This handout will provide information for keeping you safe in your home. Many accidents occur in your home where you feel most safe.

**Consider making the following modifications to keep your home safe:**

**Entrances**
- Clear and level walkway from parking area to door.
- Adequate lighting; motion sensing switches recommended.
- Threshold beveled and not more than ¼ (one-quarter) of an inch high.
- Lever door handles at entrance and throughout house.
- Keyless entry is recommended.
- Entrance protected from rain, snow, and ice.
- Clear 4x4 feet (minimum) entrance in home.

**Stairs (Inside and Outside Home)**
- Consider ramp and modifications to create a single floor set up.
  - For every foot of elevation, ramp must extend 12 inches (12:1 ratio).
- Steps are an appropriate height (no more than 8 inches) and depth (not less than 11 inches).
- Non-skid surface on steps.
- Hand railing at an appropriate height (usually 30-34 inches) with additional 1-foot extension of handrails at top and bottom of stairs.
- Outside steps protected from rain, snow, and ice.

**Floors**
- Floors level with non-skid surfaces.
→ Throw rugs and runners are not recommended. If present, they must be
    secured to the floor with double-sided tape, tacks, or slip-resistant backing.
→ Thresholds should be beveled, clearly marked, and not more than ¼ (one
    quarter) of an inch in height.
→ Necessary cords and wires moved out of traffic flow and secured to floor.
→ Floors kept free of clutter.

**Bathroom**
→ Non-skid floors preferred.
→ Any rugs secured with double-sided tape, tacks, or slip-resistant backing.
→ Grab bars of 1-1/2 (one and a half) inches to 1-1/4 (one and a quarter)
    inches in diameter installed for use around the toilet, tub, and shower
    spaced 1-1/2 (one and a half) inches from the wall and 36 inches from the
    floor.
→ **Towel racks and soap dishes are not acceptable substitutes for grab bars
    as they are not loadbearing** (they cannot support the weight).
→ Toilet or raised toilet seat, minimum around 20 (inches) from floor.
→ Non-skid surface in bottom of tub or shower.
→ Shower chair or tub bench with rubber, non-skid leg tips and back support.
→ Hand held nozzle is within reach when seated.
→ Thermostat controls on shower head and faucets for pre-set temperature.
→ Lever-style faucet handles.
→ Adequate lighting.
→ Door hinged so that it opens from out of the bathroom.

**Bedroom**
→ Light at entrance.
→ Bed at appropriate height; a bed that is too high may be hard to get into and
    a bed that is too low may be difficult to stand from.
→ Light or light switch within reach from the bed.
Kitchen

→ Light switch at entrance.
→ Adequate lighting at all work spaces.
→ Non-slip floor.
→ Regularly used supplies, dishes, and food items kept at an appropriate height (between hip and eye level) but not above stove.
→ Heavy utensils and appliances kept on countertop.
→ Clear counter space from stove to sink so heavy items can be slid not carried.
→ Sturdy step stool of appropriate height (not more than 8 inches) and depth (not less than 11 inches).
→ Appropriate height stool/chair (with back support) to allow seated rest breaks during cooking tasks or social gatherings.
→ Transport dishes or small (non-heated items) on wheeled cart (or 4-wheeled walker seat) from counter to/from table.
→ Consider adaptive equipment for energy conservation and modification:
  o Electric can opener
  o Dycem
  o Rocker knife
  o Built up utensil handles
  o Scoop plate
  o Bowls with handles
  o Long straws

***Clinic Occupational Therapist can provide further clarifications and additional adaptive equipment that can work best for you.

Phones & Communication

→ Keep cell phone or emergency alert systems on lanyard around neck when home alone, or when using toilet or showering.
→ Consider applications for voice amplification when vocal involvement.
→ Consider use of in home voice control systems, such as, “Alexia”, “Siri”, “Google Home”, etc., for voice calling in the event of fall or injury.

→ Install amplifiers or speakerphone service if needed.