

Helping families remove the barriers

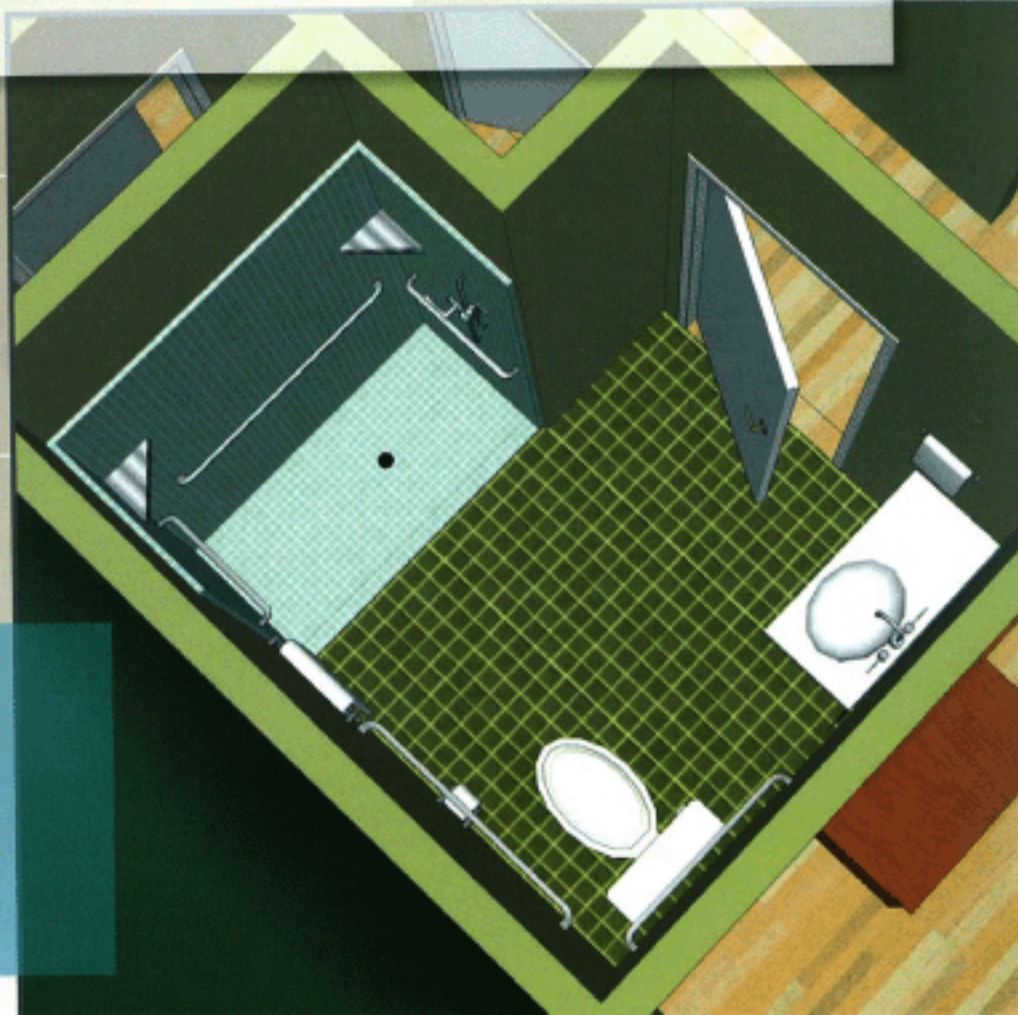
# Home



*United Cerebral Palsy of Greater Birmingham, with support from the Alabama Council for Developmental Disabilities, created a Housing Resource Center. Our mission is to improve housing options for persons with disabilities. It is our hope that this publication can be used as a guide for planning for the needs of everyone as they age.*

# Bathrooms

- Grab bars - the most required specialized feature
- Space for a bath chair or lift, when not in use
- Wide doorway (36") with adequate space around toilet and tub for transfers or the use of a lift - a 5' by 5' clear area is preferable
- Accessible sink, with levers rather than knobs for water control
- Adjustable shower head that can be lowered as needed.
- Water heater temperature turned down to 120 degrees to prevent burns
- Roll-in shower, if possible
- Toilet should be centered 18" from side wall, cabinet, or tub
- Contrasts in color and textures for better visibility
- Non-slip floor mats





## Location

- Flat accessible, low maintenance yard
- Smooth sidewalks with curb cuts
- A surrounding neighborhood that is relatively level
- Close proximity to shops, accessible parks, neighbors and restaurants
- On or near a public transportation route

# Kitchen

- Lower counters – 30" is preferable
- Microwave at counter height – not above stove
- Good lighting
- Side-by-side refrigerator
- Non-slip flooring to prevent trips and falls



# Entrance

- Level approach from driveway or street, with paved walkways and ramp where necessary
- A clear pathway – no obstructions, shrubs or other obstacles to the entrance
- Weather protection such as a porch, awning and/or a carport or garage
- No stairs or one at most
- Thresholds flush or no higher than ½”
- Door levers rather than a knob
- Peep hole that allows someone from a seated position to see outside or full length sidelights
- Well lit entrance for better visibility



## Planning for the Future

According to the *Journal of the American Medical Association*, 35% of adults age 65 and older have difficulty performing one or more self-care activities. Planning ahead can allow for a safer and more useful living space and it can also be cost-effective. If needs are anticipated and appropriate accommodations are planned, the cost can be minor and the benefits enormous.



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## Finding Financial Assistance

The cost of adapting a home can be a major consideration. There are several sources for financial assistance but programs vary greatly and there is not one program that works for everyone. Possible sources for information are your local housing authority, Community Development Block Grant Programs, and Fannie Mae's MyCommunityMortgage.



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