

Checklist for Home Design

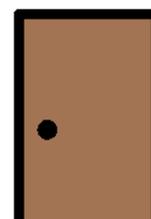
When moving, modifying, or building a home, it is important that the home suits your current, future, and changing needs. Design that caters for possible changes, such as using assistive equipment, can save both time and money, and will ensure the home is suitable in the long-term.

The following checklist, although not exhaustive, may prompt you to consider design aspects that can make your home more user-friendly and safer for yourself and others.



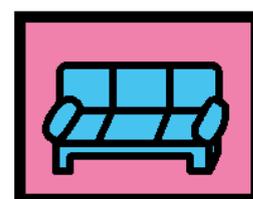
Entrance

- Level, wide, sheltered and well lit areas outside and into the house
- Slip resistant flooring in walkways outside and inside of the house
- Handrails provided at steps and ramps for support
- Ramps with a safe slope, if ramps are required
- No steps at doorways
- Wide doorways to accommodate mobility equipment
- Locks on doors that can be unlocked with one hand
- Lever handles on doors that are easy to grip or can be operated with an elbow or forearm
- Door handles installed at reachable heights from standing or seated positions



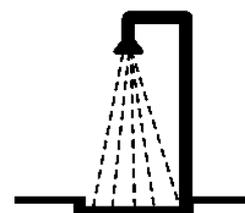
Internal Circulation and Living Areas

- Level flooring throughout the house
- Slip resistant flooring or low pile carpet throughout the house
- Wide doorways, and large rooms and hallways for the turning space of mobility equipment that may be required.
- Adequate lighting and contrasting colours for walls and doorways to make the boundaries of each room identifiable
- Low windows with reachable controls and locks from standing or seated positions
- Power outlets and light switches at heights that can be reached from standing or seated positions
- Two-way light switches in bedrooms, living areas and at the top and bottom of staircases
- Large rocker or push-button switches that are easy to operate when installed at a reachable height



Bathroom

- Slip resistant flooring
- A wide entry doorway with an outward-swinging or sliding door to maximise space
- A non-supporting wall between the bathroom and toilet, without electrical wiring or plumbing, that can be easily removed for a larger bathroom
- Combined shower and toilet facilities to maximise turning space for mobility equipment



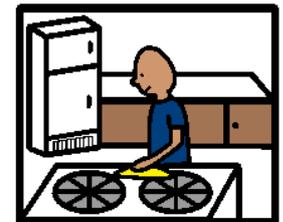
Bathroom (continued)

- Adequate space on both sides of the toilet for a mobile toilet chair. Consider additional space for a carer
- Toilet bowl bolted to the floor after tiling has been completed, so that it can be relocated in the future if necessary
- Reinforced walls, particularly beside the toilet and in the shower for the installation of grab rails if required
- Stepless shower recess for easier and safer access
- Shower door that can be easily removed to accommodate assistive equipment if needed.
- Consider a shower curtain to maximise space
- Adequate space in the shower recess for the use of a shower chair or a wall mounted shower seat that can be folded away
- Hand-held shower mounted onto a vertical grab rail for showering while seated
- Lever taps that are easy to grip or can be operated with an elbow or forearm
- Water temperature control device to prevent scalding
- Wall-mounted basin to provide knee clearance for people in a seated position. Also a cover (shroud) to protect knees and legs



Kitchen

- Slip resistant flooring
- Continuous bench tops beside the sink, stove and oven to reduce the handling of heavy and hot items
- Clearance under sink or stove for people in a seated position. Removable cupboards and shelving that can provide clearance for seated access to the sink or stove if necessary
- Lever style taps
- Adjustable shelves or pull-out baskets that can be reached from a standing or seated position
- Height adjustable bench tops to suit the different heights of users
- Appliances installed at waist height to ensure ease of reach from standing and seated positions
- D-shaped handles on drawers, and at the top of low cupboards and bottom of high cupboards for easy reaching



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For more information, please contact

Assistive Technology Australia™

(previously known as Independent Living Centre NSW)

Shop 4019, Level 4, Westpoint Shopping Centre, 17 Patrick Street, Blacktown NSW 2148

Infoline: 1300 452 679 Email: help@at-aust.org Web: www.at-aust.org



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