

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 $\frac{1}{4}$ (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 $\frac{1}{4}$ (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-skid 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:
 - Electric can opener
 - Dycem
 - Rocker knife
 - Built up utensil handles
 - Scoop plate
 - Bowls with handles
 - 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.

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