

10 Things to Know

Improving Your Home's Accessibility



1 **A professional can help**

Before making significant changes, ask your clinic or ALS Association care teams for help scheduling a home modification and safety assessment.



2 **Identify your priorities**

Getting in and out of your home and accessing a bathroom are essential. Consider which areas of your home are most important for you to access.



3 **Consider flexible solutions**

Opting for a first-floor bedroom is more practical than modifying a second story room. Your usual home entrance may not be the easiest to adapt. Looking at things from a different perspective may offer additional solutions.



4 **Make it accessible for YOU**

Many contractors are familiar with accessibility standards, but require input from occupational and physical therapists, and you, to ensure the adaptations meet your needs now and in the future.



5 **Customize your modifications**

From adding handrails and a bath bench to constructing a roll-in shower, modifications can be tailored to any room in your home, including outdoor spaces.



6 **Evaluate your budget and needs**

Home renovations can be expensive, time consuming, and typically not covered by insurance. Evaluate your resources and needs to make informed decisions.



7 **Understand your insurance coverage**

Your ALS clinic team can help you understand how to utilize your insurance to acquire the specialized equipment you may need.



8 **Explore renting or borrowing**

For medical equipment not covered by insurance, ask your local ALS care team about equipment programs for free or rented equipment before purchasing.



9 **Investigate funding resources**

Ask about programs that may assist with home modification and medical equipment costs. Some families also consider raising money through fundraising and crowdfunding.



10 **Identify easy interventions**

Consider easy home safety improvements by removing throw rugs, ensuring clear walking paths, and adding nightlights to hallways and bathrooms.