



Disability Retrofitting and Aging in Place

If you are struggling to use certain areas of your home properly or effectively, One Stop Home Repair may be able to help you retrofit your home so you can be both comfortable and safe again. In some cases, you may qualify for a federal grant to help you with the cost of the retrofitting. Call One Stop Home Repair today to begin reclaiming the full use and security of your home

There are several ways a home can be retrofitted to suit the needs of the disabled or the elderly. Let's take a tour of a home that has all the modifications. This retrofitted home starts outside, before you even step foot off your driveway.

1. Along the path to your door, there are handrails.
2. The steps have non-slip paint or tape.
3. There is a ramp of gravel, pavement, metal or wood instead of steps.



At the door, the door knob can be a challenge, especially for those who have a difficult time with their grip. There are 2 ways to make opening a door easier.

1. A lever-style door knob, they don't require squeezing, just pushing down.
2. Locking by the deadbolt only might help too

When you walk in, most interior doors are only 2 feet 6 inches wide. These narrow doorways make it hard to get through with a walker or a wheelchair.

1. Widening these doors to at least 3 feet allows for easier entrance.
2. Thresholds are level with floor. In instances where flooring is higher, a ramp can be installed.
3. Handrails line the entryway, hallways and open walls. Handrails can be fitted to look a chair rail.

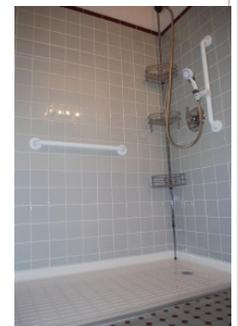


A typical kitchen is a daunting skyscraper of high-rising storage and impossible to use work spaces. A kitchen that has been modified to accommodate those with disabilities and the elderly may include:

1. Lower counter tops without cabinets underneath that allow a wheelchair to roll under them.
2. Storage on lower levels, the use of base cabinets and shelving for most, if not all, kitchen items.
3. Lower cabinets to be able to reach, see the top of and enable the use of the sink and counters.

A bathroom is probably the most modified room in a retrofitted house.

1. Self-adhesive, non-slip decals or strips are installed on all slippery surfaces. Slippery surfaces can also be resurfaced with non-slip texture.
2. Grab bars in the bathroom and/or shower. (Always make sure any grab bars are installed on wall studs to ensure they are as secure as possible.)
3. A hand-held shower head.
4. A seat in the shower, either one that sits over the tub/shower or a built in seat in the shower or tub.
5. Easy-to-grab lever faucet.
6. Comfort height toilet.
7. Open vanity so a wheelchair can roll under.
8. Roll in shower that is completely leveled with the floor.



You don't need to struggle to make your home work. You don't need to move if your home isn't working for you. You may qualify for a grant if you are a veteran. When you are ready to take back control and comfort in your home, give One Stop Home Repair a call for a free estimate. We can help with every step of the way from the planning to finish. Regain your independence and increase your quality of life.

Green Energy

Electric

Remodeling

Plumbing

Handyman

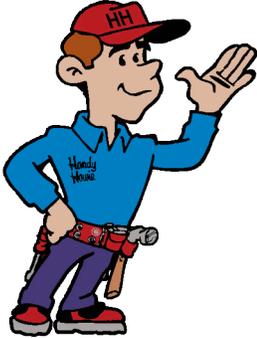


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CALL FOR A FREE DISABILITY RETROFITTING OR AGING IN PLACE ESTIMATE



Ask Handy Howie

What are some ways my home can be modified to accommodate for "aging in place" or disability?

- 1) Installing new guard and handrails.
- 2) Increasing width of doorways to fit wheelchair or walker with ease.
- 3) Installing grab bars in bathroom and anywhere else they might be beneficial.
- 4) Installing hand-held shower head.
- 5) Changing out faucets to ones that are easier to grab.
- 6) Relocating outlets and switches.
- 7) Building a ramp in front of the entrance.
- 8) Replacing the toilet with a comfort height toilet.



Photo of the Month



Custom built bedroom loft, built by our talented Tom Hashey. The entire project included dividing a the master bedroom to make 2 rooms. Fresh paint covers the walls. The new flooring shines. Everything was entirely customized and all solid wood construction.

Ask One Stop Home Repair about the HUGE savings promotion on Electric Heat Pump Water Heaters!

More Savings!

\$200 OFF any ELECTRIC GENERATOR of \$1,000+ when you mention you received March's One Stop Shop News Valid through March

Heat Pumps Now Available



Photo: Daikin



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