

# 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

upstairs steps \_\_\_\_\_ railing  yes  no

back steps \_\_\_\_\_ railing  yes  no

basement steps \_\_\_\_\_ railing  yes  no

garage 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.