



Home Adaptations for Senior's Independence

List of Eligible Adaptations

Canada



[CMHC.ca](https://www.cmhc.ca)

A) Living Independently Self-assessment Worksheet

1. Do you have any difficulty working at the kitchen counter?

- Adjust counter height to your level (4201)
- Install additional counter/storage space (4202)
- Install pull-out shelves under counter for working in a seated position (4203)
- Remove a cupboard to create space under counter for working in a seated position (4204)



Pull-out shelves are ideal to allow food preparation in a seated position.

2. Do you have any difficulty working at the kitchen sink or using the faucets?

- Adjust sink to a convenient height (4101)
- Open the space under sink for working in a seated position (insulate plumbing) (4102)
- Install lever type faucets or faucet with single lever to control water flow and temperature (4103)
- Relocate/install faucets for easier access (4104)



If you usually stand while using the sink, the sink should be at a height requiring minimal bending. If you wish to sit while using the sink, there should be space under the sink for knees and the sink should be at a height requiring minimal stretching.

3. Do you have any difficulty using kitchen appliances?

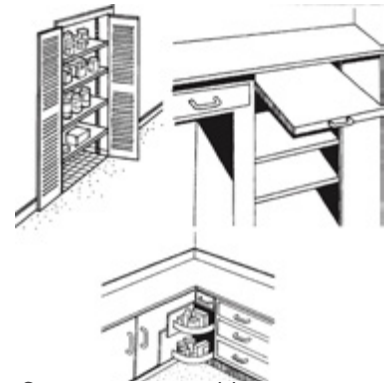
- Install shelves or countertop to accommodate small appliances (4401)
- Provide electrical outlets to use small appliances in a more convenient location (4402)
- Provide heat-proof, pull-out shelf beside oven (4403)
- Install a heat-proof insert on counter (4404)
- Install smoke/heat detectors outside kitchen (4405)
- Install a fire extinguisher near kitchen exit (4406)



Installing electrical outlets at convenient locations reduces the need to carry small kitchen appliances back and forth.

4. Do you have any difficulty reaching or using kitchen cupboards or storage space?

- Lower existing cupboards (4301)
- Lower shelves in cupboards (4302)
- Add cupboards or shelves at a convenient height (4303)
- Add a vertical cupboard or pantry (4304)
- Add pull-out storage units under counter (4305)
- Install “D” type handles on cupboards or drawers (4306)



Storage units and large vertical cabinets make storage more accessible.

5. Do you have any difficulty stepping into/out of the bathtub?

- Install a vertical and a horizontal or angled grab bar by tub (5301)
- Install non-slip flooring throughout the bathroom (5302)
- Install non-slip surface to bathtub (5303)
- Install a commercial or custom made transfer bench to enter tub in a seated position (5304)
- Replace bathtub with a shower stall if difficulty is severe (5305)
- Install a separate shower stall if difficulty is severe (5306)



A vertical grab bar at tub entrance gives a first support while the horizontal grab bar along wall will help you complete the entrance and lower yourself onto shower seat or to bottom of tub.

6. Do you have any difficulty taking a bath or a shower?

- Install hand-held shower on adjustable rod or high-low mounting brackets (5501)
- Install a flip-up seat in tub or shower (5502)
- Install shelves within reach for personal care items (5503)
- Install a grab bar within reach (5504)
- Install a waterproof light fixture over tub or in shower stall (5505)

7. Do you have any difficulty using tub faucets, shower controls or drain plug?

- Install lever type faucets or faucet with single action to control flow (5401)
- Adjust the hot water heater or install a device that will prevent water from getting to hot (5402)
- Install a plug mechanism, operated from a convenient height (5403)



A lever handle, for shower and bath, is easier for people who have difficulty grasping things.

8. Do you have any difficulty using the wash basin or the faucets in the bathroom?

- Adjust wash basin to a convenient height (5101)
- Create space for knees under basin for washing in a seated position (insulate plumbing) (5102)
- Strengthen basin with legs or solid cabinet (5103)
- Install faucet with single lever to control water flow and temperature (5104)
- Relocate faucet to front or side for easier access (5105)



The mirror should be tilted or adjusted to a convenient height (when sitting, standing or both according to preference) for grooming or washing.

9. Do you have any difficulty using/storing personal care items near wash basin?

- Install additional counter space around basin (5201)
- Install shelves beside basin for storage (5202)
- Install a grab bar within easy reach (5203)
- Install/adjust a mirror at a convenient height, tilted if necessary (5204)
- Install additional light fixtures near mirror or medicine cabinet (5205)

10. Do you have any difficulty using the toilet?

- Adjust toilet to a convenient height (raise the toilet, or replace it with a higher model) (5601)
- Install grab bars (5602)
- Adapt or relocate flush mechanism (5603)
- Adapt or relocate toilet paper dispenser (5604)



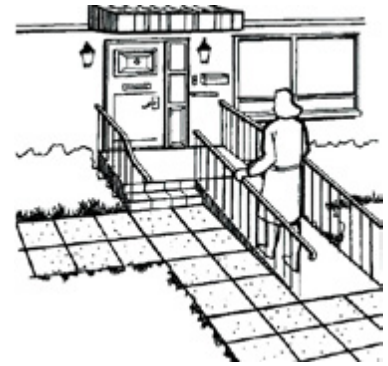
Grab bars can be installed to structural support in wall or attached directly to the toilet.

B) Accessibility

Self-assessment Worksheet

1. Do you have any difficulty walking from the garage, the backyard or the street to your door?

- Widen walkway (1101)
- Add steps to remove steep slope (1102)
- Add a ramp to existing steps (1103)
- Install/repair handrails along walkway/slope/step (1104)
- Provide non-slip finish on walking surfaces (1105)



A ramp next to existing steps gives the option to a person with a walker or a wheelchair. Handrails along the entrance way guide and support persons with poor vision or balance

2. Do you have any difficulty reaching and emptying the mailbox?

- Install the mailbox at a convenient height (9301)
- Install a mail slot with a box or bag on the inside to collect the mail (9302)
- Install a shelf near mailbox to hold parcels (9303)

3. Do you have any difficulty with outside doors?

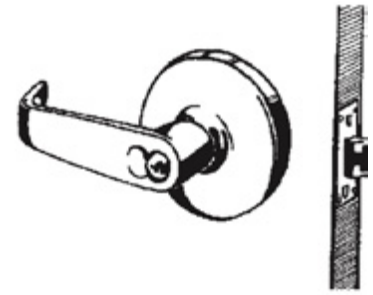
- Remove screen door (1301)
- Reduce height of door threshold and adjust or replace door accordingly (1302)
- Add a grab bar or handle near step or threshold (1303)
- Install a delayed action door closer (1304)
- Replace locks to improve function or increase security (1305)
- Install lever type door handles (1306)
- Install a small shelf inside and outside the front door at elbow height to hold parcels while opening door (1307)
- Use colour contrast on door, door frame, handle, or doorbell (1308)



A basket under the door slot or a hanging bag on the outside for newspaper, will reduce the need to bend down.

4. Do you have any difficulty with doors inside your home?

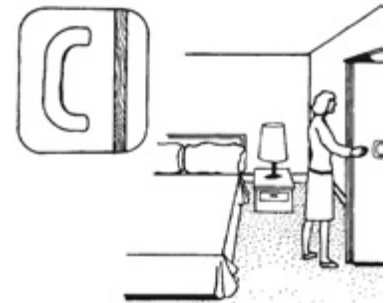
- Repair door frame or door hinges (3201)
- Reverse direction of door swing (3202)
- Replace door knobs with lever type door handles (3203)
- Install sliding, bi-folding or accordion door in closets, pantry (3204)
- Install “D” type handles or loop handles on bi-folding, sliding or accordion doors (3205)



A lever handle makes grasping and pulling easier for people with poor grip. A single-action, dead-bolt lock is secure and only requires the use of one hand.

5. Do you have any difficulty reaching clothes, coats, shoes or other items in closet?

- Install bi-folding or accordion doors (7101)
- Install a light in closets (7102)
- Add or lower rods (7103)
- Add or lower shelves (7104)
- Add off-floor shelves in closets or at front entrance for shoes, boots (7105)
- Install hooks, shelves or drawers in closets (7106)
- Build an easy-to-access storage closet for household appliances such as vacuum cleaner, ironing board (7107)



A large handle in a “D” shape is easy to pull for people with decreased movement and strength in their hands.

6. Do you have any difficulty moving from one room to another?

- Reduce height of, or eliminate door threshold at room entrances (3101)
- Use colour contrast or changes in floor texture wherever there is a change of level (3102)
- Install “swing clear hinge” on doors to widen doorways (3103)
- Install handrails or grab bars where changes in floor level are present (3104)
- Install handrails along walls (3105)



Handrails along corridors help people with poor balance.

7. Do you have any difficulty using the stairs inside your home?

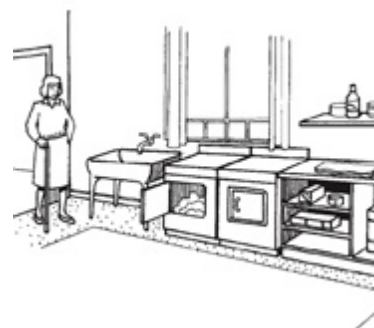
- Increase lighting in stairs (2101)
- Install light switches at top and bottom of stairs (2102)
- Install / repair handrails (2103)
- Extend handrails beyond the top and bottom of steps (2104)
- Repair or replace stair covering with a non-slip surface (2105)
- Install colour contrasts or change in texture at top and bottom of stairs and on the edge of each step (2106)
- Relocate bedroom to main floor level (2107)
- Relocate laundry room to the main floor level (2108)
- Relocate or add a toilet on main floor or bedroom level (2109)



Well-lit staircase with solid handrails extending beyond the top and bottom of stairs, strong colour contrast or changes in texture at the top or bottom make it safer and easier for people with poor balance or people with poor vision.

8. Do you have any difficulty doing the laundry?

- Relocate appliances to a more convenient place (8101)
- Provide shelves or storage near appliances for keeping washing supplies at a more convenient place (8102)
- Build a counter or large shelves near appliances for sorting out or folding clothes (8103)
- Install electrical outlets and outside connections for a dryer (8104)
- Install or adjust clothesline to a convenient height (8105)
- Install a rod for hanging clothes (8106)



A countertop near the washer and dryer cuts down the number of times you have to move your laundry.

9. Do you have any difficulty getting in and out of bed, chair or sofa?

- Install grab bars or vertical pole in convenient locations (6101)
- Install a trapeze over bed (6102)

10. Do you have any difficulty getting to the phone on time?

- Install phone jacks in convenient locations and at convenient height (near bed, sofa) (9101)



A trapeze installed over the bed can help you get in and out of bed.

C) Security

Self-assessment Worksheet

1. Do you have any difficulty with lighting along the walkway leading to your home?

- Install light fixtures or flood-lights along entrance walkway steps/ stairs (1201)
- Install light switches or sensors to control outside lights (1202)



Well-lit walkway and steps, and colour contrasts, help people with poor vision to detect obstacles.

2. Do you have any difficulty identifying visitors and/or hearing doorbell?

- Install a peephole or view panel at a convenient height (9201)
- Install an easy-to-use intercom at a convenient height (9202)
- Install a flashing light or other sensory cue to doorbell (9203)

3. Do you have any difficulty with lighting in areas of the home not mentioned previously?

- Install light fixtures or electric outlets for lamps where needed, e.g. in hallways, in working areas, in pantry, near reading or activity area (sofa, bed) (10101)
- Install light switches at convenient locations e.g. room entrances, near bed, sofa, at both ends of corridors, top and bottom of staircase (10102)



Devices such as a flashing light or sound amplifier to supplement the doorbell, may help people with poor hearing or vision.

4. Do you have any difficulty with windows?

- Install easy-to-grasp window handles (10201)
- Install secure and easy-to-operate lock (10202)
- Repair window so that it opens and closes easily (10203)
- Install an unbreakable window or security bars at a window vulnerable to forced entry (10204)



Light switches at doorways and two way switches will minimize the need to walk across a dark hallway and move into a dark room e.g. bathroom.