



### Consider

#### Assessing Your Needs Room by Room

Complete this quick and easy questionnaire to determine your needs. Please check box adjacent to any question if this is an area in your home that you or your loved one is having trouble with.

#### Entry

##### *Do you have difficulty...*

- Climbing stairs to get inside?
- Unlocking door?

##### *Solutions to think about*

- porch lift
- outdoor stairlift
- automatic door opener
- key turners

#### Living Area

##### *Do you have difficulty...*

- Seeing your playing cards?
- Holding your playing cards?
- Seeing the buttons on TV remote?
- Seeing the numbers on telephone?

##### *Solutions to think about*

- playing card holder
- large numbered playing cards
- large numbered TV remote
- large numbered telephone

#### Bathroom

##### *Do you have difficulty...*

- Turning taps on and off?
- Getting on and off toilet?
- Getting in and out of bath tub?
  
- Standing in the shower?

##### *Solutions to think about*

- faucet with lever handles
- raised toilet seat with or without arms
- toilet safety frame
- grab bar
- tub transfer bench
- tub mat
- bath lift
- walk in tub
- shower chair
- hand held shower head

#### Kitchen

##### *Do you have difficulty...*

- With cutlery?

##### *Solutions to think about*

- clip on utensils
- weighted cutlery
- featherlite cutlery
- utensil cuff
- comfort grip
- knife / fork combo



### Consider

- Keeping food on plate?
  - spork (spoon / fork combo)
  - covered spoon
  - food bumpers
  - scoop plates
  - inner lip plates
  - no spill cups
  - sure grip cups
  - nosey cups
  - double handled mugs
  - weighted mugs
  - easy grip mugs
  - jar openers
  - can openers
  - safe T Element
- Drinking cups?
- Opening jars or cans?
- Using stove?

### Dressing

#### *Do you have difficulty...*

- With zippers?
- Fastening buttons?
- Putting socks on?
- Putting clothing on?
- Putting shoes on?
- Taking shoes off?
- Lacing up shoes?

#### *Solutions to think about*

- zipper pull
- button hook
- stocking aid
- dressing stick
- long handled shoe horn
- shoe remover
- elastic shoe laces

### Bedroom

#### *Do you have difficulty...*

- Getting in and out of bed?
- Sleeping?
- With bed bugs?

#### *Solutions to think about*

- safety pole
- pillows
- hospital bed
- pillow and mattress protectors

Thank you very much for completing the questionnaire.

Please feel welcome to print and bring this to Access Abilities where



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Home Assessment & Solutions to

**Consider**

our friendly and knowledgeable staff will be happy to assist you with solutions.  
You may also email us at [info@accessabilities.ca](mailto:info@accessabilities.ca)