

Preparing Your Home After Lower Limb Amputation

You will naturally be glad to get home, but you may be worried about how your home will support you. Here are some changes to consider when you return home. Keep in mind, you don't have to make lots of changes to your home right away. Take it slow. Your needs and preferences may change over time.

SURPRISINGLY USEFUL AND EASY CHANGES

- Borrow or buy a few telescoping grabbers (or other assistive devices) and place them around the house where you tend to spend your time and need to grab items out of reach.
- Install motion lights or smart-home devices you can turn on and off by voice command.
- Remove area rugs or make sure they have strong grip tape beneath them.
- Lightweight transport wheelchairs and/or walkers make good mobility aids.
- Borrow or buy a mini fridge for the bedroom or other commonly used space. This can be convenient to grab a cool compress or get a cool drink or snack.
- Eliminate any long electric cords that run across floor areas.



BATHROOM ACCESSIBILITY AND SAFETY CHANGES

- Install grab bars in the tub, shower, and around all toilets.
- Obtain a shower chair or bench, and consider installing a handheld shower attachment.
- Move shampoo and other bath/shower items to an easy-to-reach shelf or install wall-mounted dispensers.



For more resources on adjusting to life with limb loss, scan the code or visit [HangerClinic.com/LimbLoss](https://www.hangerclinic.com/LimbLoss).

- Use grip tape under any bath mats to help prevent slipping and falls.
- Install a nightlight to help make sure you can see and navigate around any obstacles.
- Eventually, you may want to remodel your bathroom with a walk-in shower, elevated toilet with handrails, and/or wheelchair-height sink. If you use a wheelchair, you may also want to remove or modify lower cabinets.



KITCHEN TWEAKS & ADAPTATIONS

- Move things you use everyday to cabinets and counters between waist and shoulder level, and lower shelves in your refrigerator/pantry.
- If you have a kitchen table, you may prefer to do meal prep there instead of at the kitchen counter.
- If you don't use a wheelchair, you might find it difficult to transfer items such as a dinner plate or tray from one part of the kitchen to another. Think about borrowing or buying a stable walker with a tray just for kitchen use.
- Over time, you may want to remodel your kitchen with roll-under counter access, drop-down upper kitchen cabinets, and roll-out shelving.

LIVING ROOM MODIFICATIONS

- Rearrange your furniture to allow for clear pathways.
- Consider adding sturdy end tables or other furniture that can be used for support as you transition from sitting to standing.
- Over time, you may want to consider adjusting or replacing pieces of furniture that are difficult to use comfortably and safely.

OUTSIDE CONSIDERATIONS

- Place ramps at all entrances to your home (at least temporarily).
- Install safe handrails wherever there are steps and uneven outdoor terrain.
- Make sure front and back steps, ramps, porch, and landing areas are kept free from obstructions, leaves, snow, and/or ice.



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- Secure any door mats with gripper tape.
- Repair any paths or walkways to eliminate tripping hazards or any obstacles.

OTHER LONG-TERM REMODELING CONSIDERATIONS

- Consider installing a stair lift if your home has a basement or multiple stories.
- Widen doorways or replace the standard hinges with offset hinges to add clearance space.
- If you like to garden, consider having raised beds installed to bring plants up to accessible height. Outdoor faucets can also be moved up for greater accessibility.
- If you have a swimming pool or hot tub, a handrail may be enough to enable you to access the water safely. If not, you might want to look into a pool lift.



Some cities provide financial assistance to individuals who become disabled and need their home remodeled to Americans with Disabilities Act (ADA) standards. To find out what might be available, check on your city and county websites. There are also non-profit organizations that can help you find free or low-cost help. Note, it is important to work with a contractor who is trained and experienced in making similar home modifications.

The National Directory of Home Modification and Repair Resources can help you find qualified and affordable resources for home modifications. Search for resources by scanning the code or visiting HomeMods.org/national-directory.



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