

# Making Your Home Accessible

by Scott Rubesh, SureHands®

Americans take great pride in their homes, and most want to continue living in a familiar environment throughout their lifetime. But if a disability occurs because of injury, illness or aging, your apartment or home may no longer meet your needs.

It can be a shock to learn that an assisted living facility could range between \$3,000-\$5,000 in monthly costs, and a skilled nursing assistant could cost approximately \$90,000-\$100,000 a year. So we encourage people to consider how they can make modifications to their current living arrangement and stay right where they are. Your residence may need fewer changes than you think to improve its livability and accessibility. And this way, you can remain "where your roots are," continuing to enjoy your friends, family and neighborhood.

A thorough home assessment will help to ascertain just what needs to be done regardless of your ability or difficulty. We have a Home Checklist to assist you in doing an evaluation of needs/conditions, which includes: interior and exterior, entrances, doors and doorways, windows, walls, ceilings and floors, stairways, electrical and lighting, storage space, bathrooms, kitchens, and appliances.



Here are **10 examples** to get you started in considering what accessible home modifications might be right for you and your family:

- 1) A low or no-step threshold entrance into your apartment or home
- 2) A low maintenance exterior
- 3) Non-slip flooring especially in the kitchen, entryway and bathroom
- 4) Handrails on both sides at all steps and stairways
- 5) One accessible bathroom with grab rails, a roll-in shower and taller toilet
- 6) Appliances that are not only energy efficient but are all at the proper height to avoid bending
- 7) Bright light throughout the apartment or home
- 8) Wider doorways especially at the entry and bathroom
- 9) Lever door handles and on all sinks
- 10) Adjustable light switches with switches and outlets at the proper level/height



With just a few changes, you may be able to stay in your home or apartment, living safely, comfortably, and independently. We hope you found this information helpful. If you should need any assistance, please contact us.

SureHands® ([www.surehands.com](http://www.surehands.com)) is dedicated to providing in-home mobility solutions to the problems wheelchair users and their caregivers encounter daily. They can be reached at 631-656-8489 or [custcarpbyscott@gmail.com](mailto:custcarpbyscott@gmail.com).



Scott Rubesh was a guest speaker at the New York Mobility Club in May, along with Daniel Szalai of ADA Lifestyles of New York. They spoke about how to make your home accessible to accommodate any family member who uses a wheelchair or has other special needs. Sponsored by Bussani Mobility, the New York Mobility Club is a circle of friends and resources for people with disabilities. A FREE community service, the club meets every 2<sup>nd</sup> Wednesday of the month in Smithtown, NY at the Bussani Mobility showroom. For more information, call 888-690-7709.