

Grip & Reach Assistance Checklist



As we mature, basic tasks become more of a challenge; such as grabbing, stooping, and reaching for things. Overall safety and accessibility can be improved by reorganizing and redecorating your home.

Tips and Tricks

- Reorganize your cabinets and closets so the most used items are within reach.
- Declutter and remove items that you rarely use.
- Install traditional dishwashers 6 inches to 12 inches higher to help reduce bending and stooping when loading and unloading.
- Mount appliances, such as stoves, washers, and dryers, with controls on the front so it's easier to reach and operate.
- Mount wall ovens at an accessible height with front mounted controls.
- Transfer heavy laundry loads with ease using a front loading washer and dryer, which are excellent upgrades.
- Install energy efficient windows that are easy to open, close, and lock and require little strength to operate.
- Position electrical outlets 18 inches to 24 inches above the floor to reduce bending and improve accessibility from a seated position.
- Install extra electrical outlets at strategic locations, such as near a bed for medical equipment or rechargeable items.

What You May Need

Appliances

- Reduce the need for bending and kneeling by choosing dishwashers with pull-out drawers on a raised platform.
- Install small, drawer-style refrigerators and freezers at varied heights in multiple locations throughout the kitchen to allow for better organization and easier access to items.

Faucets

- Install lever-style handles for kitchen, bath, and laundry faucets as well as in tubs and showers for those who may have trouble gripping standard designs, which are also available in a variety of designs.
- Select sensor-activated or one touch kitchen and bath faucets because they are ideal for people with arthritis or just have their hands full.

Door Handles

- Replace traditional knobs with lever door handles that are easier to grip and use than traditional knobs.

Cabinets, Counters, & Hardware

- Expand visibility and prevent less bending and reaching with cabinetry with slide-out drawers.
- Mount countertops in multiple heights or adjustable-heights for easier access.
- Access frequently used items from lazy Susan's in corner cabinets.
- Position pull-out work spaces near the oven, refrigerator, and microwave for convenience.
- Grab items from cabinets and vanities with ease using D-shaped and pull-style handles

Closets & Storage

- Make it easier to see and reach items with slide-out drawers.
- Reach items on the top shelf with pull-down clothes rods and shelving systems.

Remote Controls & Locks

- Use easy-touch controls to operate lamps.
- Operate keyless entry locks with a remote control or keypad.

Switches & Dimmers

- Consider swapping out traditional light switches with a rocker-style switch. Rocker switches pass the "closed fist" test, which means that they can be operated using only one hand that is closed in a fist. This style of electrical switch provides increased ease of use and is available in a variety of styles.
- Look for dimmer switches with rocker designs, as they are easier to use compared to those that require increased dexterity.