

Home Preparation Checklist

A few practical changes make the first two weeks easier. Most patients do not need to transform their home — just clear the path.

— Walkways & safety

- ☐ Remove loose rugs, cords, and clutter from walking paths
- ☐ Ensure stair rails are secure; plan to use them every time
- ☐ Add night lights along the bedroom-to-bathroom route
- ☐ Plan for pets underfoot — they are a leading cause of early falls

— Living space

- ☐ Set up a firm chair with arms — low, soft couches are hard to get out of
- ☐ Keep everyday items between waist and shoulder height
- ☐ Place essentials on the main level if stairs are difficult
- ☐ Set up a recharging spot for your phone within reach of your chair

— Bathroom

- ☐ Non-slip mat in the tub or shower
- ☐ Consider a shower chair and a raised toilet seat — ask us what is actually necessary for you
- ☐ Move toiletries where you can reach them without bending or stretching

— Kitchen

- ☐ Prepare and freeze meals ahead
- ☐ Move frequently used items to counter height
- ☐ Arrange grocery delivery for the first two weeks, or line up a helper

SKIP THE SHOPPING SPREE

You do not need every gadget in the catalog. The care team will tell you which equipment is actually necessary for your operation and your home.



The full patient library

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