

# Home Mobility Checklist For Seniors Living Independently

This resource can help you prepare a home to be easier to live in for a senior with mobility impairment challenges. It is not intended to be a replacement for an occupational therapist plan or health and safety advice, nor is it complete or exhaustive. Your own home may have other or additional factors that need to be addressed as well.

## Using this checklist

Simply print off or save this document to your computer or device, then check off each item as you go. Note, this list is not exhaustive, nor is it a replacement for official health and safety advice. ALWAYS consult your local health provider, occupational therapist and other support systems to ensure a comprehensive review and preparation of the home has been completed.

## Bathroom

- Toilet seat elevation solution in place.
- Stability on the toilet helped with a system that offers guard/grab rails.
- Basin and mirror are both accessible and usable at the typical height of the user.
- Removal of mats and small furniture such as stands from the bathroom floor space.
- Extractor fan is fully functional and adequately removes steam.
- Window can be opened by the elderly occupant.
- Lighting is modern and gives good light coverage across the room.
- Shower chair solution offers good support during bathing.
- Transfer plan is in place for getting into and out of the shower.
- Flooring is checked for slip resistance.
- Soap and shower head is reachable.
- Shower temperature can not go to a dangerous heat level. Discuss the best solution with your OT and plumber.

## Kitchen

- Bring all daily items and cleaning products within reach from a standing or seated (in assistive equipment) position.
- Check all appliances are fully functional and have safety features to turn off automatically after a period of time.
- Ensure kitchen table and chairs are 100% functional with sturdy legs and back rests.
- Add in a jar and can opener to the bench top for ease of opening.
- Install pot and pan holders onto the stove.
- Ensure there is a loud egg timer or similar that can be easily viewed, set and heard once dishes are cooked.
- Add in an anti-slip mat on the floor by the sink and cooking areas to reduce slippage.
- Add in a kettle that can be poured easily from a stand / bracket.
- Check smoke alarms are fully operational with fresh batteries. All parts of the house should have these for full coverage.
- Place a fire extinguisher nearby within reach and ensure that all home occupants can operate this easily.

