

If you are disabled, making your home accessible is very important to your quality of life. Accessibility, however, is much more than just having a ramp or no stairs! Here are some tips on how to make living alone as a disabled person more manageable.

Accessible living

- ☐ **Roomba:** cleaning can be painful, draining, or just impossible. If you live alone its hard to manage. Roombas are perfect, but as they can be expensive, its better to buy an older used one.
- ☐ **Bluetooth lamp:** Don't you hate when you are in pain and have to get up to turn on/off the light? With a Bluetooth lamp that is no longer an issue! you can control the color, brightness, and turn it on/off from your phone which is a massive help if you are light sensitive and/or stuck in bed *if you have alexa or Google assistant then these two will connect and you can voice control your lamp
- ☐ **Hero health:** if you struggle to open pill bottles and refill your medications, hero health has a medication dispensing machine that is really great and dispenses meds and annoys you until you take them. it tracks your med usage and reminds you to refill. you can put 10 meds on there.
- ☐ **Food/med delivery:** you can get medication delivered through your insurance or the pharmacy, and can get food delivered through apps
- ☐ **Noise canceling headphones:** if you have sensory processing disorder, sound sensitivity, sound sensitive migraines, or adhd where background noise distracts you these will help. price ranges from \$9 to \$30
- ☐ **Blackout curtains:** these are great for insomnia and light sensitivity/light sensitive migraines these help a lot
- ☐ **Washer/Dryer:** Having your own washer and dryer that's close to the rest of the house is invaluable when it comes to saving energy and managing pain
- ☐ **Dishwasher:** washing dishes by hand is painful, tiring, and slow- even if you sit down to do it. It is much easier on the body to use a dishwasher.
- ☐ **Shower chair:** If standing in the shower makes you dizzy, tired, or in pain then it is time to get a shower chair. They are fairly cheap and easy to get. They come with and without a back.
- ☐ **Alexa/Google assistant:** If you struggle to use your phone due to hand or eye issues, alexa is great. you can speak commands or questions and it will answer. Again this one can be expensive, so buy used if you can
- ☐ **Dimmable lights:** if you have spd, light sensitivity, or light sensitive migraines lights that can dim are amazing
- ☐ **Portable USB fan:** if you struggle with temperature regulation, these fans are great because they are easy to move and adjust and you can use it on the road as well
- ☐ **Green light bulb:** if you have frequent migraines, studies show green light exacerbates it the least out of all visible lights. replace the light bulbs that are white with green ones and see if it helps.
- ☐ **Big utensils & writing supplies:** if you have a weak grip, there are special utensils that are larger [and easier to grab/hold] as well as larger ergonomic pens

- ☐ **Lap desk/tray:** if you spend a lot of time in bed, get a good lap tray for your computer and writing supplies. It will be very useful for bedbound days.
- ☐ **Telehealth/work from home/online school:** Not everybody has this option, but if it is doable for you and your provider/employer, working from home is great because you save time energy and money from not having to go to inaccessible spaces
- ☐ **Grab bars:** It is fairly easy to install grab bars by the toilet and shower to help you get up from the seated position. they come in more than one length.
- ☐ **Air purifier:** if you have allergies or asthma, or have sensitive lungs and live in a polluted area, an air purifier is a great option to help you breathe a little easier.
- ☐ **Weighted blanket:** these are great for meltdowns [autism], panic attacks [anxiety], and can even help with nerve pain from fibromyalgia & insomnia!
- ☐ **Mattress topper:** get a mattress top with a gel bottom to stay cool, and protect your back from morning stiffness! don't buy this one used please
- ☐ **Smart light bulb:** wifi enabled light bulb you can remotely control with your phone. great for mobility impairments and bedbound people.
- ☐ **Smart thermostat:** a thermostat that will automatically keep your temperature within a range you set and you can also control it with your phone

accessible pet care [cats]

- ☐ **Self cleaning litter box:** cleaning the litter box is harder work than it seems, so this is a super helpful litter box for people with limited strength and/or energy
- ☐ **Automatic toys:** automatic battery powered toys that move on their own are great entertainment for cats! you don't have to move, all you have to do is get batteries and press a button
- ☐ **Remote controlled toys:** these toys are great because you can still play with your cat, but its using a remote or your phone so there is a lot less stress on your body. these are all battery powered.
- ☐ **Lazer pointer:** another great [and classic] toy where you can sit on the couch but still play with your cat. I love the lazer because it gets my cat up and moving a lot but I don't have to do anything but move my hand.
- ☐ **Automatic feeder/water dish:** If you are gone a lotz or have a bad sleep schedule and often sleep past when you need to feed your cat, or struggle to physically do it, these are a great option. ebay has many affordable options.