



# Part of the Van Products Caregiver Guide

## Outfitting your Home





# Tips for Outfitting a Home



## Living Areas:

- Leave a 32 inch path and minimum 5 foot turn radius between furniture
- Remove loose carpets or rugs
- Use furniture coasters to raise tables and desks above knee level
- Consider changing to appliances that are easily controlled and accessible from the front
- Electric outlets and phone jacks should be 6 inches higher
- Lower shelves or cabinets, especially in bedrooms and closets



## Doorways:

- Doorways should be at least 32 inches wide
- Change doorknobs to lever-type handles
- Replace narrow doors with wider doors, curtains, or open passages
- Add a 36 inch string to door handles to allow for easy closing
- Use wedges as mini-ramps for high doors
- Doors should swing inward or have double-swinging hinges



## Bathrooms:

- Have a nonslip floor installed for the bathroom and bath tub
- Insert a hose/ nozzle system in the shower and a show seat
- Use lever handles for sinks
- Change any vanity-style sinks to pedestal-style
- Use a taller, narrower, more accessible commode
- Install grab bars as necessary



## Outside

- Stairways must be replaced with ramps for at least one entrance to a home
- A concrete driveway or pathway allows for all-weather accessibility
- Loading/ unloading areas should be covered by a garage or carport
- Handrails and curbs are important along walkways
- Ramps and pathways should have slopes between a 1% and 12% gradient
- Hanging pots or raised flower beds can help keep paths uncluttered

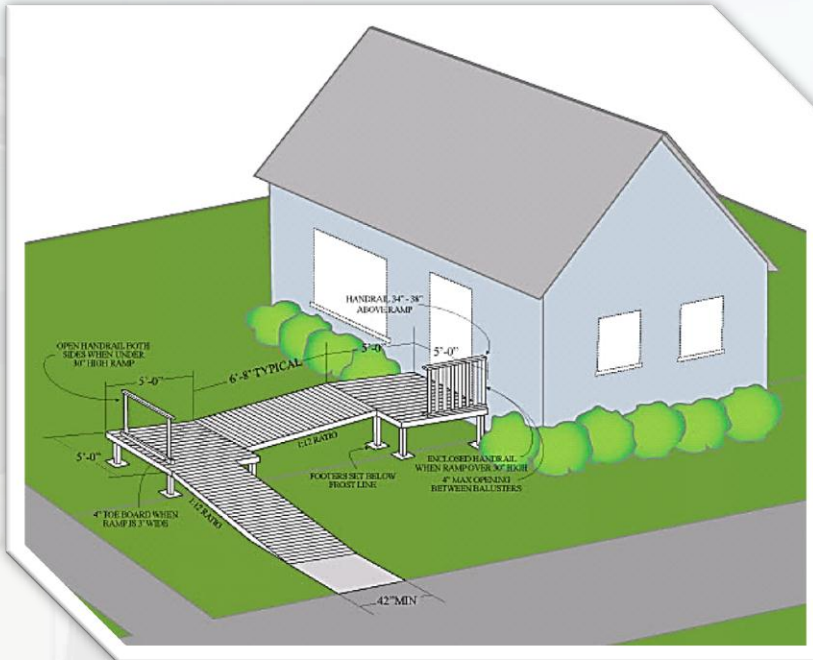


## Safety

- Have an fire escape or emergency exit route that is handicap accessible
- Keep a fire extinguisher within reach of someone in a wheelchair
- Ensure that batteries are changed on carbon monoxide and smoke detectors
- Keep ramps and entranceways clear of snow and ice



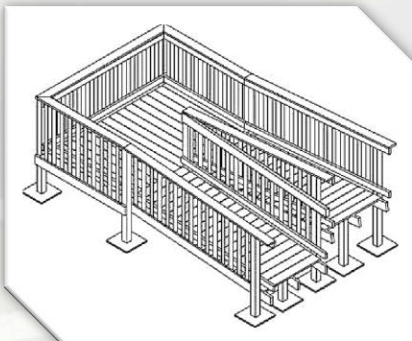
# Building a Ramp



Having a wheelchair accessible route to your home is an essential feature making your home handicap accessible. There are a number of factors to consider when planning to build a ramp entrance to your home.

1. Who will be the primary user?
2. What are the specific needs of the user? (i.e. walker, wheelchair, crutches, etc.)
3. Will the abilities of the user change?
4. Which entrance will provide for the easiest access by way of a ramp?
5. What are the structural challenges to accessing your home?
6. What are local building/ zoning regulations to consider?

A full guide to building a handicap ramp can be found [here](#).



## Tools and Materials Needed

- |                  |                    |                   |
|------------------|--------------------|-------------------|
| ✓ Gloves         | ✓ Line level       | ✓ Drill and bits  |
| ✓ Safety Glasses | ✓ 4' level         | ✓ Circular saw    |
| ✓ Handsaw        | ✓ Post Hole Digger | ✓ Plumb bob       |
| ✓ Ratchet        | ✓ Shovel           | ✓ Lumber          |
| ✓ Sockets        | ✓ Wheelbarrow      | ✓ Composite board |
| ✓ Chalk line     | ✓ Chisel           | ✓ Bolts & Screws  |
| ✓ Mason's cord   | ✓ Hammer           | ✓ Nails           |
| ✓ Framing square | ✓ Screwdriver      | ✓ Cement mix      |