

Rehabilitation Home Evaluation



**Helping
Hands**
LIVING SOLUTIONS

You are going home soon from rehabilitation. Depending upon your short term and long term needs, your home may need to be adapted to deal with your new normal. Your occupational therapist will be able to set expectations with you based on three things: your personal needs based on your recovery, the home environment and items that should be addressed for your safety, and the activities of daily living that may need adjusted or require modification.

At Helping Hands Living Solutions, we want to provide services to help you safely return home and continue your recovery. Our goal is to first help with an overall evaluation, and then to provide any solutions that your family needs help to implement.

The first step is to evaluate your home's accessibility and safety and then make recommendations for modifications both temporary and long term, based on your recovery.

Helping Hands Living Solutions wants to provide peace of mind that as you recover your home will be a safe, secure environment.

Rehabilitation Home Evaluation will typically include:

Entrance: Are you entering the home from outside or from the garage? Are there handrails, grab bars or other balance aids available to help enter the home? Should a temporary or permanent ramp be installed? Is the lighting adequate? Is there room to maneuver from the car into the home?

Living Room: Is it easy to navigate? Can you easily get in and out of your favorite seat? Does clutter on the floor and walkways need to be addressed? Will the room need to be rearranged to address your needs? Is the furniture stable?

Kitchen: Are you able to reach items needed from your cabinets and refrigerator? Can you safely use your stove / microwave / sink / dishwasher / etc.? Are there tripping hazards that need to be addressed?

Bedroom: Is the bed difficult to get in and out of? Does the furniture need to be rearranged? Is their clutter that needs to be addressed? Do you have a place to safely change clothes and put on shoes? Do you have adequate lighting both day and night?

Bathroom: Can you safely shower and bathe? Do handrails need to be installed? Can you transition safely on and off the toilet? Can you reach items in your vanity and medicine cabinet? Do you have adequate lighting? Is there enough room to navigate?

