



HOME
ADAPTATIONS
FOR SENIORS'
INDEPENDENCE

ASSESSMENT

Occupant signature required for leased property only.

FOR OFFICE USE ONLY

Applicant, please print your name

Account No.

Occupant Signature

INTRODUCTION

This assessment has been created to help in identifying the best adaptations for the difficulties encountered.

The assessment should therefore be completed by the occupant of the dwelling where modifications/adaptations will be made. Where the dwelling requiring adaptations is rented, the tenant should be asked to complete the assessment.

The assessment can also be completed by an occupational therapist, a health care worker or a social services professional in regular contact with the occupant.

HOW TO ANSWER A QUESTION

The assessment has a number of different sections. Each section deals with a different area of the home where a senior may have difficulty. A list of the sections can be found in the Table of Contents. The only sections you need to read through are the ones dealing with an area where you personally have difficulty.

Within each section, for one or more common daily activities, you are asked to indicate whether you have any difficulty. If your answer is no you need only check the **'NO'** box and go to the next question.

If your answer is yes, you should check the **'YES'** box and then read the list of adaptations which appears below. If any adaptation would help your difficulty, check the adjacent box.

Be selective in choosing the adaptations. Remember, the amount of assistance that may be available is limited to a maximum of \$2 500. If you choose too many you can easily exceed the limit. Focus on the major problem areas.

There are spaces for you to fill in your own adaptation, if you have a special idea in mind. CMHC will decide if it is eligible under the program rules. Remember, portable devices are not eligible. Items must be housing related, permanently fixed or give access to facilities in the home.

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HOME ADAPTATIONS FOR SENIORS' INDEPENDENCE

SECTION 1

GETTING IN AND OUT OF THE DWELLING

1.1 Do you have any difficulty walking from the garage, the backyard or the street to your door?

☐ No

Yes ☐



Check the work items below which would help you

01101

☐ Widen walkway

01102

☐ Add steps to remove steep slope

01103

☐ Add a ramp to existing steps

01104

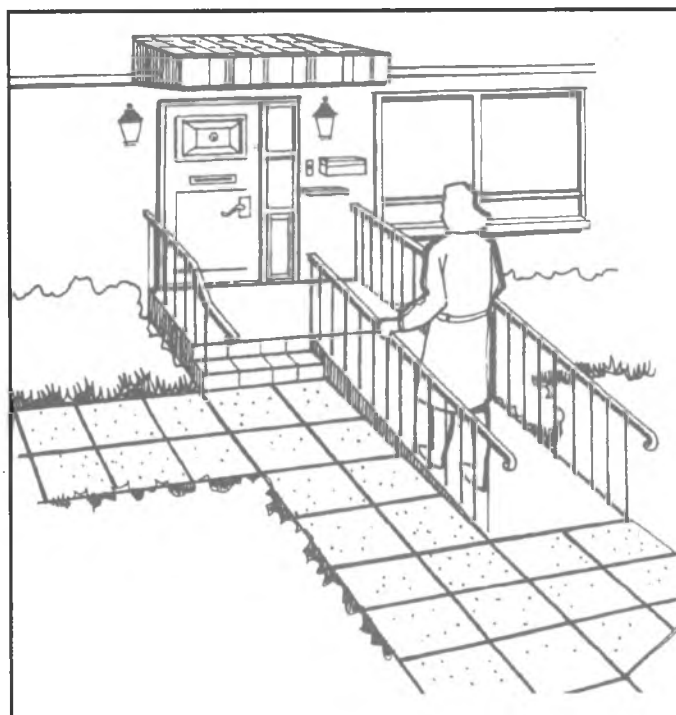
☐ Install/repair handrails along walkway/slope/step

01105

☐ Provide non-slip finish on walking surfaces

0119X

☐ Other (describe)



A ramp next to existing steps gives the option to a person with a walker or a wheelchair. Handrails along the entranceway guide and support persons with poor vision or balance.

Go to next question

1.2 Do you have any difficulty with lighting along the walkway leading to your home?☐ **No****Yes** ☐

Check the work items below which would help you

01201

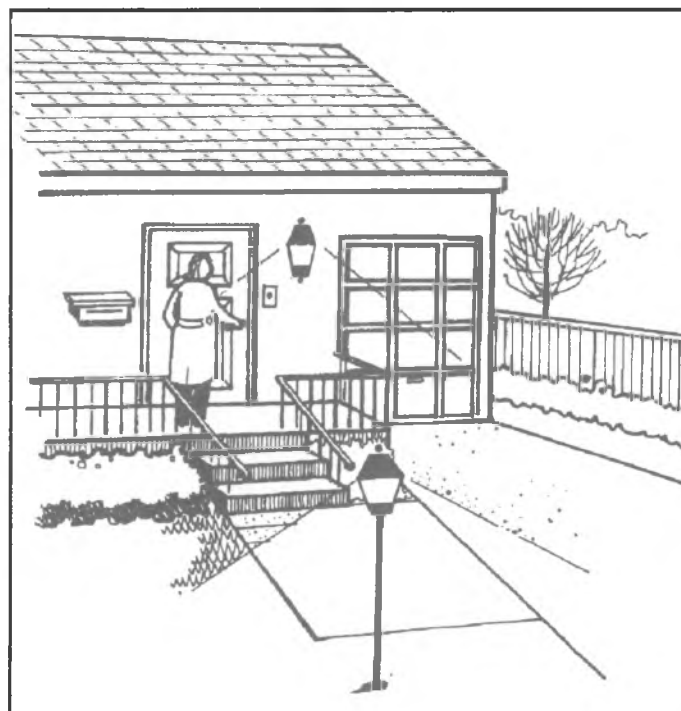
- ☐ **Install light fixtures or flood-lights along entrance walkway steps/stairs**

01202

- ☐ **Install light switches or sensors to control outside lights**

0129X

- ☐ **Other (describe)**



Well lighted walkway and steps, colour contrasts, help people with poor vision to detect obstacles.

Go to next
question

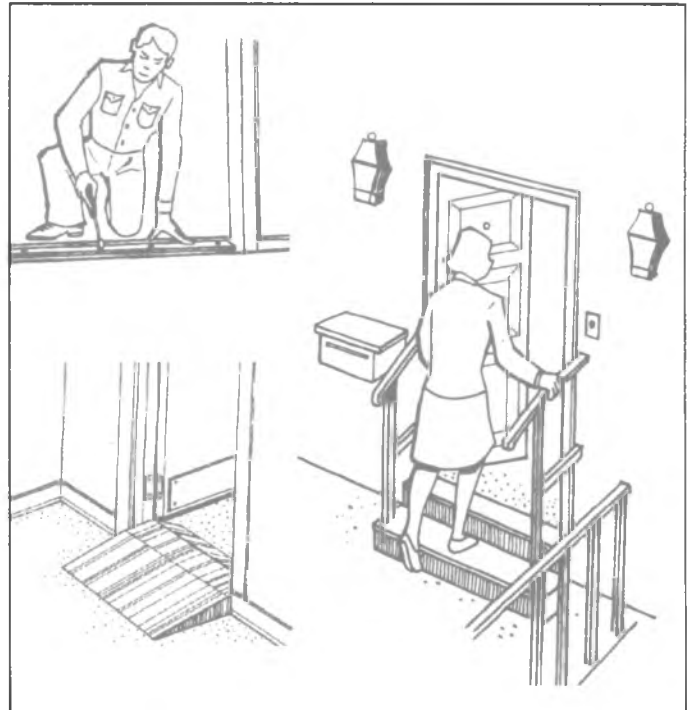
1.3 Do you have any difficulty with outside doors?

☐ NoYes ☐

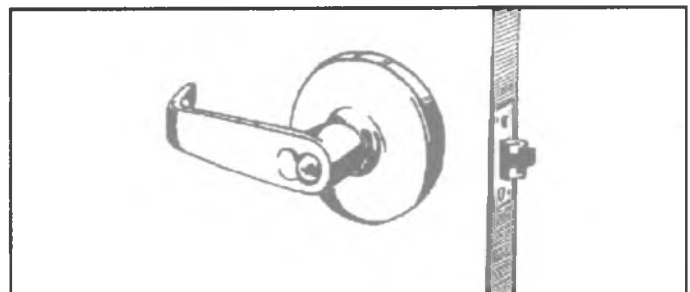
Check the work items below which would help you

- 01301 ☐ Remove screen door
- 01302 ☐ Reduce height of door threshold and adjust or replace door accordingly
- 01303 ☐ Add a grab bar or handle near step or threshold
- 01304 ☐ Install a delayed action door closer
- 01305 ☐ Replace locks to improve function or increase security
- 01306 ☐ Install lever type door handles
- 01307 ☐ Install a small shelf inside and outside front door at elbow height to hold parcels while opening door
- 01308 ☐ Use color contrast on door, door frame, handle, or doorbell
- 0139X ☐ Other (describe)
- _____
- _____

Go to next question



A flat threshold with a soft vinyl strip in the centre, a small ramp or an extra step with a grab bar or handrails are possible solutions for dealing with high door thresholds.



A lever handle makes grasping and pulling easier for people with poor grip. A single-action, dead-bolt lock is secure and only requires the use of one hand.

SECTION 2

USING THE STAIRS

2.1 Do you have any difficulty using the stairs inside your home?

☐ No

Yes ☐

Check the work items below which would help you

- 02101 ☐ Increase lighting in stairs
- 02102 ☐ Install light switches at top and bottom of stairs
- 02103 ☐ Install/repair handrails
- 02104 ☐ Extend handrails beyond the top and bottom of steps
- 02105 ☐ Repair or replace stair covering with a non-slip surface
- 02106 ☐ Install colour contrasts or change in texture at top and bottom of stairs and on the edge of each step
- 02107 ☐ Relocate bedroom to main floor level
- 02108 ☐ Relocate laundry room to the main floor level
- 02109 ☐ Relocate or add a toilet on main floor or bedroom level
- 0219X ☐ Other (describe)



Well lighted staircase with solid handrails extending beyond the top and bottom of stairs, strong colour contrast or changes in texture at the top or bottom make it safer and easier for people with poor balance or people with poor vision.

Go to next question

3.1 Do you have any difficulty moving from one room to another?

☐ No

 Yes ☐


Check the work items below which would help you

03101

☐ **Reduce height of, or eliminate door threshold at room entrances**

03102

☐ **Use color contrast or changes in floor texture wherever there is a change of level**

03103

☐ **Install "swing clear hinge" on doors to widen doorways**

03104

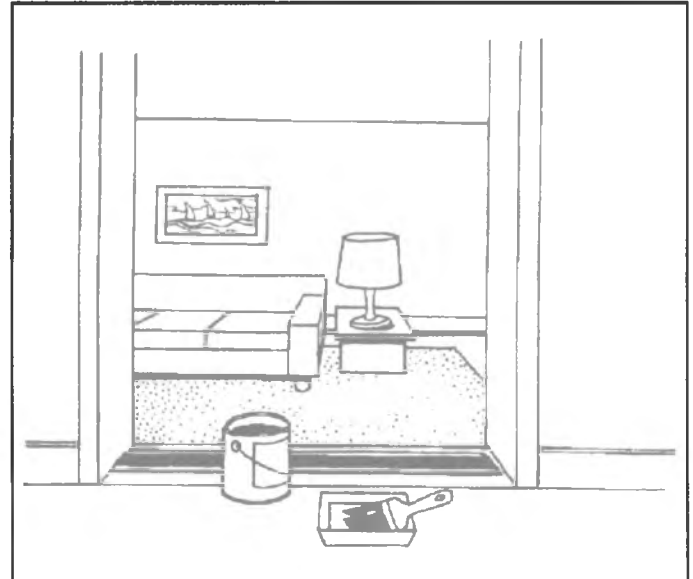
☐ **Install handrails or grab bars where changes in floor level are present**

03105

☐ **Install handrails along walls**

0319X

☐ **Other (describe)**



Strong colour contrast strip on edge of step or threshold or changes in floor texture between rooms, will help people with poor vision detect possible obstacles.



Handrails along corridors help people with poor balance.

Go to next question

3.2 Do you have any difficulty with doors?☐ **No****Yes** ☐

Check the work items below which would help you

03201

☐ **Repair door frame or door hinges**

03202

☐ **Reverse direction of door swing**

03203

☐ **Replace door knobs with lever type door handles**

03204

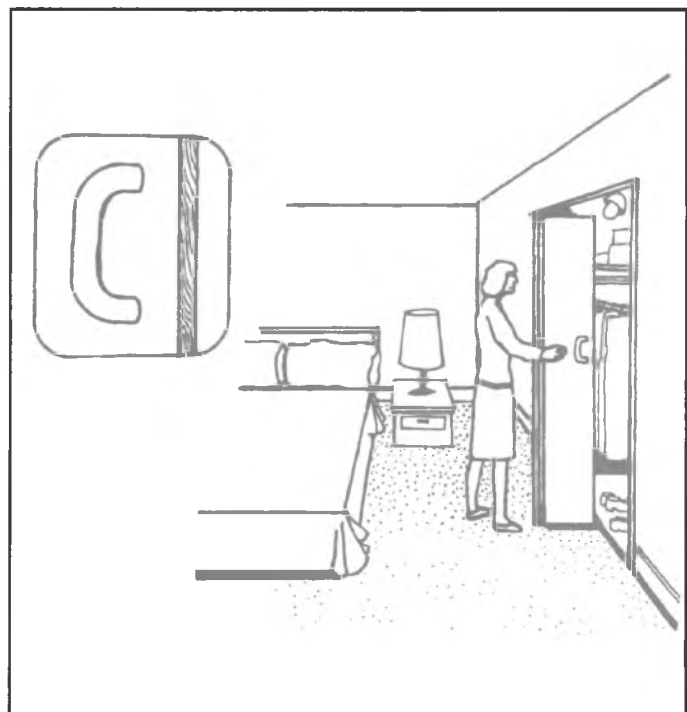
☐ **Install sliding, bi-folding or accordion door in closets, pantry**

03205

☐ **Install 'D' type handles or loop handles on bi-folding, sliding or accordion doors**

0329X

☐ **Other (describe)**



A large hand in a "D" shape is easy to pull for people with decreased movement and strength in their hands.

Go to next
question

4.1 Do you have any difficulty working at the sink or using the faucets?

☐ NoYes ☐

Check the work items below which would help you

04101

☐ **Adjust sink to a convenient height**

04102

☐ **Open the space under sink for working in a seated position (insulate plumbing)**

04103

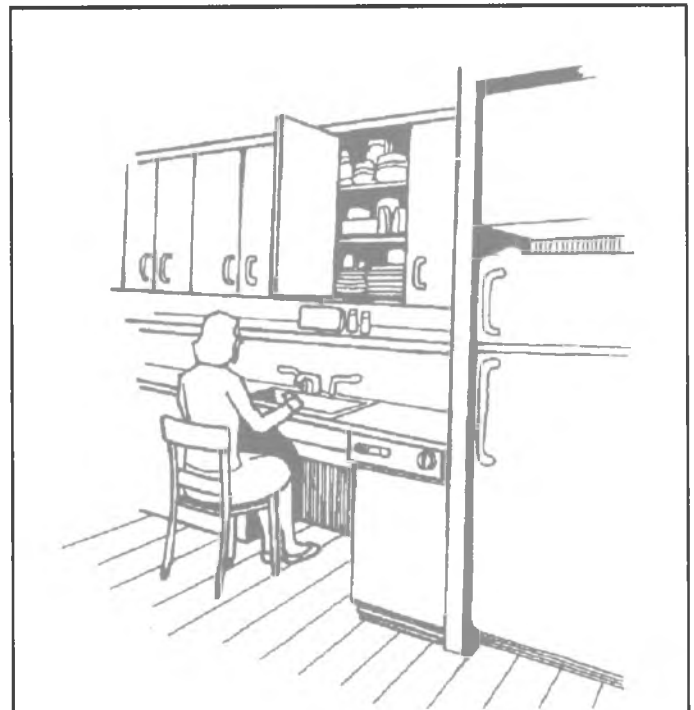
☐ **Install lever type faucets or faucet with single lever to control water flow and temperature**

04104

☐ **Relocate/install faucets for easier access**

0419X

☐ **Other (describe)**



If you usually stand while using the sink, the sink should be at a height requiring minimal bending. If you wish to sit while using the sink, there should be space under the sink for knees and the sink should be at a height requiring minimal stretching.

Go to next
question

4.2 Do you have any difficulty working at the counter?

☐ NoYes ☐

Check the work items below which would help you

04201

☐ **Adjust counter height to your level**

04202

☐ **Install additional counter/storage space**

04203

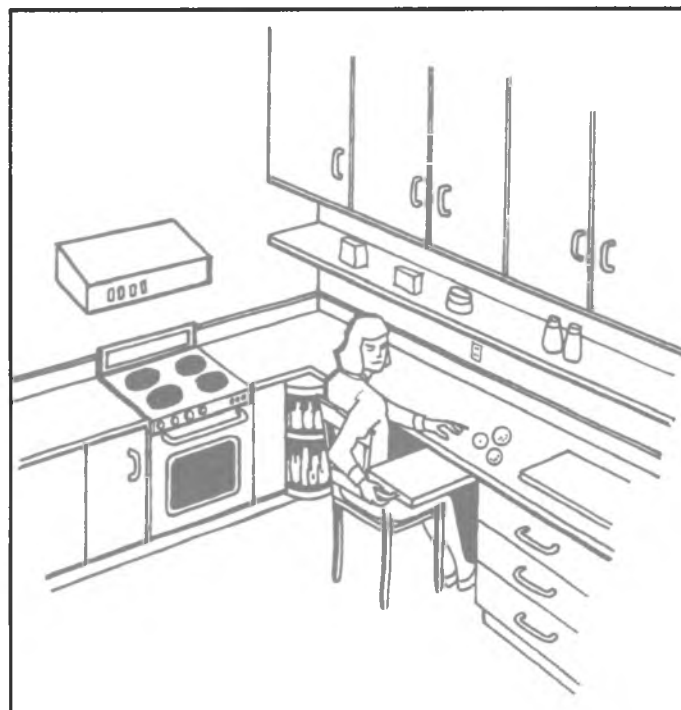
☐ **Install pull-out shelves under counter for working in a seated position**

04204

☐ **Remove a cupboard to create space under counter for working in a seated position**

0429X

☐ **Other (describe)**



Pull-out shelves are ideal to allow food preparation in a seated position. "U" or "L" shaped counters, cut down the amount of necessary walking.

Go to next
question

4.3 Do you have any difficulty reaching or using cupboards or storage space?☐ **No****Yes** ☐

Check the work items below which would help you

04301 ☐ **Lower existing cupboards**

04302 ☐ **Lower shelves in cupboard**

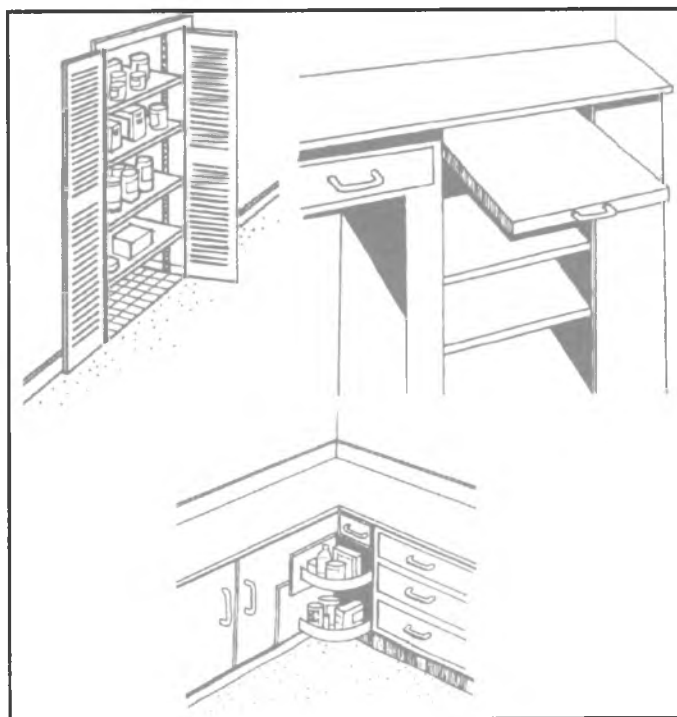
04303 ☐ **Add cupboards or shelves at a convenient height**

04304 ☐ **Add a vertical cupboard or pantry**

04305 ☐ **Add pull-out storage units under counter**

04306 ☐ **Install "D" type handles on cupboards or drawers**

0439X ☐ **Other (describe)**



Pivoting shelves in corners, pull-out storage units and large vertical cabinets make storage more accessible.

Go to next
question

4.4 Do you have any difficulty using appliances?

☐ NoYes ☐

Check the work items below which would help you

04401

- ☐
- Install shelves or counter top to accommodate small appliances**

04402

- ☐
- Provide electrical outlets to use small appliances in a more convenient location**

04403

- ☐
- Provide heat-proof, pull-out shelf beside oven**

04404

- ☐
- Install a heat-proof insert on counter**

04405

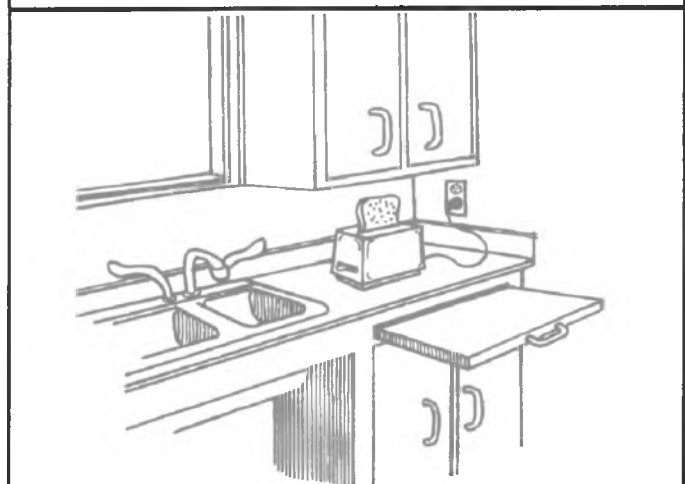
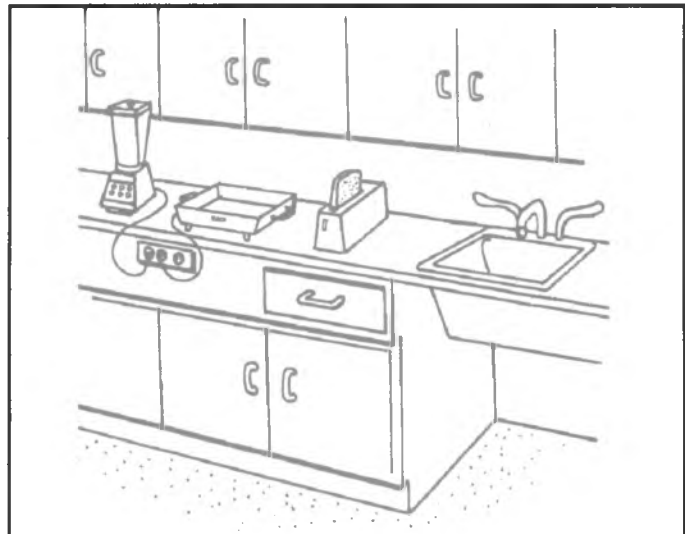
- ☐
- Install smoke/heat detectors outside kitchen**

04406

- ☐
- Install a fire extinguisher near kitchen exit**

0449X

- ☐
- Other (describe)**
-
- _____
-
- _____



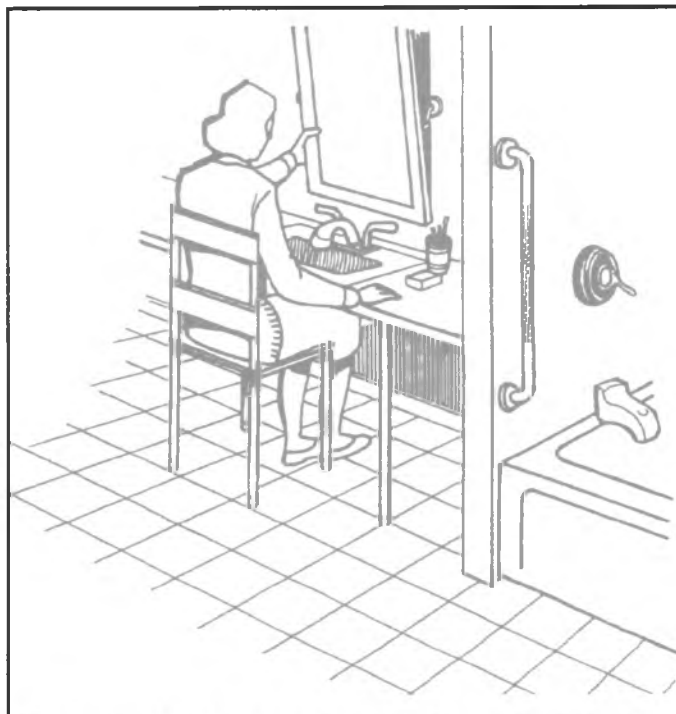
Installing electrical outlets at convenient locations reduces the need to carry small kitchen appliances back and forth.

Go to next
question

5.1 Do you have any difficulty using the wash basin or the faucets?☐ **No****Yes** ☐

Check the work items below which would help you

- 05101 ☐ **Adjust wash basin to a convenient height**
- 05102 ☐ **Create space for knees under basin for washing in a seated position (insulate plumbing)**
- 05103 ☐ **Strengthen basin with legs or solid cabinet**
- 05104 ☐ **Install faucet with single lever to control water flow and temperature**
- 05105 ☐ **Relocate faucet to front or side for easier access**
- 0519X ☐ **Other (describe)**
- _____
- _____



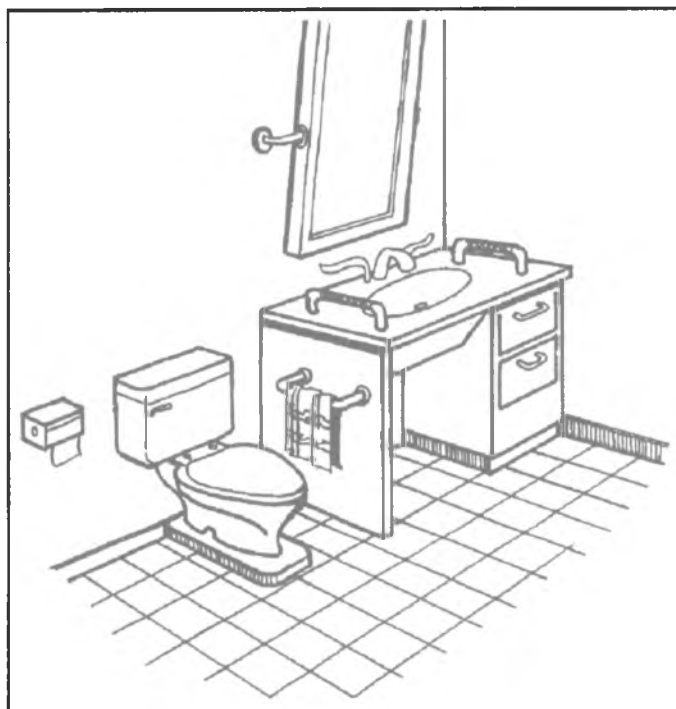
If you tend to lean, pull or push against basin, it may need to be strengthened. A cabinet can be designed to allow working in a seated position.

Go to next
question

5.2 Do you have any difficulty using/storing personal care items near wash basin?☐ **No****Yes** ☐

Check the work items below which would help you

- 05201 ☐ **Install additional counter space around basin**
- 05202 ☐ **Install shelves beside basin for storage**
- 05203 ☐ **Install a grab bar within easy reach**
- 05204 ☐ **Install/adjust a mirror at a convenient height, tilted if necessary**
- 05205 ☐ **Install additional light fixtures near mirror or medicine cabinet**
- 0529X ☐ **Other (describe)**
- _____
- _____



The mirror should be tilted or adjusted to a convenient height (when sitting, standing or both according to preference) for grooming or washing.

Go to next
question

5.3 Do you have any difficulty stepping into/out of the bathtub?

☐ No

Yes ☐



Check the work items below which would help you

05301

☐ Install a vertical and a horizontal or angled grab bar by tub

05302

☐ Install non-slip flooring throughout the bathroom

05303

☐ Install non-slip surface bathtub

05304

☐ Install a commercial or custom made transfer bench to enter tub in a seated position

05305

☐ Replace bathtub with a shower stall if difficulty is severe

05306

☐ Install a separate shower stall if difficulty is severe

0539X

☐ Other (describe)



A vertical grab bar at tub entrance gives a first support while the horizontal grab bar along wall will help you complete the entrance and lower yourself onto shower seat or to bottom of tub.

Go to next question

SECTION 5 USING THE BATHROOM (continued)

5.4 Do you have any difficulty using tub faucets, shower controls or drain plug?

☐ No

Yes ☐



Check the work items below which would help you

05401

☐ Install lever type faucets or faucet with single action to control flow

05402

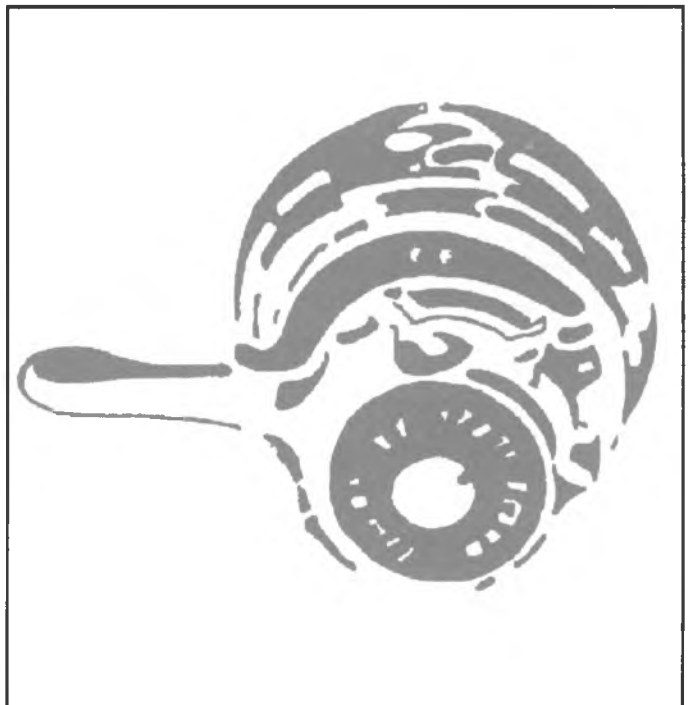
☐ Adjust the hot water heater or install a device that will prevent too hot a water temperature

05403

☐ Install a plug mechanism, operated from a convenient height

0549X

☐ Other (describe)



A single mixing control with a lever handle, for shower and bath, is easier for people who have difficulty grasping things.

Go to next question

5.5 Do you have any difficulty taking a bath or a shower?

☐ No

Yes ☐



Check the work items below which would help you

05501

☐ Install hand-held shower on adjustable rod or high-low mounting brackets

05502

☐ Install a flip-up seat in tub or shower

05503

☐ Install shelves within reach, for personal care items

05504

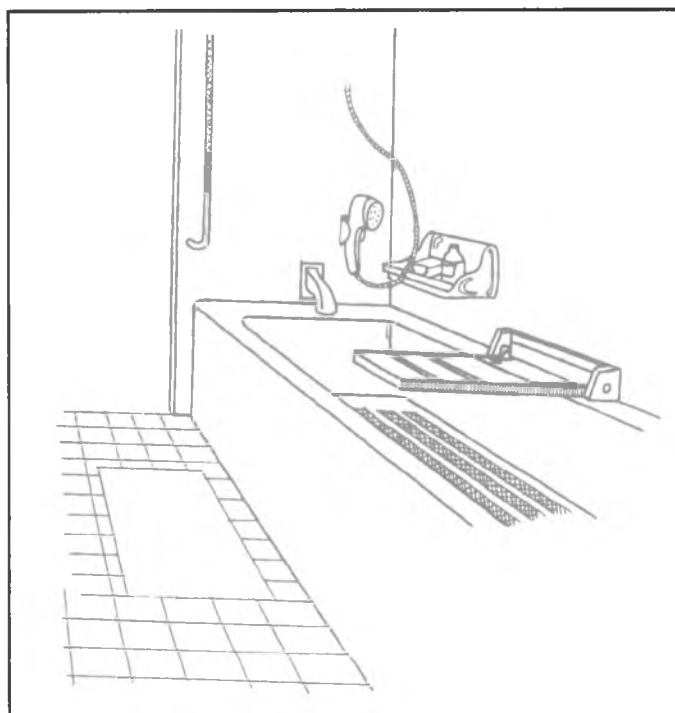
☐ Install a grab bar within reach

05505

☐ Install a waterproof light fixture over tub or in shower stall

0559X

☐ Other (describe)



When using a shower seat, a hand held shower, mounted on a vertical rod or on a low bracket makes washing and rinsing easier.

Go to next question

5.6 Do you have any difficulty using the toilet?

☐ No

Yes ☐



Check the work items below which would help you

05601

☐ **Adjust toilet to a convenient height (raise the toilet, or replace it with a higher model)**

05602

☐ **Install grab bars**

05603

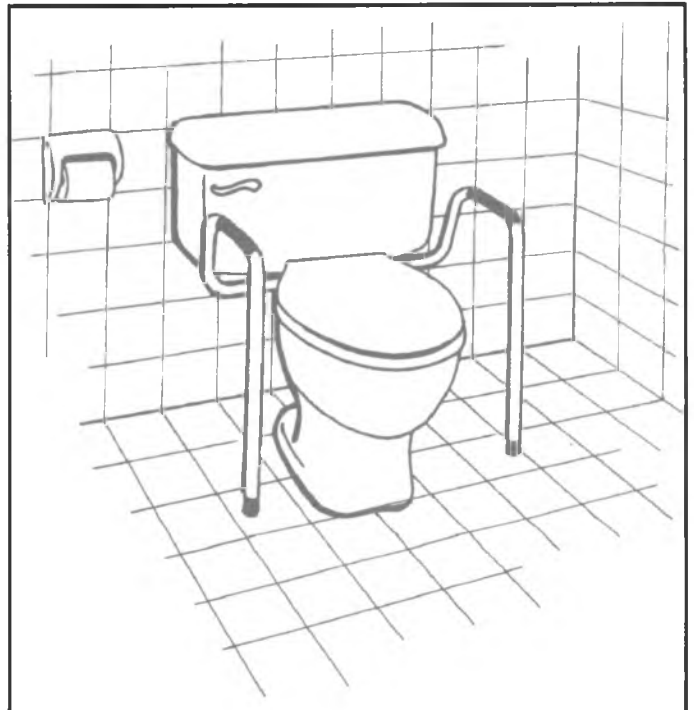
☐ **Adapt or relocate flush mechanism**

05604

☐ **Adapt or relocate toilet paper dispenser**

0569X

☐ **Other (describe)**



Grab bars can be installed to structural support in wall or attached directly to the toilet.

Go to next question

SECTION 6 GETTING OUT OF THE BED / CHAIR

6.1 Do you have any difficulty getting in and out of bed, chair or sofa?

☐ No

Yes ☐

Check the work items below which would help you

06101

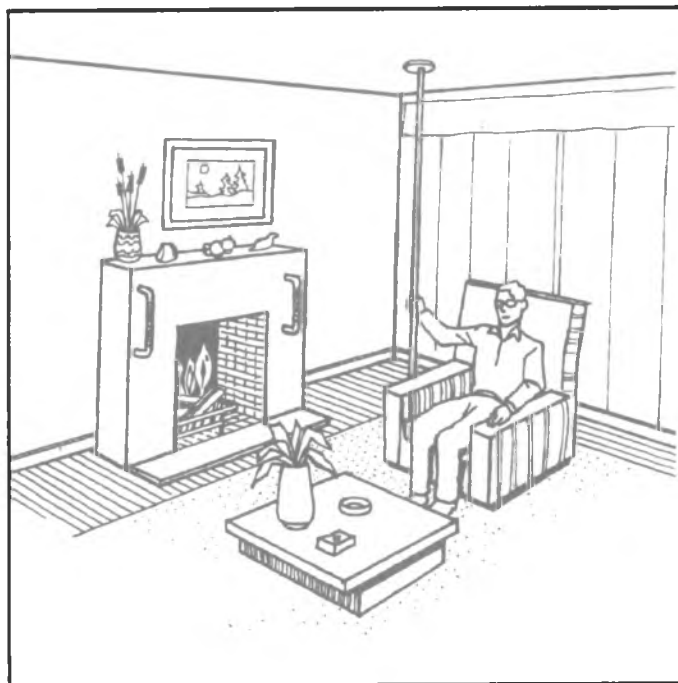
☐ Install grab bars or vertical pole in convenient locations

06102

☐ Install a trapeze over bed

0619X

☐ Other (describe)



Go to next question

7.1 Do you have any difficulty reaching clothes, coats, shoes or other items in closet?

☐ No

Yes ☐

Check the work items below which would help you

07101

☐ Install bi-folding or accordion doors

07102

☐ Install a light in closets

07103

☐ Add or lower rods

07104

☐ Add or lower shelves

07105

☐ Add off-floor shelves in closets or at front entrance for shoes, boots

07106

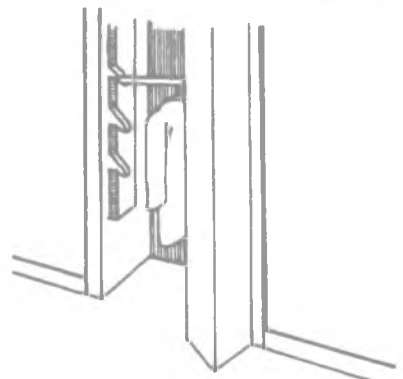
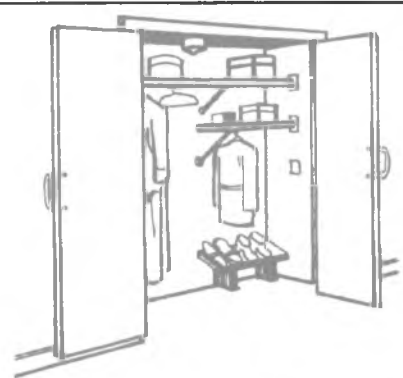
☐ Install hooks, shelves or drawers in closets

07107

☐ Build an easy-to-access storage closet for household appliances such as vacuum cleaner, ironing board

0719X

☐ Other (describe)



Reachable shelves in bedroom or entrance closet, and a well designed utility closet for vacuum cleaner, iron or ironing board help people who can not reach very high or who have difficulty bending.

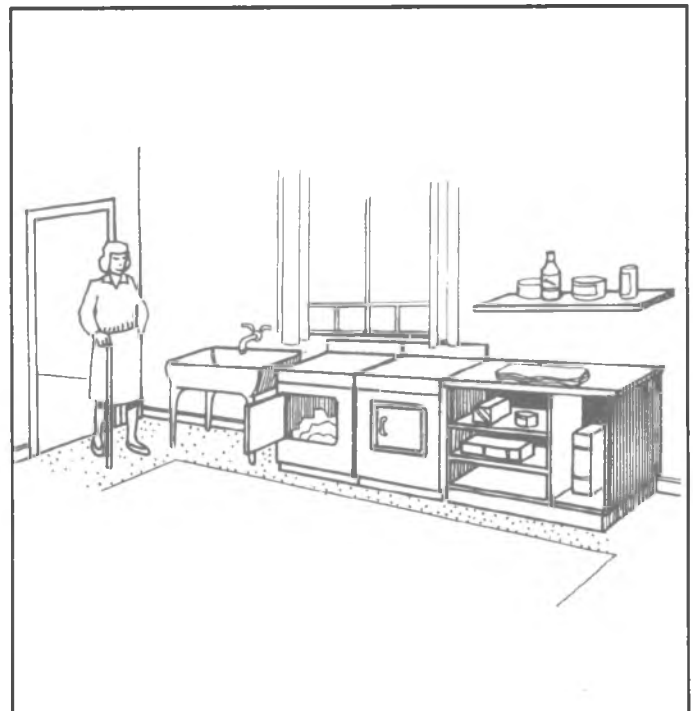
Go to next question

8.1 Do you have any difficulty doing the laundry?

☐ NoYes ☐

Check the work items below which would help you

- 08101 ☐ Relocate appliances to a more convenient place
- 08102 ☐ Provide shelves or storage near appliances for keeping washing supplies at a more convenient place
- 08103 ☐ Build a counter or large shelves near appliances for sorting out or folding clothes
- 08104 ☐ Install electrical outlets and outside connections for a dryer
- 08105 ☐ Install or adjust clothesline to a convenient height
- 08106 ☐ Install a rod for hanging clothes
- 0819X ☐ Other (describe)
- _____
- _____



A countertop near the washer and dryer cuts down the number of times you have to move your laundry.

Go to next
question

9.1 Do you have any difficulty getting to the telephone on time?

☐ NoYes ☐

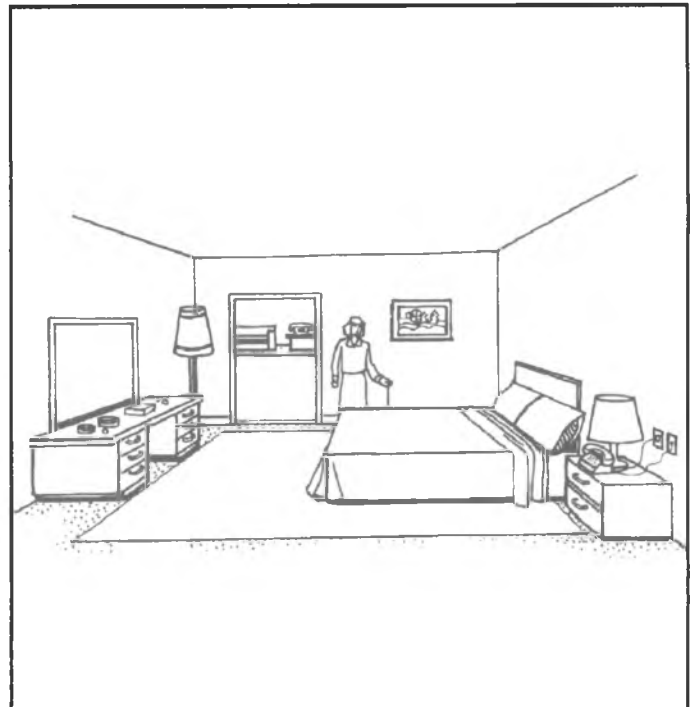
Check the work items below which
would help you

09101

☐ **Install phone jacks in
convenient locations and at
convenient height
(near bed, sofa)**

0919X

☐ **Other (describe)**



For people who can not move fast, installing phone jacks in several locations can be helpful.

Go to next
question

9.2 Do you have any difficulty identifying visitors and/or hearing doorbell?☐ **No****Yes** ☐

Check the work items below which would help you

09201

☐ **Install a peephole or view panel at a convenient height**

09202

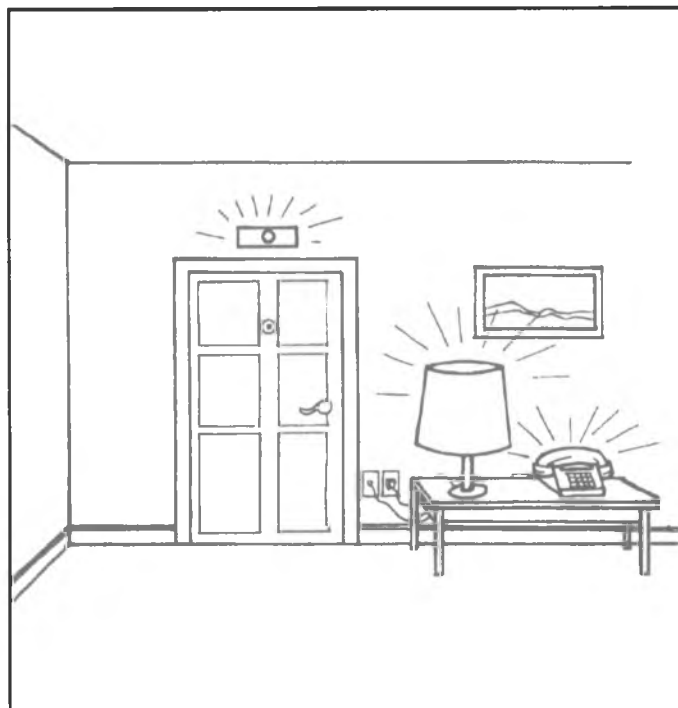
☐ **Install an easy-to-use intercom at a convenient height**

09203

☐ **Install a flashing light or other sensory cue to doorbell**

0929X

☐ **Other (describe)**



Devices such as a flashing light or sound amplifier to supplement the doorbell, may help people with poor hearing or vision.

Go to next
question

9.3 Do you have any difficulty reaching and emptying the mailbox?

☐ NoYes ☐

Check the work items below which would help you

09301

☐ Install the mailbox at a convenient height

09302

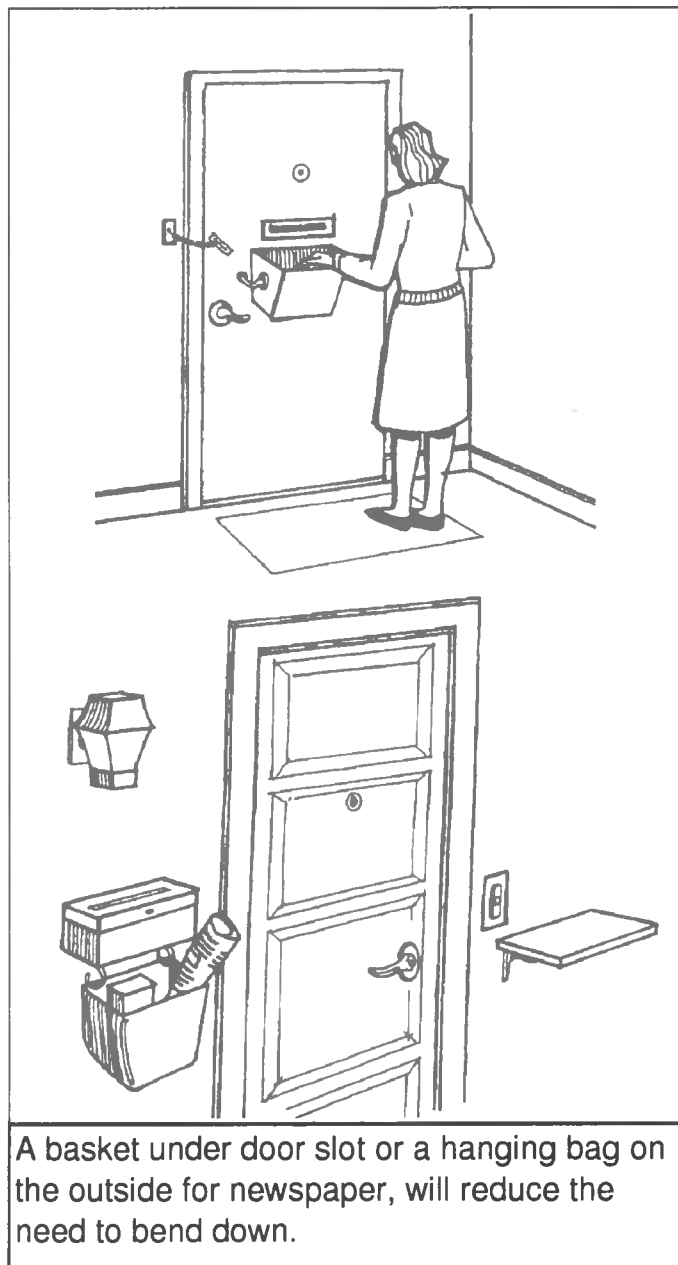
☐ Install a mail slot with a box or bag on the inside to collect the mail

09303

☐ Install a shelf near mailbox to hold parcels

0939X

☐ Other (describe)



Go to next
question

10.1 Do you have any difficulty with lighting in areas of the home not mentioned previously?

☐ No

Yes ☐



Check the work items below which would help you

10101

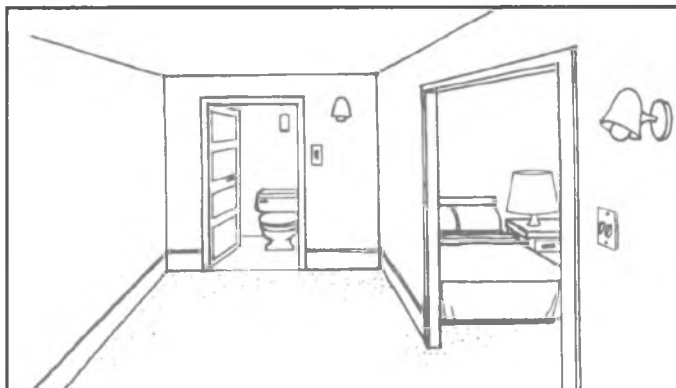
- ☐ Install light fixtures or electric outlets for lamps where needed, e.g. in hallways, in working areas, in pantry, near reading or activity area (sofa, bed)

10102

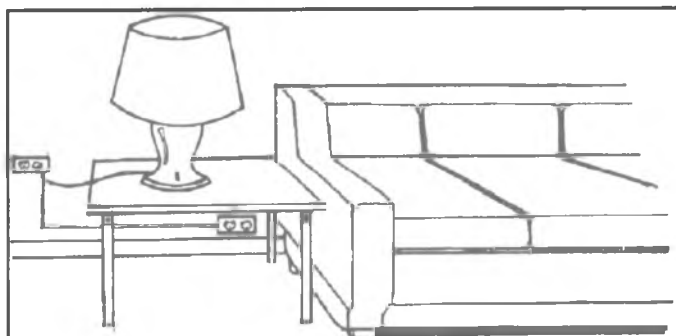
- ☐ Install light switches at convenient locations e.g. room entrances, near bed, sofa, at both ends of corridors, top and bottom of staircase

1019X

- ☐ Other (describe)



Light switches at doorways and two way switches will minimize the need to walk across a dark hallway and move into a dark room e.g. bathroom.



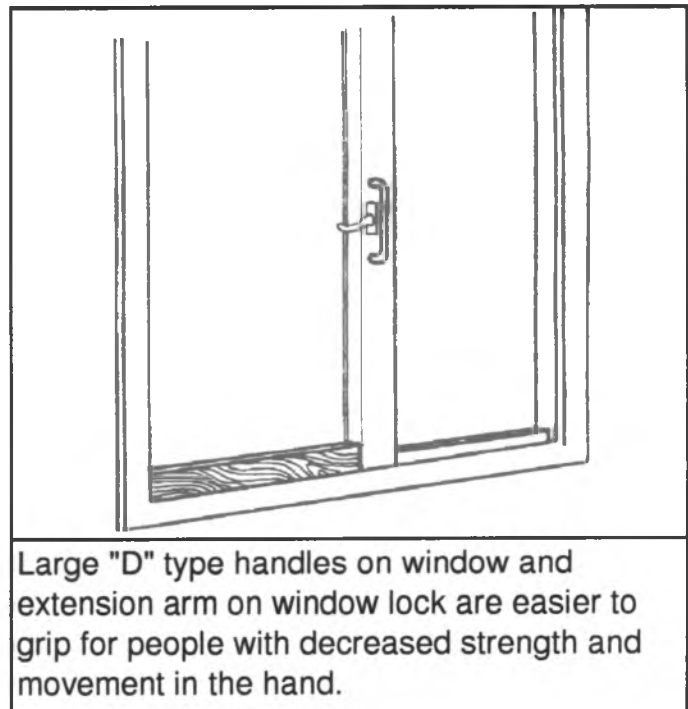
Additional electrical outlets at a height not requiring much bending will not require extension cords to tables lamps. They can also help use small appliances (vacuum cleaner, iron, sewing machine)

Go to next question

10.2 Do you have any difficulty with windows?☐ **No****Yes** ☐

Check the work items below which
would help you

- 10201 ☐ **Install easy-to-grasp
window handles**
- 10202 ☐ **Install secure and
easy-to-operate lock**
- 10203 ☐ **Repair window so that it
opens and closes easily**
- 10204 ☐ **Install unbreakable
windows or security bars
at windows vulnerable to
forced entry**
- 1029X ☐ **Other (describe)**
- _____
- _____



Large "D" type handles on window and
extension arm on window lock are easier to
grip for people with decreased strength and
movement in the hand.

Canada Mortgage and Housing Corporation (CMHC) offers a wide range of housing-related information. For details, contact your local CMHC office.

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