Adapt & Thrive
HOME ACCESSIBILITY RENOVATIONS

Home Accessibility Checklist

Walk through your home at your own pace. Notice what feels difficult. Tick one answer for each area and write down what you notice.

Steps & Entrances

- Can you get in and out comfortably while carrying something?
- Are steps even, visible and comfortable to use?
- Is there a sturdy handhold where you naturally reach for one?
- Is there somewhere to put down bags while unlocking the door?
- Would the entrance still feel manageable if your balance or mobility changed?

☐ Works well

☐ Could be easier

☐ I want to look at this

Notes: _____

Railings & Handholds

- Are stair railings sturdy and comfortable to grip?
- Do railings continue for the full set of stairs?
- Are you ever using a wall, towel bar, counter or furniture for balance?
- Would an extra handhold make a common route feel easier?

☐ Works well

☐ Could be easier

☐ I want to look at this

Notes: _____

Home Accessibility Checklist

Take your time. You do not need to fix everything at once.

Thresholds & Transitions

• Are there raised thresholds you have to consciously step over?

• Do rugs, mats, cords or flooring changes catch your feet or mobility aid?

• Are patio or balcony door tracks awkward to cross?

• Do any transitions become slippery when wet?

☐ Works well

☐ Could be easier

☐ I want to look at this

Notes: _____

_____

Lighting

• Are stairs and entrances bright enough to see edges clearly?

• Can you reach switches before entering a dark room?

• Is the route to the bathroom easy to see at night?

• Are there shadows or glare in places where you change direction or level?

☐ Works well

☐ Could be easier

☐ I want to look at this

Notes: _____

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Home Accessibility Checklist

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Bathroom Access

- Is getting into and out of the shower or tub comfortable?
- Do you ever steady yourself on a towel bar, vanity or shower door?
- Is getting up from the toilet easy?
- Are frequently used items within comfortable reach?

☐ Works well

☐ Could be easier

☐ I want to look at this

Notes: _____

Doorways & Pathways

- Are commonly used routes clear of tight turns or obstacles?
- Can doors be opened easily while carrying something?
- Is there enough room to move comfortably through important spaces?
- Would a walker or other mobility aid fit if it were needed later?

☐ Works well

☐ Could be easier

☐ I want to look at this

Notes: _____

Home Accessibility Checklist

Take your time. You do not need to fix everything at once.

Everyday Routines

• Is there anything you avoid because it has become awkward or tiring?

• Do you brace yourself, reach awkwardly or ask for help with a regular task?

• Are frequently used items stored where they are easy to reach?

• Is there a part of the home you use less because getting there is inconvenient?

☐ Works well

☐ Could be easier

☐ I want to look at this

Notes: _____

What would make the biggest difference?

Want to talk about your home? Call **(778) 557-3444**
hello@adaptandthrive.ca
adaptandthrive.ca

This checklist is educational. It is not a clinical home-safety assessment, medical advice or a construction recommendation. Where functional assessment is needed, involve an occupational therapist or other qualified professional.