

Equipment and adaptations checklist

A printable room-by-room checklist from Restore OT — private occupational therapy in Grantham and Lincolnshire.

How to use this checklist

Walk through your home room by room and tick what is already in place. Anything left unticked is worth discussing at an assessment. Nothing here is a recommendation to buy — the right equipment depends on your abilities, your home and how you use it.

Getting in and out

- Step-free or rail-supported entrance, secure handrail at the front and back door
- Outside light and a level, even path
- Key safe, door entry aid, or lever door handles
- Threshold ramp where a step is small

Stairs and moving around

- Handrail on both sides of the stairs, full length
- Clear, well-lit routes with no loose rugs or cables
- Walking aid at the right height, with clean, unworn ferrules
- Second walking aid upstairs so one is always to hand

Bathroom and toilet

- Grab rails by the bath, shower and toilet, fixed to solid wall
- Raised toilet seat or toilet frame
- Shower seat or bath board and non-slip mat
- Level-access shower considered if the bath is no longer usable
- Long-handled sponge, tap turners, lever taps

Bedroom

- Bed at a height where feet reach the floor and standing is easy
- Bed rail, grab handle or leg lifter if getting in and out is hard
- Lamp, phone and water within reach; night light on the route to the toilet
- Chair in the bedroom for sitting to dress

Kitchen and daily tasks

- Perching stool for sitting at the worktop or sink
- Everyday items stored between hip and shoulder height
- Kettle tipper, jar opener, one-handed chopping board
- Trolley for moving food and drinks safely

Seating and comfort

- Armchair with arms, firm cushion and a seat height you can rise from unaided
- Chair raisers or riser-recliner considered where standing is difficult
- Pressure-relieving cushion if sitting for long periods

Next steps

Bring your completed checklist to your appointment. We provide impartial, product-neutral advice, confirm sizing and safety, and give prioritised recommendations to share with family or your GP. General guidance only, not a substitute for individual assessment — call 0115 647 7997 or email edith@restoreot.co.uk to arrange an appointment.