



NATIONAL
SEATING &
MOBILITY

NAVIGATING YOUR HOME

THE ESSENTIAL CHECKLIST TO A
SAFE AND COMFORTABLE HOME



THE ESSENTIAL CHECKLIST TO A SAFE AND COMFORTABLE HOME

These days, everyone is spending more time in their home due to the COVID-19 pandemic. While not ideal, this does give you a chance to look around your house and plan for the future. As we get older, new challenges present themselves. Parts of our house that we don't even think about now may become harder to navigate later.

With that in mind, you can use our Essential Home Accessibility Checklist to identify potential trouble spots before they become an issue and prepare accordingly.



DOES YOUR HOME HAVE STAIRS TO A SECOND FLOOR?



This is the biggest obstacle most people face as they age. Aching in the legs and joints is only made worse as you have to constantly walk up and down stairs, and can be impossible after even minor operations that further limit your mobility while you're recovering.

If your home only has small staircases and you don't anticipate needing a wheelchair, then a sturdy pair of handrails may be all you need. However, if you have a home that is more than a one story, then it's time to start looking into [stairlifts](#). Even if you don't need one now, it's good to be educated so that if you do need one you are ready.



DO YOU HAVE STAIRS AT ANY OF YOUR ENTRANCES?



Most homes have two to three entrances: front door, back door and maybe a garage or side door. If you have stairs at your entrances, then you may be able to use a ramp to easily enter and exit your home should navigating stairs become a challenge.

Ramps are the accessibility feature people are most familiar with because we see them at virtually every business we go to, thanks to accessibility regulations. However, you might not realize that there is [actually a lot of variety](#) available when it comes time to choose a ramp for your home. Wheelchair ramps can be customized to any length you need and can be made of wood, aluminum and even steel. Got an entryway with a small step up? They make [miniature threshold ramps](#) too.



DO YOU HAVE A TUB?



Even if you aren't having any trouble getting in and out of your tub right now, it's not a bad idea to install some [shower handrails](#) for extra support. The bath portion of your shower/tub combo could present tripping hazards. In this instance, you can get a curbless barrier-free shower installed that will not only make your bathroom safer, but will give you a little more room in the shower too.



CAN YOU REACH ALL OF YOUR CABINETS COMFORTABLY?



Many people have more dishes, utensils and cooking appliances than they use on a daily basis. One thing you can do to save yourself the stress of constantly bending down or stretching high is to put the things you use most often within a comfortable reaching distance. This will reduce strain on your back and decrease your risk of having an accidental fall.



DO YOU HAVE A FAVORITE RECLINER?



Many people have that one favorite go-to recliner in their living room. These overstuffed chairs are so comfortable because you can just lean back and sink into them. Unfortunately, the same thing that makes these seats so comfy is also what can make them difficult to get out of.

But, did you know there are [motorized recliners](#) that can actually lift you up and out of them? With the push of a button, these chairs will lift up and tilt forward, making getting out a breeze.



THE ESSENTIAL HOME ACCESSIBILITY CHECKLIST



Accessibility Checklist

Consider: going to [nsm-seating.com](https://www.nsm-seating.com) for more ideas



Multi-Story Home - are the stairs safe?

Consider: handrails or stairlift



Entry Stairs - even a few steps can be difficult

Consider: a ramp or miniature threshold ramp



Bathtub - is it easy to get in and out?

Consider: shower handrails or a barrier-free shower



Cabinets - can you reach daily items with ease?

Consider: re-arranging your cabinets



Favorite Recliner - is it easy to get up?

Consider: a motorized recliner

WANT TO LEARN MORE?

Whether your mobility needs are straightforward or complex, NSM is here to provide you with 360-degree Complete Mobility Solutions. That may mean customizing a power wheelchair to maximize your comfort and independence, installing a chair lift to access the second floor of your home, or simply repairing your existing equipment to keep you moving.

No matter what you need, we have innovative products and a reliable team of experts to keep you moving so you can enjoy life to the fullest - wherever it takes you. If you have any questions at all, we'd be happy to answer them.

JUST FOLLOW THE LINK BELOW OR GIVE US A CALL TODAY!

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LET'S GET *moving*