

Overcoming Physical Difficulties Through Home Alterations

Sometimes one's home becomes a problem when dealing with the difficulties of health issues related to aging. But with a few alterations to lighting, arrangements and fixtures, one's home can instead become the solution.

Below is a list of the physical difficulties along with a list of possible remedies.

Balance and Coordination Problem

- ☐ Bath seat in the tub or shower
- ☐ Transfer bench or lift for bathtub
- ☐ Walk-in shower or tub with door for walk-in
- ☐ Grab bars near the bath and toilet
- ☐ Handrails extended beyond the top and bottom of the stairs
- ☐ No stairs to bedroom or bathroom
- ☐ Phone in the bathroom

Hearing Impairment

- ☐ Dishwasher is ultra-quiet to reduce background noise
- ☐ Increased volume on phones
- ☐ Smoke detectors with strobe lights
- ☐ Doorbell with flashing light when rung

Trouble Bending

- ☐ Elevated toilet or toilet seat
- ☐ Lower kitchen cabinets 6 inches above the floor
- ☐ Sink no more than 6 inches deep
- ☐ Countertop that can be used while sitting

CareWorks
HEALTH SERVICES



HCO#304700005

23046 Avenida de La Carlota #600, Laguna Hills, CA 92653 • (949) 859-4700
18652 Florida St. Ste 105, Huntington Beach, CA 92648 • (714) 421-4005

info@homehealthoc.com • www.CareWorksHealthServices.com

