

# Checklist FOR MODIFICATIONS

## BATHROOM

- Install grab bars near toilet and inside shower/tub
- Replace tub with walk-in shower (zero threshold if possible)
- Use a handheld showerhead and adjustable-height fixtures
- Add a shower seat or bench
- Use non-slip mats or strips inside and outside the shower
- Raise toilet height or use a raised seat attachment
- Improve lighting with bright, shadow-free fixtures
- Lever or hands-free faucets

## BEDROOM

- Ensure bed height allows easy access (not too low or high)
- Adjustable bed is easier to get in and out of
- Install nightlights or motion-sensor lights for nighttime safety
- Use a bedside table with rounded corners and accessible storage
- Keep a phone or emergency alert device within reach
- Eliminate clutter and create wide walkways around the bed

## LIGHTING

- Use brighter bulbs in frequently used rooms
- Add task lighting for reading, cooking, hobbies
- Install motion-activated lights in hallways and bathrooms
- Avoid glare by using diffused, layered lighting
- Place easy-access light switches at entrances and bed level where possible

## FLOORING/RUGS

- Remove or secure area rugs to prevent slipping
- Replace thick carpeting with low-pile or hard surfaces (wheel chairs & walkers easier)
- Avoid thresholds higher than ½ inch between rooms
- Use non-slip mats under all rugs
- Repair or replace uneven flooring

## KITCHEN

- Store frequently used items within easy reach (waist to shoulder height)
- Use D-shaped handles on cabinets and drawers
- Consider pull-out shelves or lazy Susans for easier access
- Add lever-style faucet handles for easier use
- Ensure adequate lighting on all countertops and stovetops
- Use appliances with easy-to-read controls and automatic shut-offs

## FURNITURE

- Use chairs and sofas with sturdy armrests and firm cushions
- Choose stable furniture that won't tip or slide
- Remove low or unstable coffee tables and side tables
- Arrange furniture to allow wide, clear walking paths
- Avoid sharp edges—use corner guards if needed



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