

Things to Think About

- Do you need wound care? Yes No
- Do you need oxygen supplies? Yes No
- Do you need a Personal Care Assistant? Yes No
- Do you need durable medical equipment or supplies? Yes No
- Do you need travel training? Yes No
- Do you need help with food shopping and meal preparation? Yes No
- Do you need to furnish your new home? Yes No
- Do you need training on how to manage your money? Yes No
- Do you need to set up utilities in your new home? Yes No



Housing Considerations

Where Would You Like to Live?

What Kind of Housing Would You Like?

What Housing is Available?

Agencies and Services You Will Require

Your Healthcare

List the healthcare services you will need below.

Your Financial Needs

List the financial services you will need below.



Independent Living Skills Training

Traveling

Budgeting

Paperwork

Organization

Home Modification and Repair

Independent living is possible for people with disabilities. You can adapt your home to your needs to help prevent accidents and allow you to live in your own home. But don't worry, you don't need to do these repairs on your own. You can contact a modification and repair program.

A modification and repair program can help you prevent potentially dangerous situations in the home such as slipping in the bath or falling while entering or exiting your home. The simple installation of grab bars, shower seats and non-skid materials in your shower helps prevent falls while bathing. Regulating the temperature of your hot water heater prevents scalding. Replacing faucets or doorknobs with lever handles make them easier to turn. You can also add ramps to home entrances and install handrails for support while climbing stairs. Prepare for emergencies by placing telephones around the house and installing a medical alert system. These are just a few modifications that can be made to make your home safe and accommodate your lifestyle.

Financial assistance is available for home modification to eligible people with disabilities. By contacting certain agencies right in your town, you may receive services for free or at a reduced rate. Groups include:

- The Community Development Department
- The County Office on Aging
- Local Welfare Agencies
- Community Action Programs
- Local Banks and Lenders
- Some Medicaid Waiver Programs

Examining your home, or the home of a loved one, for likely hazards is an important step toward independent living.



Home Safety Checklist

Creating a safe living space is essential for people with disabilities. You may find that some modifications to your home are necessary to meet the needs of your daily routine. Using the following checklist, assess the changes that may be necessary to improve the general safety of your home.

Steps and Walkways

- Install handrails on both sides of a stairway.
- Check that handrails are properly attached to walls.
- Carefully inspect stairs for loose boards or uneven surfaces.
- Make sure the width of your steps can support your entire foot.

Driveway and Garage

- Make sure you have plenty of lighting in parking areas.
- Add ramps to all entrances to your home.

Windows and Doors

- Check the width of doorways to see if they are wide enough for a walker or wheelchair to pass through.
- Windows and doors should open and close with ease.
- Make sure locks operate smoothly.

Bathroom

- Add a hand-held showerhead.
- Regulate hot water heater to prevent scalding.
- Install grab bars to help you balance while getting in and out of the tub or shower.
- Add a bath seat to prevent falls while bathing.

Kitchen

- Have a safe sitting place to use while working in your kitchen.
- Make sure you can easily turn your faucets off and on.
- Put appliances where you can use them safely.
- Oven controls and doors should be easy to use.

Floor Surfaces

- Area rugs and doormats should be fastened to the floor or removed.
- Prevent falls by clearing your floor surface of clutter.
- Make sure your floor surface is not slippery.

Lighting and Ventilation

- Make sure you have extra lighting in your stairways and at your front door.
- Your home should have proper ventilation.
- Be sure you have flashlights throughout the house and that they have working batteries.

Electrical Outlets

- Install a doorbell that can be heard throughout the home.
- Check batteries in carbon monoxide and smoke detectors and be sure there is one in every room.
- Place telephones throughout the house, so that you can always access one in case of an emergency.
- Install a medical alert system with remote activators to notify medical personnel if needed.
- Be sure you can reach your electric switches and that you can easily turn them on and off.



