

Stay in Your *Home*

A resource guide to
accessible living for
people of all ages
and abilities



accessiblemed.com

*"It is not good enough for a nation
merely to have added new years to life —
our objective must also be to add new life to those years."*

John F. Kennedy, Feb. 21, 1963



Is your mother's desire to stay in the family home a cause for worry?

Would it give you peace of mind if the home were modified to better accommodate the unique challenges age brings?



Did you know there are countless choices in home care equipment to help with daily living tasks?



And there are ways to make a home more accessible for a wheelchair user.

We offer a wide variety of solutions designed to help people stay safe in their homes, and if we don't have the answers, we'll find someone who does.



Most people want to stay in their homes, and with a bit of help, they can...

Falls 4-5

Important facts and prevention tips

Bird's eye view 6

Our special fold-out section offers a helpful perspective when considering equipment and modifications for your home.

Room by room 7-17

Explore room-by-room solutions to a safer and more accessible home

Home modification... 18-23

Modify your home for safety and independence

Stay safe in your home... 25

Innovative products to keep you safe

Medicare & insurance.... 26

A guide to understanding coverage

Keep in touch..... 27

Record important information

Perhaps you are one of millions of Americans who would love to stay in your home well past retirement and into your golden years. Or, maybe mobility and ability challenges have you looking for ways to make the rooms in your home more easily accessible to yourself or a loved one.

Adult children of aging parents worry that mom or dad may be more susceptible to potential risks at home, especially in the bathroom or shower. A fall while performing daily activities will raise concerns about their continued ability to stay safe and independent at home.

Wheelchair users are frustrated by common barriers like narrow doorways, stairways, tight hallways and inaccessible bathing or shower facilities, just to name a few.

Before the “For Sale” sign goes in the front yard, take a few moments to sit down with your loved ones and read through this guide. You’ll learn about the many ways to make your home safer and more livable.

Some involve simple changes that might make you say, “Why didn’t I think of that?” Others involve assistive devices and aids to daily living that can make everyday tasks much easier and safer. On yet another level, home modifications can literally create new, safe spaces within your home.

This guide is intended to help you stay in your own home as long as you wish and on your own terms. It contains useful information about ways to help you get around in your community. We can help you make informed decisions about assistive equipment and home modifications that can be the difference between staying independently in your home and alternatives that are not nearly as desirable.



Falls:

**There are ways to
lower the risks**

What you need to know about falls

- 1) One in three adults 65 and older falls each year.
- 2) Twenty to 30 percent suffer moderate to severe injuries that make it hard for them to get around or live independently.
- 3) Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes.
- 4) Taking care of your overall health and well-being can help lower your risk of falling. So can safety equipment in your home, particularly the bathroom.

We can help you assess your environment and suggest ways to make it safer. We can provide the assistive and safety devices that reduce your risk of falling.



Common-sense ways to prevent falls

- **Use a cane or walker to steady yourself** when getting up. Stand up slowly after eating, lying down or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- **Use a cane or walker** to feel steadier **when you walk**. If your doctor prescribes a cane or walker, we can help find one that fits your needs.
- **Wear rubber-soled, low-heeled shoes** that fully support your feet. Wearing only socks or smooth-soled shoes on stairs or waxed floors can be unsafe.
- **Hold the handrails** when you use the stairs. **Use hand grips and install grab bars** throughout the house.
- Don't stand on a chair to reach items on tall shelves. **We can help you choose the right "reaching stick,"** commonly known as a "reacher," that can make many daily tasks safer and easier. **Consider a step stool** with a handle.
- **Carefully consider the safety of your bathroom. Grab bars, raised toilet seats, safety bars for your tub, and transfer benches** can make your bathroom a significantly safer place.
- Consider purchasing a **personal medical alarm** to wear around your neck. Talk to our staff about these devices that can bring peace of mind to you and your loved ones.
- **Taking care of your overall health** and well-being can help lower your risks.
- **Ask your doctor about a bone density test**, which will tell how strong your bones are. Medications are available that can make your bones stronger and harder to break.
- **Regular exercise can help** keep you strong, and your joints, tendons and ligaments flexible. Talk with your doctor before beginning any program.
- **Have your vision and hearing tested often**. Even small changes in sight and hearing can make you less stable.
- Discuss possible side effects from medication with your doctor and/or pharmacist. **Some medicines affect coordination and balance.**



MAKING EVERY ROOM IN YOUR HOME SAFE AND ACCESSIBLE

Have you thought about the current and future safety and accessibility needs of all those who are living in your home? What about accessibility needs of friends and relatives who visit? Do you have an aging parent who is coming to stay for awhile?

Practicing the concept of universal design, either during initial construction or with home modifications later, incorporates design elements, spaces and even equipment that make each room more user friendly for as many different people as possible.

Modifications like extra-wide doorways and hallways can accommodate a stroller for twins, or make getting around easier for a person on crutches or in a wheelchair. Movable cabinets increase the usability of the kitchen for children, wheelchair users, and anyone who has a hard time reaching.

Equipment like grab bars, lift chairs and support poles offer assistance when coming to a standing position, while stair lifts, ramps, vertical platform lifts and even residential elevators can keep every level of your home accessible to all.



Open this page and take a minute or two to consider the many options available to make each room in your home safer and more accessible.

Solutions to home safety and home accessibility challenges

Bathrooms



- Barrier-free showers
- Walk-in tubs
- Step-in tub cutouts
- Grab bars & handrails
- Elevated toilet seats
- Bath lifts
- Shower benches
- Swing & support bath basins
- Toilet support frames

Wheelchair Users



- Modular Ramps
- Door widening
- Curbless or barrier-free showers
- Residential elevators
- Patient and vehicle lifts
- Pull-out shelving
- Inclined platform lifts
- Vertical platform lifts
- Automatic door openers

Bedroom



- Adjustable beds
- Bed rails
- Patient lifts
- Bedside commodes
- Stand poles
- Over-bed trapeze
- Pull-out closet shelving
- Handrails
- Ceiling & wall-mounted lifts

Living Area



- Stairway lifts
- Lift chairs
- Canes & walkers
- Home monitoring devices
- Walkers
- Safety poles
- Handrails
- Lighting
- Senior Home Automation Devices

Kitchen



- Easy-access cabinetry
- Accessible counter tops
- Handrails
- Easy-grip utensils, ergonomic dishes
- Accessible appliances
- Reachers
- Pull-out shelving

Getting Around

inside, outside and in your community



- Scooters
- Portable ramps
- Power wheelchairs
- Rollators & Canes
- Vehicle lifts
- Accessible vehicles
- Lightweight transport wheelchairs
- Porch railings
- Foldable canes, walkers, wheelchairs

— EMPLOYEE OWNED —

Bedroom



- Portable Lifts
- Trapeze Bars
- Ceiling Lifts
- Adjustable Beds
- Support Poles
- Over-bed Tables

Bathroom



- Walk-in Tubs
- Curbless Showers
- Grab Bars
- Shower Benches
- Support Poles
- Non-slip Flooring
- Hand-held Showers
- Complete Remodel

Stairs



- Stair Lifts
- Inclined Vertical Lifts for Wheelchair and Scooter Users
- Residential Elevators

Entry



- Threshold Ramps
- Modular Ramps
- Portable Ramps
- Vertical Platform Lift
- Lighting
- Door Openers
- Widen Doorways

Kitchen

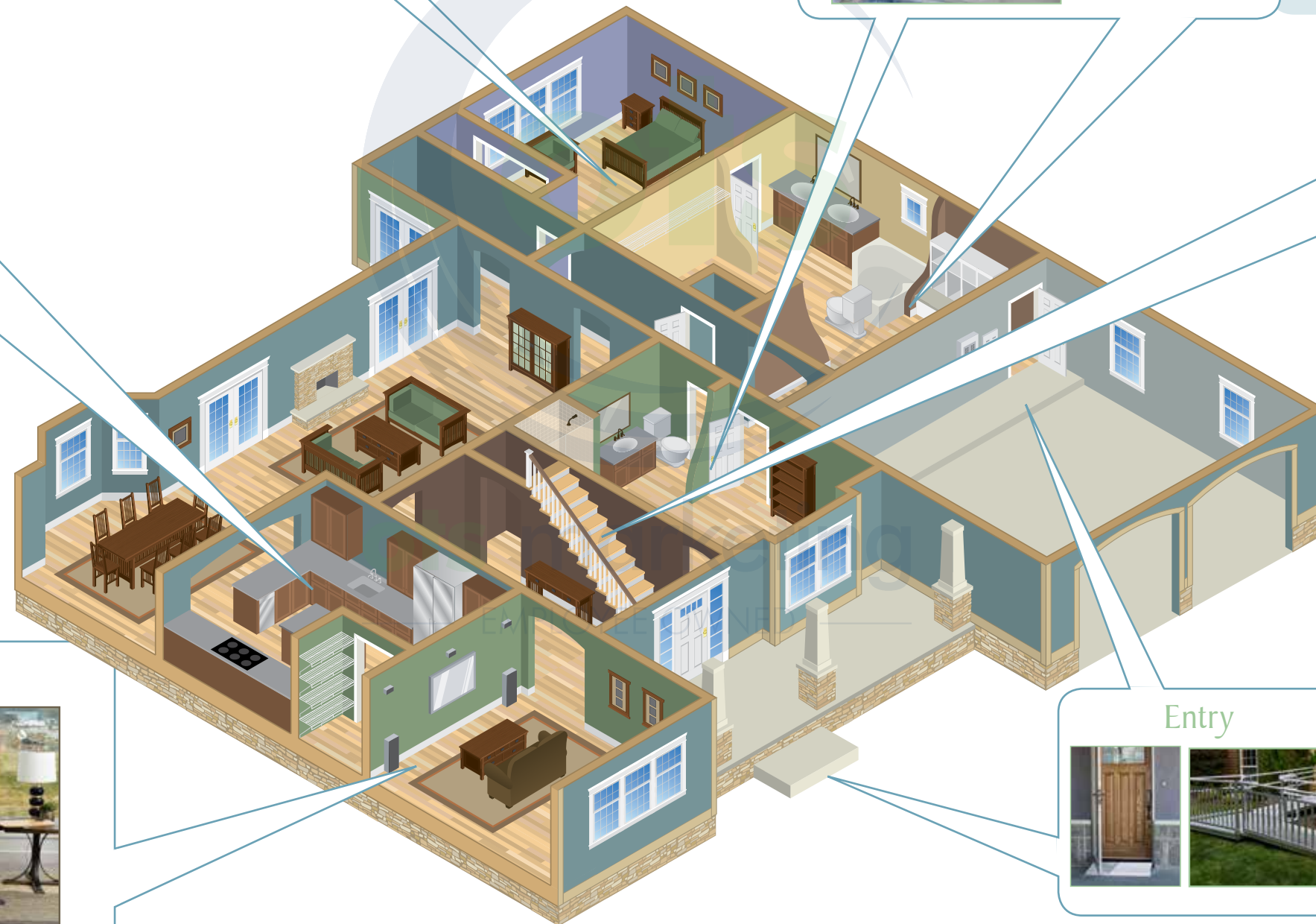


- Clear Floor Space
- Lever or Touch Faucets
- Handles (not knobs) on Cabinets and Drawers
- Accessible Counters and Cabinets
- Upper Cabinets that Lower to Counter Level

Living Space



- Support Poles
- Lift Chairs
- Furniture Layout
- Remote Lighting
- Reachers
- Furniture Risers
- Widen Doorways, Hallways





Bathroom Assessment

Do you have trouble...	Solutions to consider
<input type="checkbox"/> getting in and out of the bathtub?	<ul style="list-style-type: none"> • Grab bars and tub bars • Non-slip adhesive treads • Step-in tub cutouts
<input type="checkbox"/> sitting down and getting up from tub?	<ul style="list-style-type: none"> • Bath lift • Walk-in tubs • Transfer benches • Walk-in shower with bench
<input type="checkbox"/> navigating the entry? <input type="checkbox"/> with secure footing?	<ul style="list-style-type: none"> • Grab bars near entry and on walls • Extra space in and around sink and toilet • Remove throw rugs • Non-slip flooring or adhesive treads
<input type="checkbox"/> standing at the sink?	<ul style="list-style-type: none"> • Accessible sinks • Shower benches
<input type="checkbox"/> getting on and off the toilet?	<ul style="list-style-type: none"> • Raised toilet seats • Safety poles • Toilet support arms • Non-slip flooring or adhesive treads • toilet paper holder grab bars
<input type="checkbox"/> replacing toilet tissue on the holder?	<ul style="list-style-type: none"> • Pivoting toilet paper holders
<input type="checkbox"/> reaching and effectively using toilet tissue?	<ul style="list-style-type: none"> • Toilet hygiene aids • Inspection mirrors • Bidets • Grab bar that doubles as toilet paper holder
<input type="checkbox"/> reaching and cleaning thoroughly? <input type="checkbox"/> standing while showering?	<ul style="list-style-type: none"> • Reachers, easy grip razors and tooth brushes • Hand-held showers • Shower chairs and benches
<input type="checkbox"/> accessing the shower?	<ul style="list-style-type: none"> • Curbless or barrier-free showers
<input type="checkbox"/> with dexterity limitations making grooming tasks difficult?	<ul style="list-style-type: none"> • Hands-free hair dryers • Weighted grips for toothbrushes, razors and hair brushes

Bathroom Solutions



Curbless or barrier-free showers, as well as walk-in tubs, significantly decrease the risk of falling and increase independence for anyone with mobility challenges.



So many options available to keep your home stylish, safe and accessible!



Dual-purpose grab bars are stylish and practical!



Consider the convenience and comfort of a bidet.



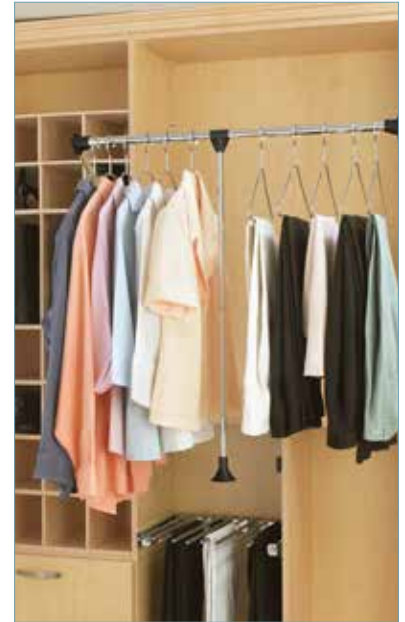
Hand-held showers, and shower/bath chairs or benches increase accessibility and safety in any bathroom.



Bedroom Assessment

Do you have trouble...	Solutions to consider
<input type="checkbox"/> getting in and out of bed?	<ul style="list-style-type: none"> • Bed rails • Grab bars and handrails • Trapeze bars • Overhead ceiling lifts • Safety poles • Patient lifts • Adjustable bed
<input type="checkbox"/> accessing what you need while confined to your bed?	<ul style="list-style-type: none"> • Tilt-top over-bed tables • Reachers or grabbers • Patient lift • Portable commodes • Call buttons • Remote lighting
<input type="checkbox"/> reaching items in your closet, or on bedroom shelves?	<ul style="list-style-type: none"> • Reachers • Foot stools with hand rail • Moveable clothing racks and shelves • Safety pole or handrails
<input type="checkbox"/> dressing yourself?	<ul style="list-style-type: none"> • Sock aids • Dressing sticks • Long-handled shoe horns • Reacher extension kits • Stretchable shoe laces
<input type="checkbox"/> with pain caused from poor posture or sleep positions?	<ul style="list-style-type: none"> • Adjustable beds • Head, neck and body support pillows
<input type="checkbox"/> with general safety concerns surrounding your bedroom environment?	<ul style="list-style-type: none"> • Keep a phone within reach • Night lights • Consider unobtrusive, more accessible furniture • In-home intercom
<input type="checkbox"/> with a temporary or permanent condition that limits your access to the toilet in your home?	<ul style="list-style-type: none"> • Power toilet lifter • Portable commodes

Bedroom Solutions





Kitchen Assessment

Do you have trouble...	Solutions to consider
<input type="checkbox"/> accessing cabinets and appliances?	<ul style="list-style-type: none"> • Movable cabinets/pantry/pull-out shelving • Home modification for accessibility
<input type="checkbox"/> accessing counter tops? Kitchen work area?	<ul style="list-style-type: none"> • Adjustable height and barrier-free counter space
<input type="checkbox"/> standing on hard surfaces for long periods of time?	<ul style="list-style-type: none"> • Compression stockings, anti-fatigue floor mats
<input type="checkbox"/> negotiating the transport of food or dishes to and from the table?	<ul style="list-style-type: none"> • Walker or wheelchair trays and accessories • GRIP activity pad



Wheelchair/Scooter User Assessment

Do you have trouble...	Solutions to consider
<input type="checkbox"/> manipulating your chair in your bathroom?	<ul style="list-style-type: none"> • Accessible sink and toilet
<input type="checkbox"/> using the shower or bathing area?	<ul style="list-style-type: none"> • Barrier-free or curbless shower or walk-in tub • Bath lifts
<input type="checkbox"/> navigating throughout your home?	<ul style="list-style-type: none"> • Residential elevator • Ramps inside and outside of home • Clutter removal and low thresholds • Threshold ramps
<input type="checkbox"/> traveling outside of your home?	<ul style="list-style-type: none"> • Vehicle lifts, valet seats • Crutch holders and armrest pouches • Soft and hard backpacks • Light kits
<input type="checkbox"/> accessing and reaching in the kitchen?	<ul style="list-style-type: none"> • Pull-down cabinets, adjustable-height countertops • Free under-cabinet space, adjustable height • Pull-out shelving
<input type="checkbox"/> navigating hallways?	<ul style="list-style-type: none"> • Widen hallways
<input type="checkbox"/> maneuvering through doorways?	<ul style="list-style-type: none"> • Widen doorways
<input type="checkbox"/> navigating entry ways and outside steps?	<ul style="list-style-type: none"> • Porch lifts • Vertical platform lifts • Modular ramps
<input type="checkbox"/> navigating stairways in your home?	<ul style="list-style-type: none"> • Stair lifts • Inclined platform lifts
<input type="checkbox"/> removing or navigating barriers?	<ul style="list-style-type: none"> • Automatic door openers • Remote and automated lighting
<input type="checkbox"/> leaving the house?	<ul style="list-style-type: none"> • Outdoor lifts • Automatic door openers

Kitchen Solutions



Wheelchair/Scooter User Solutions





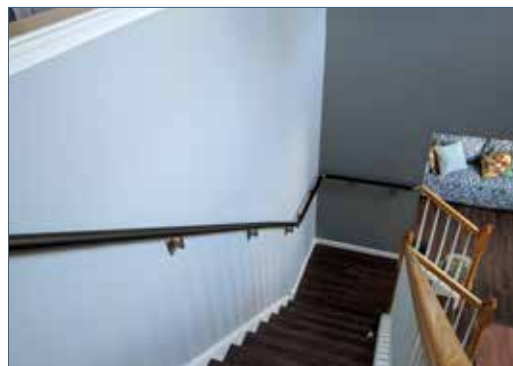
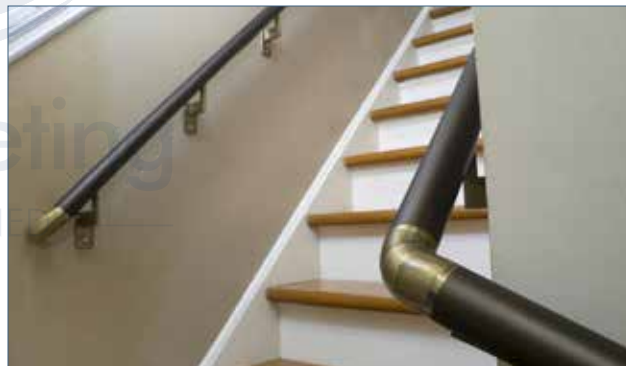
Living Area Assessment

Do you have trouble...	Solutions to consider
<input type="checkbox"/> with overall control of in-home function? <input type="checkbox"/> getting in and out of living room furniture?	<ul style="list-style-type: none"> • Senior home automation products • Lift chairs • Portable seat lift • Couch canes, security poles • Canes, walkers • Furniture risers
<input type="checkbox"/> accessing necessities, reading materials, and keeping them at your fingertips?	<ul style="list-style-type: none"> • Lift chair table with magazine rack • Reachers, grabbers • Remote or automated lighting • Portable table and book holders
<input type="checkbox"/> reaching objects in closets or on shelves?	<ul style="list-style-type: none"> • Footstools with handle • Reachers • Pull-out shelving
<input type="checkbox"/> turning door knobs?	<ul style="list-style-type: none"> • Lever handles • Door knob adapters
<input type="checkbox"/> opening drawers or cabinets?	<ul style="list-style-type: none"> • D-shaped handles
<input type="checkbox"/> with balance and coordination issues?	<ul style="list-style-type: none"> • Handrails, textured railing in hallways • Grab bars and security poles throughout your home • Non-slip floors or adhesive treads
<input type="checkbox"/> climbing stairs in your home?	<ul style="list-style-type: none"> • Stair lifts • Indoor elevators • Home modifications, textured railing • Inclined platform lift
<input type="checkbox"/> seeing?	<ul style="list-style-type: none"> • Automated lighting • Lighting throughout the house • Lighting under kitchen cabinets • Lights in stairwells • Light switches at top and bottom of stairs
<input type="checkbox"/> with strength and/or coordination issues?	<ul style="list-style-type: none"> • Automatic door openers • Rocker light switches • Key turners

Living Area Solutions



Lift chairs, stair lifts, portable seat lift devices, support poles, textured railing, lever door handles, automatic door openers and emergency alert systems are just a few of the options available to help create a safer, more accessible living space.





Getting around inside, outside and away from home

Do you have trouble...	Solutions to consider
<input type="checkbox"/> standing at the bathroom or kitchen sink?	<ul style="list-style-type: none"> • Grab bars
<input type="checkbox"/> traveling the hallways in your home?	<ul style="list-style-type: none"> • Widen hallways, add textured railing • Adequate lighting • Handrails
<input type="checkbox"/> negotiating doorways and thresholds?	<ul style="list-style-type: none"> • Door widening • Handrails • Threshold ramps • Automatic door openers
<input type="checkbox"/> moving around in your kitchen?	<ul style="list-style-type: none"> • Canes, walkers, rollators, compact scooters • Accessory trays and baskets • Pull-out cabinet shelving • Accessible appliances and counter space
<input type="checkbox"/> getting around in your bedroom?	<ul style="list-style-type: none"> • Safety poles and bed rails • Ceiling lift • Hand rails
<input type="checkbox"/> getting up from your favorite chair?	<ul style="list-style-type: none"> • Safety poles • Seat lift chairs
<input type="checkbox"/> negotiating the exit areas of your home: into the garage or out the front door? What about the sliding glass doors that lead to your garden?	<ul style="list-style-type: none"> • Handrails and grab bars • Portable, modular, permanent and threshold ramps • Half step • Automatic door openers
<input type="checkbox"/> going shopping?	<ul style="list-style-type: none"> • Walking aids or scooters • Vehicle lift
<input type="checkbox"/> getting in and out of your car?	<ul style="list-style-type: none"> • Car handle/Car Caddie • Swivel seats • Folding walkers • Accessible vehicles
<input type="checkbox"/> dealing with public transportation or have trouble negotiating airports?	<ul style="list-style-type: none"> • Rollators • Folding transport chairs, compact scooters
<input type="checkbox"/> with an injury keeping you housebound?	<ul style="list-style-type: none"> • Transport chairs • Knee scooters • Crutches, canes and braces

Getting around inside, outside and away from home



Whether your plans include running errands or bathing safely and independently in your own home, there is accessibility equipment available to help you complete all your daily living activities. Ask us! We are here to help.



Modify Your Home...Room by Room

Modifying the home can be as simple as picking up throw rugs (tripping hazards) or more complex – widening doorways, installing a “curbless” shower, changing door handles to levers, installing “rocker” light switches, or opening up interior space to make it more accessible and practical for individuals who use mobility equipment.

Some of the most common home modifications include:

- **Grab bars in bathrooms**
- **Ramps, both interior and exterior**
- **Stair lifts**
- **Door widening**
- **Walk-in tubs/curbless or barrier-free showers**
- **Full bath remodels**
- **Ceiling lifts**
- **Porch lifts**
- **Accessible room additions**
- **Floor coverings to accommodate wheelchair use**

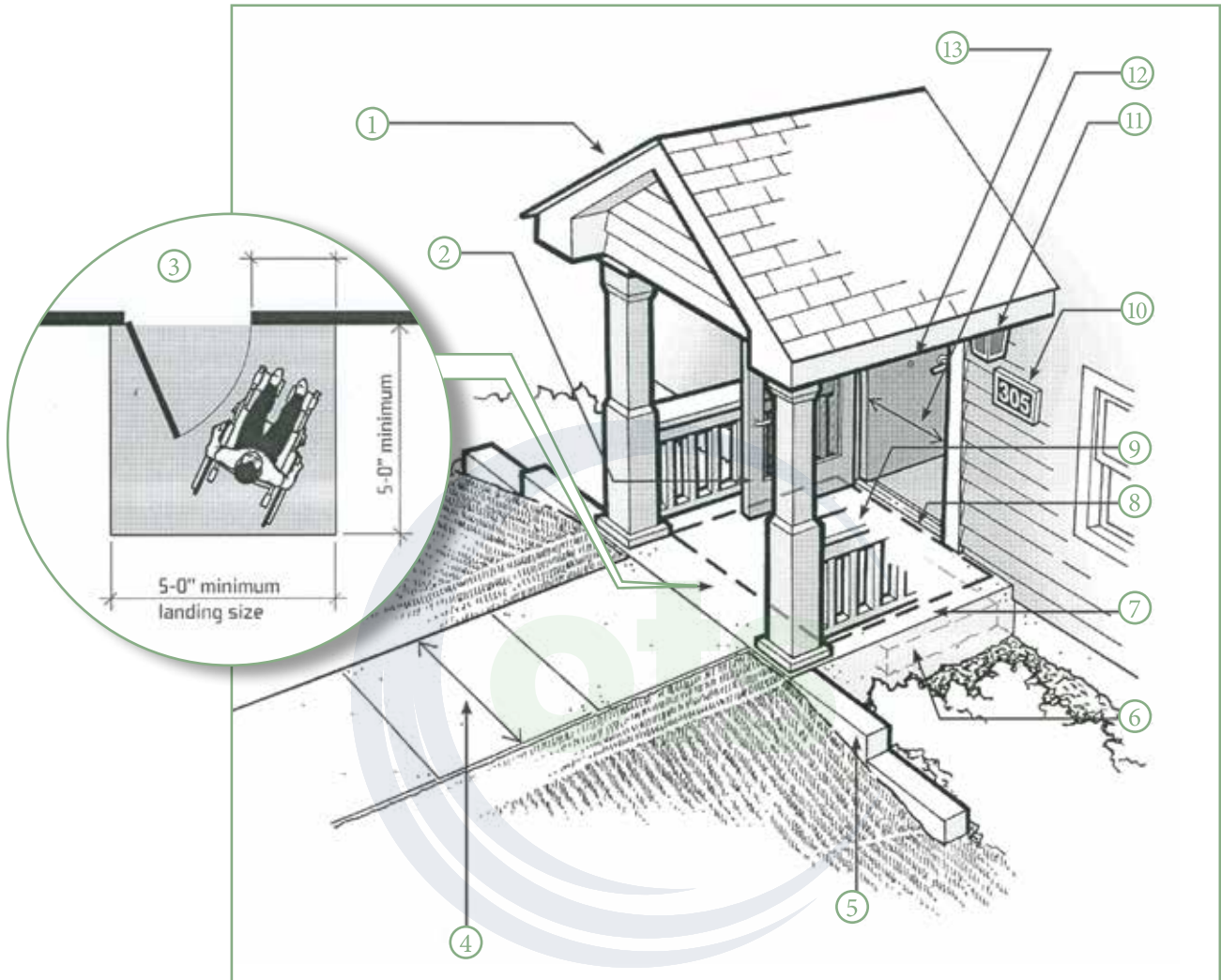


Home Modifications for Safety and Quality of Life

There are many simple modifications that can increase the safety and convenience of any home. More people are choosing to stay in their homes as they age. By implementing some of these creative solutions to mobility and daily living challenges, you or your loved ones can maintain independence with safety and confidence.

The Challenges	Solutions
<p>Safe and accessible entryways, inside and out</p> <p>Falls inside and outside the home are the number one cause of injury among the elderly.</p> <ul style="list-style-type: none">• Are you concerned about your loved one's ability to maintain balance?• Does he or she have coordination problems?• What about walking and climbing steps? <p>There are a number of obstacles inside and outside a home that can cause mom or dad to trip and fall. Door thresholds, curbs, unlit entryways, wet flooring, raised room floors, and carpeting are just a few.</p>	<p>Entrance Solutions:</p> <ul style="list-style-type: none">• At least one entrance without steps and a flat or low threshold• A minimum of 5' by 5' maneuvering space at the stepless entrance• Clean, textured pathways that lead to and from the curb• Well-lit entry• Motion sensitive lighting outdoors• Handrails• Ramps, or gently sloping path <p>Interior Solutions:</p> <ul style="list-style-type: none">• Minimum of 32 inches of clearance through passage doors• 42-inch-wide hallways where possible• Bedroom and bathroom on the main floor• Laundry on the main floor• Low-pile carpet with firm padding• No area rugs
<p>Limited reach</p> <p>Limited reach, hand and arm strength, dexterity, ability to stand, height:</p> <ul style="list-style-type: none">• Can mom or dad reach high above their head, or pick up items on the ground?• Are you concerned about ability to grasp?• What about height? <p>As people age, they lose inches from their stature. They may also lose their ability to stand for long periods, or lose their ability to stand entirely. Many daily living tasks become disheartening for an aging adult without easy access to daily necessities.</p>	<p>Kitchen Solutions:</p> <ul style="list-style-type: none">• Maneuvering space at doors: If in-swinging door obstructs a bathroom or kitchen fixture, use offset hinges, swing door out, hinge door on opposite jamb or widen doorway• Increase the number of electrical outlets for additional lighting and alarm indicators, especially in bedrooms• Clear floor space in kitchen with a minimum 60-inch turning circle• Lever faucet• Handles, not knobs, on cabinets and drawers• Adaptable cabinets to reveal knee space
<p>The bathroom</p> <p>The bathroom can be the most dangerous room in the home of an aging adult or disabled person.</p> <ul style="list-style-type: none">• Are there non-slip surfaces?• Enough clear floor space for aided mobility?• Does your loved one use a cane or a walker?• Is the bathroom a safe place for them when using their mobility equipment?• Are the bathtub and shower controls reachable, easy to use, and require little strength?• Where are the grab bars in the bathroom?• Are there grab bars near the toilet, shower and tub?• Is a shower chair available and convenient?• Ample space around the toilet?	<p>Bathroom Solutions:</p> <ul style="list-style-type: none">• Minimum of 5' by 5' clear floor space in the bathroom• Non-slip flooring• Bathroom size of at least 5' by 8'• Broadly applied bands of reinforcement inside walls around toilets and bath fixtures for installation of grab bars• Textured grab bars by toilet, bathtub and shower• Offset controls in shower/tub to minimize bending and reaching• 48" by 56" toilet space with centerline of toilet 18" from side wall• Shower bench• Hand-held shower head• Curbless shower, with non-slip surface and fold-down seat• Doors that can be unlocked from the outside• A bathroom telephone• Rounded counter edges

Entry/Exit Modifications

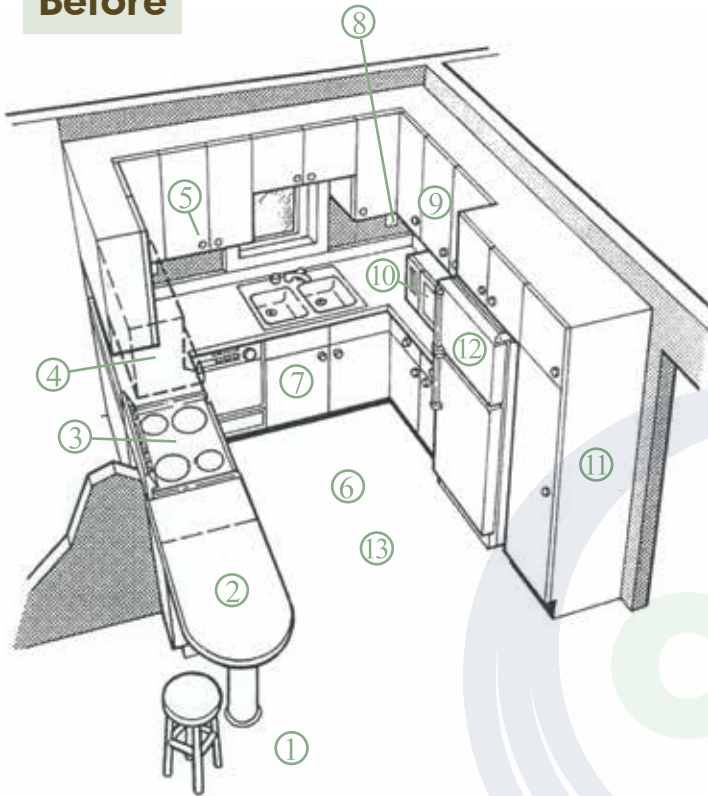


Remodeled Stepless Entry

1. Covered entrance helps control water at low threshold and provides protection during inclement weather.
2. Provide adequate maneuvering space around screen or storm doors.
3. 5' x 5' minimum level landing area for maneuvering.
4. Walkway 4' wide, sloped at 1:20 or less, slopes steeper than 1:30 necessitate handrails.
5. Using a combination of earth berm and retaining walls is an effective method for providing a stepless route to the landing while maintaining an integrated appearance with the home and surrounding site.
6. Original small stoop removed.
7. New porch landing set at same level as interior house floor, eliminates step at entry door.
8. Flush or low profile threshold, 1/2" high maximum.
9. Handrail with integral package shelf.
10. High contrast house numbers, easy to read from a distance.
11. Provide good overall lighting plus focused lighting at lock sets and house number for nighttime security and ease of use.
12. Both entry and screen door provide a minimum 32" clear opening, lever-handle hardware.
13. Additional lowered peephole for children and seated or shorter adults.

Kitchen Modifications

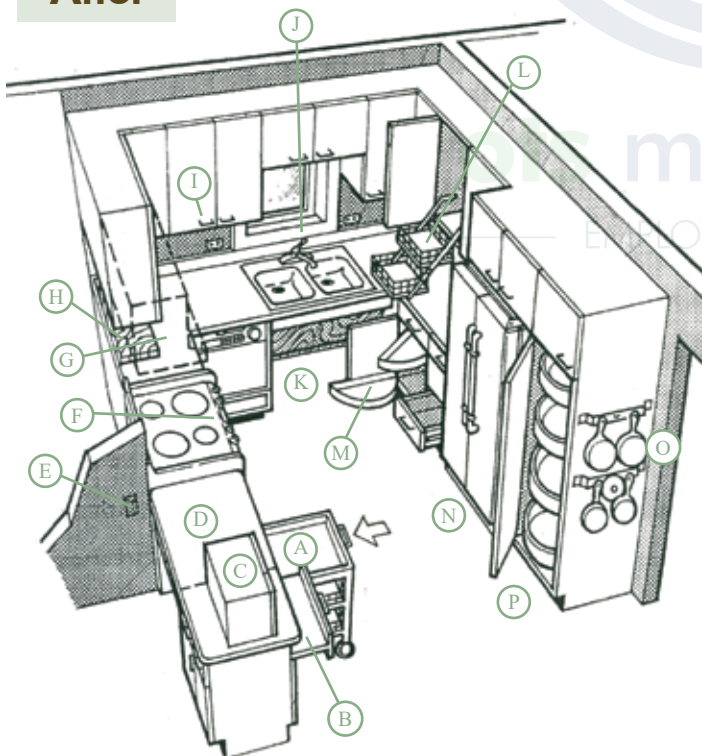
Before



Common Problems

1. Many kitchens have uniform lighting and color that make them difficult for people with visual impairments.
2. Eating and work counters located too high for people who are seated, short of stature, or young children.
3. Cooking appliances with difficult-to-use controls, located on rear of unit.
4. Controls for lights and fan located high on hood.
5. Knob handles on cabinets and faucets are difficult for people with limited hand strength and dexterity.
6. Appliances located in awkward places for people who use wheelchairs, walkers, etc.
7. Kitchen sink requires users to stand.
8. Switches and outlets are located too high over counters.
9. Most shelves in wall cabinets are too high.
10. Microwave in awkward location.
11. Many shelves in pantry are too deep and above the range of reach for many users.
12. Most of freezer space located above the reach of people who are seated or shorter in stature.
13. Many kitchens lack adequate floor space for people using mobility aids.

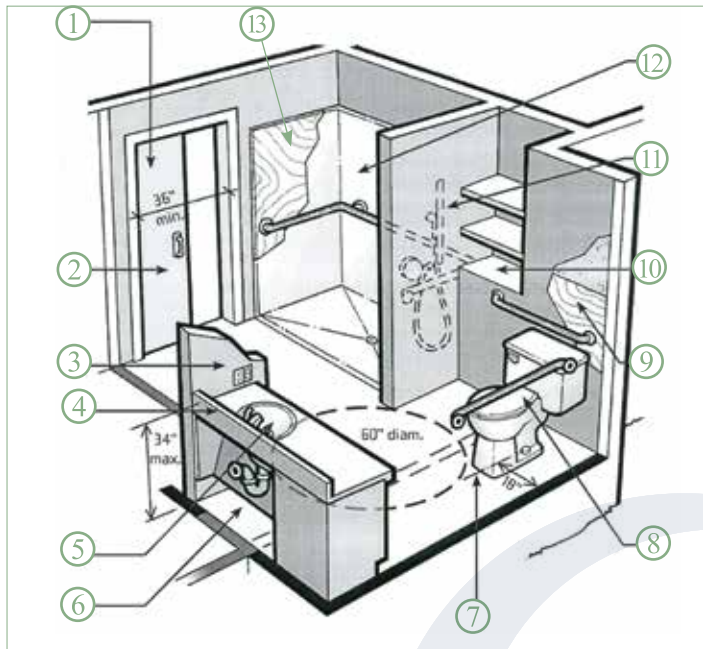
After



Changes

- A. Rolling carts provide additional storage space that is easy to reach and can be stored in knee spaces.
- B. Pull-out work surfaces are helpful below microwaves.
- C. Wall and microwave oven.
- D. Counter top modifications.
- E. New outlets or switches may be added at accessible locations.
- F. New range with front mounted controls.
- G. Ventilation hood.
- H. Shelves installed under high wall cabinets provide additional reachable storage.
- I. Existing knob handles replaced with loop handles.
- J. Lever faucet replaces existing turning knobs.
- K. Knee space under sink improves access to dishwasher and sink for seated user.
- L. Pull-down shelves make high wall cabinets more usable.
- M. Revolving and pull-out shelves make difficult-to-reach areas easier to access.
- N. Refrigerator replaced with more accessible side-by-side model.
- O. Hanging racks provide reachable storage.
- P. Deep, fixed shelves replaced with rotating shelves or full extension roll-out storage shelves.

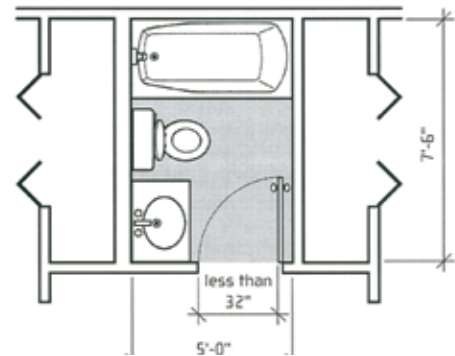
Bathroom Modifications



Remodeled Bathroom

1. Pocket door with loop handle is an alternative to out-swinging door that may obstruct hall or room circulation.
2. Frame width for pocket doors should be at least 36" to achieve a clear 32" opening. An accessible handle or a stop inside the pocket should prevent the door from sliding completely into the frame.
3. Switches and outlets in easy-to-reach, accessible locations.
4. Lever handle faucet control.
5. Shallow sink with rear drain to permit knee space clearances.
6. Removable pipe protection and appearance panel to provide the necessary knee space for forward approach.
7. Toilet placement in corner of a 5' X 5' clear floor space is ideal, creating unobstructed areas in front and to one side. This allows greater maneuvering and transfer options for people using wheelchairs and those needing assistance.
8. Toilet seat height between a minimum of 15 inches and a maximum of 19 inches.
9. Whole wall areas of plywood or other solid reinforcing material allow grab bar placement at the best heights and angles to suit individual needs.
10. Incorporate additional "livability" features such as storage or shelving.
11. Hand-held shower head on adjustable height slide mount with off-set anti-scald valve and single lever handle valve.
12. A "curbless" (roll-in) shower is a versatile fixture usable by people with differing abilities and necessary for some. 36" X 60" clear floor space for shower.
13. Enlarged reinforced areas provide more secure mounting for future installation of shower seats.

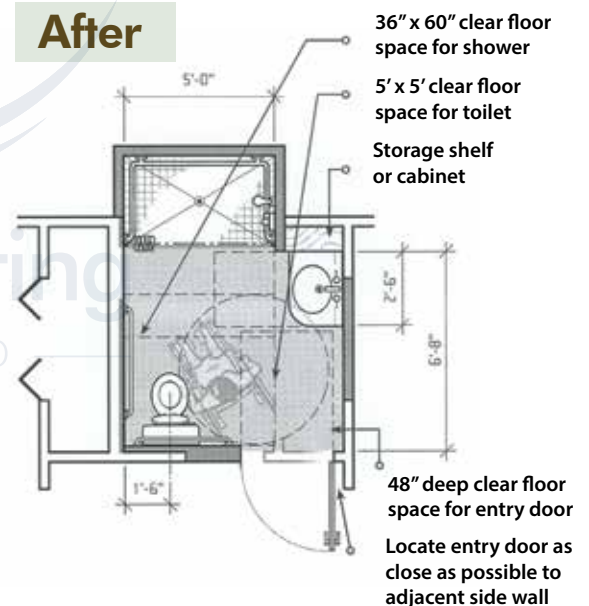
Before



Common Problems

- Narrow entry doors
- Lack of turning space
- Lack of maneuvering space to side of toilet
- Toilet location obstructs bathing fixture
- No knee space below sink
- No reinforcing in walls for grab bars

After



Changes

- Incorporate entire adjacent right closet
- Incorporate small "bump out" or mini-addition for shower
- Relocate plumbing and all fixtures
- New "curbless" shower
- New, wider out-swinging door



There are so many ways to make your home more accessible...



Textured grab bars, fold-down shower seats, barrier-free showers, walk-in tubs and more are available in many styles and colors. Let us help you create safe and accessible spaces in your home that are functional and appealing.

CALL US TODAY FOR A FREE IN-HOME ASSESSMENT.

Staying Safe in Your Home

HOME AUTOMATION PRODUCTS

'Smart home' devices can help seniors and people of all ages monitor the security and safety of their homes, engage automated lighting systems, allow the homeowner to see who is at the door, and program the thermostat so it learns family patterns, and knows when you are and are not at home. You can also check on pets and the security of your home while away, and so much more. Ask us. We are here to help you stay in your home — comfortably and safely.

Smart devices: Security cameras, doorbells, thermostats, smoke detectors, lighting controls and more.



EMERGENCY ALERT DEVICES

and systems can help you or your loved one remain independent at home and when out and about in the community. Most systems offer options for wearing the alert button around the neck or on the wrist, and are automatically triggered when a fall is detected and the user cannot push the button. We can help you find the right fit for your situation.



Medicare & Insurance Guide

Many home medical products are covered by Medicare. What Medicare doesn't cover, secondary insurance often will. Home modifications and accessibility equipment like stair lifts, bathroom safety, ramps, vehicle lifts, and vertical platform lifts usually are **not** covered by Medicare or insurance, but may be through non-profits, waiver programs, reverse mortgages, special home improvement loans, foundations and churches.

Remember to weigh the cost of alternative care versus the cost of making your home environment more accessible through modification.

- The average annual cost of skilled care at a nursing home is \$82,500 for a semi-private room, or \$92,500 for a private room.
- Assisted living costs an average of \$48,000 annually.
- The average rate for an in-home health aide is \$23 per hour.
Adult day services average about \$22,000 if care is provided five days a week.

If you need information about financing options, your accessibility equipment provider or contractor can help.

Equipment/Item	Covered	Normal Coverage Requirements
Bathroom safety equipment	No	Safety equipment is not covered by Medicare.
Commode	Yes	Covered if confined to one room, confined to one level with no toilet, or confined to a home with no toilet
Canes, walkers	Yes	Mobility limitations; please call us for specifics.
Lift chairs	Yes	Only covered if patient is unable to stand up from any chair, but once standing he or she can walk. Medicare pays only for the lift mechanism, not the chair portion.
Emergency communicators	No	
Power mobility devices	Yes	Covered if specific documentation is completed. Requires specific face-to-face clinical documentation of need from ordering practitioner. Must be specific as to why patient is unable to use a cane, walker, manual wheelchair or scooter for mobility within the home.
Manual wheelchairs	Yes	Covered if needed in the home and unable to use a cane or walker.
Van lifts and ramps	No	
Hospital beds	Yes	Covered if one of these conditions is met: (1) medical condition requires body positioning not feasible in ordinary bed, (2) patient requires head of bed elevated more than 30 degrees most of the time due to a medical condition, or (3) patient requires traction equipment.
Patient lifts	Yes	Covered if transfer between bed and chair requires assistance of more than one person and patient would otherwise be confined to bed. Electric lift mechanisms are not covered.
Stair lifts	No	
Scooters	Yes	Covered if need is in the home and patient is able to get on and off the scooter safely and it fits throughout the patient's home. Patient cannot use manual wheelchair, cane, or walker.

Contact Information		
Doctor	Name	Phone
Doctor	Name	Phone
Doctor	Name	Phone
Physical Therapist	Name	Phone
HME Provider	Name Accessible Systems	Phone 888.276.4436
Contractor	Name	Phone
Emergency Contact	Name	Phone
Hospital	Name	Phone
Pharmacy	Name	Phone

Insurance Information			
Company		Company	
Policy type		Policy type	
Policy number		Policy number	
Phone		Phone	

Medication Information				
Medication	Date Prescribed	Dosage	Frequency	Comments



Stay in Your Home

A resource guide to accessible living for people of all ages

- Fall Prevention
- Home Safety
- Safety Assessment Tools
- Accessibility Solutions
- Home Modifications
- Medicare/Insurance Guide
- Record Keeping



**ACCESSIBLE
SYSTEMS**

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Englewood, CO 80110
303.693.7787
accessiblemed.com

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2725 11th Street Road
Greeley, Co 80634
970.475.1880
northerncolorado.accessiblemed.com

ACCESSIBLE SYSTEMS OF SOUTHERN COLORADO

1880 Office Club Pointe
Colorado Springs, CO 80920
719.387.0675
southerncolorado.accessiblemed.com

ACCESSIBLE SYSTEMS OF UTAH

669 North 1000 West
Centerville, Utah 84014
801.721.1614
utah.accessiblemed.com

ACCESSIBLE SYSTEMS OF DALLAS

14580 E. Beltwood Pkwy #108
Farmers Branch, TX 75244
972.408.3335
dallas.accessiblemed.com