

Fact Sheet

Adapting Your Home

Parkinson's Disease & Movement Disorders Center

An *occupational therapist* or rehabilitation specialist can make recommendations on assistive devices specifically designed to make your home more comfortable and daily activities easier. Some examples include:

- Built-up utensils
- Grab bars
- Devices to help you reach
- Electric beds or mattresses
- Shower chairs/benches
- Sliding boards
- Walking devices

Tips for Adapting your living room and bedrooms:

- Have plenty of space to move around in, place furniture with wide spaces in between.
- Move any item that may cause someone to trip (electrical cords, throw rugs, objects such as boxes or clutter, etc.)
- Use chairs with straight backs, armrests, and firm seats.
- Adapt your phone or remote to larger push buttons devices.
- Install handrails along walls, hallways, and stairwells.
- Apply non-stick backing to rugs

Tips for adapting your bathroom:

- Use an elevated toilet seat and/or safety.
- Put extended lever handles on faucets.
- Install grab bars inside and outside the bathtub/shower.
- Use a bathtub transfer bench or a shower chair with a back support.
- Use a non-skid mat or put non-skid decals in the bath tub/shower.
- Do not use a bathroom mats that may cause you to trip, instead use large rug that covers most of the floor.

Adapted from <http://www.webmd.com/parkinsons-disease/guide/parkinsons-home-safety>.

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