

# Are You or Someone You Love Strong Enough to Remain INDEPENDENT IN THE COMMUNITY?

Take a look at the following questions and ask yourself if there may be barriers in these areas.

## ***Kitchen***

- Are you able to confidently reach into cabinets or to an overhead microwave?
- Are you able to maintain your balance and get up without trouble when bending down to get into lower cabinets?
- Can you maintain your balance while gathering things from the fridge and other cabinets to prepare a meal?
- Are you able to safely utilize the stovetop and oven?
- Do you have adequate strength to open and close containers?
- Are you having trouble using specific utensils due to weakness, tremors or paralysis of the dominant hand?

## ***General***

- Are you able to safely get out of a chair and ambulate to other parts of the household?
- If you have a wheelchair or walker, are the doorways in your home wide enough to accommodate this equipment?
- If your home has steps, are you able to navigate them safely? Can you ascend or descend a flight of steps all at once, or do you need to stop and take a break halfway?
- Are the floors in your home uneven and causing problems? Do you have trouble transitioning from carpet to hard floor surfaces or vice versa?

## ***Bedroom and bathroom***

- Are you able to perform your daily activities and maintain proper hygiene without it being a challenge each day?
- Can you safely sit down and stand up from the toilet without trouble?
- Are you able to step over the side of your tub when bathing? If you take regular baths, are you able to hoist yourself out of the bathtub when finished?
- Are you able to thread your legs and arms into your pants and shirt easily? Do you have trouble with the necessary snaps, buttons and zippers on your clothing?
- During the day, do you have trouble ambulating to the bedroom and into bed for a rest to gain energy?

## ***In the community***

- Are you capable of driving or have assistance to get around/complete errands?
- Are you able to safely transfer in and out of a personal or public transport vehicle?
- When navigating public places, do you find yourself in need of a place to rest?
- Do you have trouble navigating the varying terrain when you are outside of your home and in the community?
- Have you been able to maintain a consistent level of activity in the community, or has this declined due to physical limitation?



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