Plug your stove into the FireAvert. When the smoke alarm sounds, the FireAvert will cut power to your stove or oven before there is a flame. Ask us about the FireAvert and other innovative safety and accessibility products for your home.

*There are three- and four-pronged units available.*



**EMERGENCY ALERT DEVICES** and systems can help you or your loved one remain independent at home and when out and about in the community. Most systems offer options for wearing the alert button around the neck or on the wrist, and are automatically triggered when a fall is detected and the user cannot push the button. We can help you find the right fit for your situation.



# Medicare and Insurance Guide

Many home medical products are covered by Medicare. What Medicare doesn't cover, secondary insurance often will. Home modifications and accessibility equipment like stair lifts, bathroom safety, ramps, vehicle lifts, and vertical platform lifts usually are **not** covered by Medicare or insurance, **but may be** through non-profits, waiver programs, reverse mortgages, special home improvement loans, foundations and churches.

Remember to weigh the cost of alternative care versus the cost of making your home environment more accessible through modification.

- The average annual cost of skilled care at a nursing home is \$95,000 for a semi-private room, or \$102,000 for a private room.
- Assisted living costs an average of \$48,000 annually.
- The average rate for an in-home health aide is \$23 per hour.  
Adult day services average about \$22,000 if care is provided five days a week.

If you need information about financing options, your accessibility equipment provider or contractor can help.

| Equipment/Item            | Covered | Normal Coverage Requirements   |
|---------------------------|---------|--|
| Bathroom safety equipment | No      | Safety equipment is not covered by Medicare.   |
| Commode                   | Yes     | Covered if confined to one room, confined to one level with no toilet, or confined to a home with no toilet  |
| Canes, walkers            | Yes     | Mobility limitations; please call us for specifics.  |
| Lift chairs               | Yes     | Only covered if patient is unable to stand up from any chair, but once standing he or she can walk. <b>Medicare pays only for the lift mechanism, not the chair portion.</b>   |
| Emergency communicators   | No      |  |
| Power mobility devices    | Yes     | Covered if specific documentation is completed. Requires specific face-to-face clinical documentation of need from ordering practitioner. Must be specific as to why patient is unable to use a cane, walker, manual wheelchair or scooter for mobility within the home.         |
| Manual wheelchairs        | Yes     | Covered if needed in the home and unable to use a cane or walker.  |
| Van lifts and ramps       | No      |  |
| Hospital beds             | Yes     | Covered if one of these conditions is met: (1) medical condition requires body positioning not feasible in ordinary bed, (2) patient requires head of bed elevated more than 30 degrees most of the time due to a medical condition, or (3) patient requires traction equipment. |
| Patient lifts             | Yes     | Covered if transfer between bed and chair requires assistance of more than one person and patient would otherwise be confined to bed. Electric lift mechanisms are not covered.  |
| Stair lifts               | No      |  |



## Contact Information

|                    |      |       |
|--------------------|------|-------|
| Doctor             | Name | Phone |
| Doctor             | Name | Phone |
| Doctor             | Name | Phone |
| Physical Therapist | Name | Phone |
| HME Provider       | Name | Phone |
| Contractor         | Name | Phone |
| Emergency Contact  | Name | Phone |
| Hospital           | Name | Phone |
| Pharmacy           | Name | Phone |

## Insurance Information

|               |  |               |  |
|---------------|--|---------------|--|
| Company       |  | Company       |  |
| Policy type   |  | Policy type   |  |
| Policy number |  | Policy number |  |
| Phone         |  | Phone         |  |

## Medication Information

| Medication | Date Prescribed | Dosage | Frequency | Comments |
|------------|-----------------|--------|-----------|----------|
|            |                 |        |           |          |
|            |                 |        |           |          |
|            |                 |        |           |          |
|            |                 |        |           |          |



So, you want to stay in your

# Home

A resource guide  
to accessible living,  
for people of all  
ages and abilities.

- Fall Prevention
- Home Safety
- Safety Assessment Tools
- Accessibility Solutions
- Home Modifications
- Medicare/Insurance Guide
- Record Keeping

Customer wellness and satisfaction  
are our top priorities. Let us know  
how we can help.