

# Setting Up a Rehab-Friendly Environment at Home

## At-Home Support & Safety

If you or someone in your whānau is living with a neurological condition, small adjustments at home can make a big difference. This guide offers practical ideas to help make your space safer, more accessible, and easier to move around in without needing a full renovation.

### Clear Space to Move

- Keep walkways wide and free of clutter
- Remove loose rugs or secure them with non-slip grips
- Move furniture to create open paths, especially around the bed, bathroom, and kitchen
- Ensure enough turning space for wheelchairs or walkers

### Safe and Supportive Furniture

- Use chairs with firm backs and arms for easier standing
- Adjust bed height so it's not too low or too high
- Add non-slip mats under furniture that shifts easily
- Consider a perching stool or high chair for cooking or showering

### Good Lighting

- Use bright, even lighting in all rooms and hallways
- Install night lights in the bedroom, hall, and bathroom
- Make sure switches are easy to reach (or use remote plugs)

### Bathroom Setup

- Add grab rails beside the toilet and in the shower
- Use a shower chair and handheld shower head
- Place non-slip mats in the shower and on the floor
- Store essentials like towels and soap within easy reach

### Kitchen Tips

- Store everyday items at waist height — avoid bending or reaching up
- Keep benches clear to reduce spills and confusion
- Use lightweight dishes and easy-grip utensils
- Consider using an electric kettle tipper for safe hot drink making

### Extras That Can Help

- Use labels or clear containers for easy item recognition
- Set reminders or use visual charts for routines
- Keep a rehab logbook or calendar in a visible place
- Make sure emergency contacts are posted near the phone

### Start Small

You don't need to change everything at once. Choose a few easy wins each week. Ask whānau or friends for help, and talk to your rehab team about what's most important for your needs.