Home and Equipment Worksheet

It is important to prepare your home to be safe and ready for you after surgery. Before surgery, use this worksheet to assess your home setting and your access to equipment after surgery.

1. Whom do you live with? □ spouse/partner □ family □ alone □ other ______________________

You will need someone available to help with your care after surgery. The amount of care you will need depends on your recovery. You may only need someone to be available to check on you or you may need someone to help you with all of your daily activities.

2. Do you have someone available to help you with your care after surgery? □ yes □ no
   If yes, how often will that person be available to help you? ___________________________________

3. What type of home do you have?
   □ one story □ two story □ split level □ apartment with elevator
   □ apartment with stairs □ other _________________________________________________________

4. How many steps in your home do you need to use?
   front steps ______ railing □ yes □ no
   back steps ______ railing □ yes □ no
   garage steps ______ railing □ yes □ no
   upstairs steps ______ railing □ yes □ no
   basement steps ______ railing □ yes □ no
   split level steps ______ railing □ yes □ no

5. What types of equipment will you have access to use during your recovery?
   □ walker □ wall-mounted grab bar □ sock aid
   □ front-wheel walker □ tub grab bar □ leg lifter
   □ cane □ tub transfer bench or seat □ elastic laces
   □ crutches □ hand-held shower head □ long-handled shoe horn
   □ wheelchair □ nonskid bath mat □ lift chair
   □ commode □ long-handled sponge □ bedside rail
   □ raised toilet seat □ reacher □ none

6. What is the height of your toilet? □ standard height □ comfort height

7 For bathing, do you have a: □ walk-in shower □ tub □ tub and shower combination

8. What is the height of your bed? __________ inches from the top of the mattress to the floor.
   If you do not have an exact measurement, remember where the top of your bed hits the back of your legs.