



Home Preparedness and Maintenance Checklist



Update Bedrooms to Account for Limited Mobility

BEDROOMS

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Select a bedroom on the main floor of the house

- If the room must be reached by stairs, consider installing an elevator or a stairlift in your home
- If designing the bedroom to accommodate a wheelchair, make sure it is ADA-compliant

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Select a bed that is a comfortable height

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Install bed rails

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Install wall-to-wall carpeting to decrease the likelihood of falls

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Update the bedroom lighting

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Make communication easy and simple

- Install a bedroom phone or a house-wide intercom system
- Install a wireless doorbell in an easily accessible location

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Remove heavy objects such as large dressers or other furniture that could fall or become an obstacle

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Remove closet doors

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Install additional insulation to provide a more comfortable climate and eliminate ambient noise



Update Bathrooms to Account for Limited Mobility

BATHROOMS

- ☐ If redesigning the bathroom to accommodate a wheelchair, make sure it is ADA-compliant
- ☐ Install bathroom assistive devices such as grab rails or bars near the toilet and shower
- ☐ Install a lever-handled or hands-free faucet
- ☐ Install an anti-scald device
- ☐ Place non-skid, non-slip mats inside and outside of the shower/tub, near the toilet, and near the sink
- ☐ Install a raised toilet seat
- ☐ Consider ways in which you can make bathing easier:
 - Purchase a transfer bench
 - Install a showerhead with a detachable, handheld option
 - Install a step-in or “curb-less” shower
 - Install a walk-in bathtub
- ☐ Ensure the space is adequately lit, even at night



Update Kitchens to Account for Limited Mobility

KITCHENS

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Relocate kitchen to the main floor of the home (if not already situated there)

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If redesigning the kitchen to accommodate a wheelchair, make sure it is ADA-compliant

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Adjustments to the sink

- *Install a shallow sink*
- *Install a lever-handled or hands-free faucet in an easily reachable location*
- *Consider installing a motorized sink that can be easily raised and lowered*
- *Install an anti-scald device*
- *Install anti-slip mats near the sink*

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Adjust appliances

- *Consider the logical and most easily accessible placement for each appliance*
- *Select appliances that are easy to use and display information clearly*
- *Install anti-slip mats near each appliance*
- *Install drawer-style appliances*

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Adjust the height of countertops and cabinets

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Add pull out shelving to cabinets

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Install levers or “D” shaped pulls on cabinets



General In-Home Safety Precautions

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- ☐ Add handrails on both sides of the stairs
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- ☐ Ensure the home is well-lit
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- ☐ Remove slipping hazards such as area rugs
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- ☐ Ensure there are level surfaces throughout house
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- ☐ Install an in-home monitoring system
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- ☐ Add deadbolt locks
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- ☐ Install a security system
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- ☐ Build a wheelchair ramp
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General Home Maintenance Reminders for the Caregiver

INDOORS

- ☐ Develop a pet care plan
- ☐ Change air filters
- ☐ Conduct HVAC maintenance
- ☐ Check smoke alarms quarterly
- ☐ Deal with any pest problems and engage extermination services as needed

OUTDOORS

- ☐ Familiarize yourself with the garbage/recycling procedures
- ☐ Devise and implement a lawn care plan
- ☐ Devise and implement a snow removal plan
- ☐ Check the roof periodically