

REHAB AT HOME

Everybody's needs for rehab at home after a stroke are different but typically it is about supporting somebody in relearning daily activities and keeping them safe in doing so. From this story we have learned that the right chair can play a key role. A chair that is light, yet sturdy, has a padded seat for comfort and arm rests for support. In addition it is about creating an age-friendly environment which should be integrated into every home design since we all need forever homes, sooner or later.

Reducing barriers:

- Stairs: Wherever you have level differences in your home, mark them clearly. make steps visible with contrasting striping, put wireless LED lights along the stairways to light individual steps.
- Shower curb: Put contrasting adhesive safety strips on shower curbs.
- Single steps: Single steps are especially tricky to negotiate - make sure they are visually apparent.
- Clear walkways: Clear floor spaces and plenty of space to move around with nothing to trip over.
- Night lights: Night lights provide illumination when room lights are turned off.

Balance:

- Horizontal safety bar: Install a safety bar along the shower wall. Make it as long as possible to provide flexibility.
- Transfer Chair: Use a transfer chair to slide over into the bathtub without having to get up.
- Bathtub Grip: A clamp-on- bathtub grip makes getting in and out of the bathtub easier. [Example](#)
- Handrails: Put handrails on both sides of a stairway.



Easy use:

- Handshower: Replace a shower head with a handshower with a longer hose so one can take a shower while sitting on a shower chair in the tub. Look for a handshower with a hand hold. [Example](#).
- Lever door handles instead of knobs.
- Toilet seats with handles: These seats make the toilet higher and also have handles for support. How and if this works depends on the height of your toilet and the size of the person. [Example](#).

Some other thoughts:

- When choosing an item, look for function as well as aesthetic and consider that these products will make an impact on how the person feels who uses them. This is especially true for items in the bathroom.

