

INDEPENDENT LIVING



Licensed and Insured General Contractor # 714287



HOME MODIFICATION CHECKLIST

In order to make your home lifestyle as safe and independent as possible during times of rehabilitation and through older age, it is important to be properly equipped and know what you need. This checklist is to help you identify what your needs are and what can be added to make home access an ease.



GENERAL HOME FEATURES

- Landscaped no step entry to home
- No step access to kitchen, bath, bedroom, laundry
- All doors: 32"-36" wide and all hallways 45"
- Thresholds 1/4" high or none
- Lever door handles
- Keypad or remote control lock system
- Handrails at all stairs (both sides)
- Porch covering
- Light switches should be within easy reach of the entrance of each room and should be reachable from a seated position (36-42" high).
- At least one telephone located where it is accessible to a person who is unable to stand. Telephone jacks in the kitchen, living area, and bedroom are accessible locations.
- Window sills in living, dining, and bedroom areas should be no higher than 30 inches so that a person seated or lying in bed can see outdoors.
- Windows should open easily
- Thermostats should be located such that a seated person can adjust them (no higher than 48 inches high) with readable numbers, large print, and good contrast.
- Smoke detectors should be located on each floor of the house, especially near bedrooms

For more information please call (858) 549-1682

INDEPENDENT LIVING



ENTRANCES

- At least one entryway should be accessible without steps. Ramps with a pitch no greater than 1' in rise, 12' in length may be necessary.
- Entry ways should be protected from rain, snow and ice. An attached garage with automatic door opener is ideal. Doors between garage and home should not have steps.
- Thresholds should be level or beveled and no more than 1/2 inch higher than floor.
- The doorway should have a clear, unobstructed opening at least 32-36 inches wide.
- The door should have a secure lock that can be reached by a seated person.



FLOORING

- Low Pile Carpet
- Slip Resistant
- Non-glare
- Make sure runner rugs are slip resistant



BEDROOM

- A telephone and switch should be within ways reach of bed.
- Some closet rods that are adjustable or positioned low enough can be reached from a sitting position.



- All stairs should have sturdy handrails the entire length of both sides. If extended beyond both top and bottom of the stairs, they provide more security to the user.
- Light switches should be located at both the top and bottom of stairs, and the stairway should be adequately lit.
- Steps should have rounded nosings (edges) with sloping risers. Step height (risers) should be no greater than 7 inches high (preferable 6 inches) and steps should be at least 10 inches deep to fit most shoe sizes.

INDEPENDENT LIVING



BATHROOM

- Roll-in or walk-in showers
- Handles on faucets should have levers rather than knobs.
- Reinforced walls around tub, toilet, and shower allow grab bars to be installed if they become necessary. Grab bars should be able to support 250 pounds.
*Towel bars are not safe to use as grab bars.
- Hose-type detachable, handheld showerheads are convenient for a standing or seated person.
- Bathroom sinks and vanities that are open underneath allow seated person to use them more easily.
- A shower or tub should have a seat, either built-in or set in on the tub/shower.
- The mirror and medicine cabinet can be hung low enough to be used while seated.
- Bathtub water controls and faucets are often easier to reach if they are located off-center, near the entry side of the tub.
- Shower Seats
- Emergency Call Out System
- Door swings out.
- 60" diameter floor space.
- A bathroom should be located near a bedroom.
- Bathroom doors should be at least 32 inches wide and open out so that if a person falls in the bathroom they do not block the door.
- Bathrooms with clear floor space at least 5 feet by 5 feet can be used most easily by persons in wheelchairs.



LAUNDRY

- Laundry areas located on the main floor help avoid trips up or down stairs
- Front loading washers and dryers may be easier for a seated person to use, although top loading models are easier for a person who is standing.
- Front loading appliances can be mounted on reservoirs easier use by a standing person. Front or side controls on the washer and dryer are more accessible
- A table or counter located near the washer and dryer at a height usable by a seated person (28 to 30 inches) is useful for storing or folding clothes.

INDEPENDENT LIVING



KITCHEN

- Features that make sinks more accessible include single lever controls and a sprayer with a flexible hose. Also, controls and faucets mounted on the side of the sink rather than the back are easiest to reach by seated persons.
- Cabinet doors and drawers should be easy to open. D-shaped handles are easy to use even if fingers are stiff or sore.
- Storage that includes pull out shelves, baskets and lazy susans make items more accessible
- Wall-hung cabinets should be at the appropriate height for the user. If they are too high, much of the space will not be usable for people who are seated, small or have limited strength.
- Cooktops should be the appropriate height for the user. Drop-in ranges or cook-tops can be installed at different heights.
- Wall-mounted ovens can be installed at any height to meet the user's needs: and wall ovens with side-opening doors are ideal.
- Microwave ovens with side opening doors are safe and easy for most people to use.
- Control knobs on the range and oven should be front mounted or side mounted to eliminate the need to reach over hot burners. Appliance dials 1.5 inches or greater in diameter are easiest to turn.
- Controls should have readable settings and directions with large print and good contrast.
- Counter space should be located near all ovens for placing hot dishes.
- Side by side refrigerators/freezers have more accessible space.
- Kitchens may have some low work surfaces for preparing a meal while seated. For example, a pull-out work surface such as a cutting board located 24-29 inches above the floor could serve this purpose.
- Below a sink or cooktop, base cabinets with removable shelves and no center stile can be used by a seated person if the cabinet doors are open.
- Floors and walls under the sink and cooktop should be finished in the event that any cabinets need to be removed at a later time.
- Color contrasts at the front and back edges of counter tops serve as visual clues to a person with impaired vision.
- Kitchen ventilation systems or range exhausts should function properly and be in use while cooking.

INDEPENDENT LIVING



ELECTRICAL/LIGHTING

- Distribution panel 48" above floor.
- Outlets and phone jacks 18"-24" above floor
- Switches 42"-48" above floor
- Rocker panel switches
- Smoke and carbon monoxide detectors
- Ceiling lights in every room
- Task lighting in kitchen, bath, laundry
- Lighting from multiple locations
- Motion sensors and night lights
- There should be good even lighting throughout home. Light fixtures, lamps, and window treatments should be selected and placed to avoid glare on smooth surfaces.
- If outlets and switches are warm to touch, that may indicate unsafe wiring conditions. Make sure the wires are checked as soon as possible due to potential fire hazard.
- Make sure there are no exposed wires.



SECURITY

- Exterior doors: peep hole at accessible height
- Intercom/camera system at front door
- Motion activated outdoor lights
- Make sure you have an emergency exit plan, and an alternate plan in case of fire.

A NOTE FROM GRONDIN CONSTRUCTION, INC.

Having a safe and accessible home is crucial for staying in the independent living situation. Please make sure that you have reviewed these home modifications carefully, and let us know if you have any questions, or if you feel you need renovations.

*Please note that while these suggestions will make your home safer, they will not exclusively prevent accidents.



For more information please call (858) 549-1682