

Home Accessibility Mini-Assessment

Identify small changes that make your home safer and more comfortable.

Kitchen

- Frequently used items stored between shoulder and knee height
- Lightweight cookware and utensils used regularly
- Reacher tool available for high shelves
- Non-slip mats near sink and stove
- Easy-grip handles on drawers and cabinets

Bathroom

- Grab bars installed near toilet and shower
- Non-slip mat inside and outside shower
- Raised toilet seat or supportive frame
- Handheld shower head for flexibility
- Towel bars and storage within easy reach

Bedroom

- Bed height allows easy sitting and standing
- Nightstand items within easy reach
- Clear walking path around bed
- Clothing stored between shoulder and knee height
- Supportive mattress and pillows

Living Room

- Chairs with firm cushions and armrests
- Remote controls and switches easy to reach
- Adequate lighting for reading and movement
- Clear pathways free of clutter or cords
- Frequently used items stored accessibly

Entryway

- Secure handrail or grab bar near steps
- Non-slip mat or rug at entrance
- Key hooks or shelves at comfortable height
- Adequate lighting near door
- Mobility aid stored conveniently

General Home Safety

- Lever-style door handles instead of knobs
- Light switches and outlets easy to reach
- Flooring even and free of trip hazards
- Furniture arranged for easy movement
- Emergency contacts posted visibly

Notes

Areas that need improvement:

Priority changes to make first:

Disclaimer

This checklist is for general awareness only and does not replace professional medical or occupational therapy advice.

Provided by ArthritisWares.com

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