

Home Accessibility Mini-Assessment

Identify small changes that may make your home easier to use and more comfortable when living with arthritis.

Use this checklist to review each room and identify tasks or areas that could be made easier. Check items that are already in place or working well. Use the notes section to record improvements you would like to consider.

Kitchen

- ☐ Frequently used items are stored between shoulder and knee height
- ☐ Lightweight cookware and utensils are easy to handle
- ☐ A reacher tool is available if reaching high shelves is difficult
- ☐ Mats near the sink or stove are secure and do not slide or create trip hazards
- ☐ Drawer and cabinet handles are easy to grip

Bathroom

- ☐ Secure grab bars are available near the toilet or shower where needed
- ☐ Non-slip surfaces or securely fitted mats are used in the shower and bathroom
- ☐ A raised toilet seat or supportive frame is available if sitting down or standing up is difficult
- ☐ A handheld shower head is available if it makes bathing easier
- ☐ Towels and toiletries are stored within comfortable reach

Bedroom

- ☐ Bed height allows comfortable sitting down and standing up
- ☐ Nightstand items are easy to reach from the bed
- ☐ A clear path is available around the bed
- ☐ Clothing is stored at a comfortable height
- ☐ Mattress and pillows provide suitable comfort and support

Living Room

- ☐ Chairs have firm, supportive cushions and armrests where helpful
- ☐ Remote controls, switches, and frequently used items are easy to reach
- ☐ Lighting is adequate for reading and moving around
- ☐ Pathways are clear of clutter and loose cords
- ☐ Frequently used items are stored where they can be reached without unnecessary bending or stretching

Entryway

- ☐ A secure handrail or grab bar is available near steps where needed
- ☐ Entrance mats are secure and do not create trip hazards
- ☐ Keys and everyday items are stored at a comfortable height
- ☐ Lighting is adequate near the door and entrance
- ☐ A cane, walker, or other mobility aid can be stored conveniently without blocking the pathway

General Home Accessibility

- ☐ Lever-style door handles are available where turning knobs is difficult
- ☐ Light switches and frequently used controls are easy to reach
- ☐ Floors are even, and changes in floor level are easy to identify
- ☐ Furniture is arranged to allow comfortable movement through rooms
- ☐ Important telephone numbers and emergency contacts are easy to find

Notes and Priorities

Areas that need improvement:

Priority changes to consider first:

1.

2.

3.

Questions to discuss with a professional:

Reminder

You do not need to make every change on this checklist. Start with the tasks that cause the most difficulty in your daily routine, then consider practical changes that fit your home, needs, and budget.

Some changes, such as installing grab bars or modifying steps, may require professional assessment or installation. If you are unsure which changes would be suitable, an occupational therapist or other qualified professional may be able to help.

Disclaimer: This checklist is for general awareness and planning only. It does not replace individualized medical, occupational therapy, or home-safety advice. Provided by ArthritisWares.com