

# IN HOME CONSIDERATIONS FOR:

Balance & Coordination Problems  
Trouble Bending  
Trouble Walking & Climbing Stairs



## KITCHEN

Bottom kitchen cabinets are 6 inches above the floor

Rounded counter edges

Sink is no more than 6 inches deep

Countertop can be used while sitting

Adequate knee space under the sink and stove to enable sitting while washing and cooking



## BATHROOM

Bath seat in the tub or shower, bath tub with a transfer bench, or walk-in shower with pull down seat

Grab bars near the bath & toilet

Rounded counter edges

ADA toilet

Phone in the bathroom

## STAIRS

Handrails are on both sides of the stairs

Handrails extend beyond the top and bottom of the stairs, with ends attached to the wall

Stairs have a slip-resistant surface

If possible, no stairs to the bedroom or bathroom



Carpet is low pile and a firm pad

Floors are smooth and slip-resistant

Thresholds on doors are no higher than 1/4 inch

Doors are wide enough for a walker or wheelchair to get through

## OUTSIDE

Driveway is smooth, but not slippery

Ramp to front door with handrails on both sides



A Product of the Eagle County Aging Well Initiative