

## How Accessible is your Home?

### Whole Home & Layout

- Are entryways wide enough to accommodate mobility aids such as wheelchairs or walkers? (Min 34")
- Are there steps or ramps leading to the main entrance? Are they well-lit and slip-resistant?
- Are door handles easy to grip and operate, especially for those with limited hand strength and mobility?
- Are primary living spaces, such as the kitchen, a bedroom, and 3-piece bathroom, located on the main floor?
- Are light switches and electrical outlets easily reachable from seated or standing positions?
- Is your thermostat user-friendly and easy to read? Could you install a SMART thermostat?

### Bathrooms

- Is there at least one bathroom on the main floor with a walk-in tub or curbless shower?
- Are grab bars installed in the shower and around the toilet for added stability?
- Is the flooring slip-resistant, even when wet?
- Is the toilet at a comfortable height?

### Kitchen

- Is there adequate counter space for meal preparation, with lower counters for seated use if necessary?
- Are cabinet handles easy to grasp, and are pull-out shelves installed for easier access to lower cabinets?
- Are appliances (ex: microwave, ovens) and countertops positioned at convenient heights?

### Flooring & Lighting

- Is flooring throughout the home smooth and level to prevent tripping hazards?
- Is lighting bright and evenly distributed, with switches located at both ends of hallways for easy access?
- Is there sufficient lighting in key areas of your home (stairs, at countertops, doorways, emergency exits)?

How many boxes were you able to check off? This checklist serves as a helpful starting point to evaluate your homes' accessibility, comfort, and safety as you think about your home for life. Working with an Adaptiv Designer and Renovator can help prioritize which features and modifications are best suited to your home and your needs. Some modifications can be easy to implement, such as installing grab bars or replacing a thermostat, while others may require remodelling. For more information visit [www.chba.ca/adaptiv-home/](http://www.chba.ca/adaptiv-home/)