

Home Safety Improvement Report

Generated using AI Recommendations

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This report contains home safety recommendations aimed at reducing fall risks for older adults. Each recommendation is supported by rationale, cost estimate, and installation notes.

Fall Prevention Home Safety Report



Recommendation Details

Rationale:

A standard height toilet can be difficult to sit down on and stand up from for individuals with reduced leg strength, mobility limitations, or balance problems. A taller toilet reduces the distance and effort required, making transfers safer and easier, conserving energy, and decreasing fall risk during toileting.

Modification:

Replace the standard height toilet with an ADA-compliant 'comfort height' toilet (typically 17-19 inches high from floor to seat) OR add a raised toilet seat with integrated armrests to the existing toilet.

Cost:

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Installation:

Replacing the toilet involves shutting off water, draining, removing the old toilet, setting a new wax ring, installing the new toilet, and reconnecting the water supply. A raised seat simply clamps onto the existing bowl. Adding grab bars (separate suggestion, but often done concurrently) involves

Fall Prevention Home Safety Report

locating studs/using anchors.

Fall Prevention Home Safety Report



Recommendation Details

Rationale:

A handheld shower head allows the user to direct water flow while seated or standing, accommodating varying mobility levels and improving bathing independence and thoroughness. The adjustable bar allows positioning for different heights. An anti-scald valve prevents burns, crucial for those who may have slower reaction times or difficulty adjusting controls quickly.

Modification:

Replace the fixed shower head with a handheld shower head mounted on an adjustable vertical slide bar. Ensure the controls incorporate an anti-scald valve.

Cost:

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Installation:

Typically involves unscrewing the old shower head/arm and screwing in the new slide bar and handheld unit components. May require minor plumbing adjustments depending on existing connections. Anti-scald valve installation is more involved, often requiring plumber access behind the wall.

Fall Prevention Home Safety Report



Recommendation Details

Rationale:

Allows the resident to sit while showering, conserving energy, reducing fatigue, and significantly lowering the risk of falls caused by balance loss while standing on a wet surface. Ensures stability during bathing for those who cannot stand safely for extended periods (ADA principle: Seating in Bathing Facilities).

Modification:

Install a wall-mounted, fold-down shower seat within the bathing area, positioned at an ADA-compliant height (typically 17-19 inches from the floor).

Cost:

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Installation:

Requires locating wall studs or installing adequate wall backing to ensure secure mounting. Professional installation recommended to ensure weight-bearing capacity. The seat must be securely anchored according to ADA and manufacturer specifications.