

The bathroom is the center of activity for personal hygiene and toileting. If you have trouble attending to these tasks comfortably, your health can be affected. Is your bathroom designed for your comfort and ease of use?

This list is of questions is long, but everything is not listed. Different families have different needs. Don't hesitate to add your own questions.

You can print this page for an easier interview. Repeat the exercise for each bathroom.

- Counters
 - Are they at a good working height for you?
 - Do you need a counter area that is wheelchair accessible or that allows you to be seated?
 - Are there enough outlets for small appliances that might be used permanently or temporarily? Easy to reach? Is there enough countertop space/shelf space to house these appliances safely?
 - Do you bump into the edges? (Are the corners rounded or at a 45° angle?)
 - Can you reach the back of the counter? Is there an area where depth is a hindrance?
 - Do you have room for storage on the counter?
 - Do you have storage issues on the counter?
 - Is the counter low maintenance, easy to clean?
- Floor
 - Is there adequate space to move around the bathroom? (Is there maneuvering room for a mobility device? Room for two people if a caregiver is needed?) Around the toilet? Around the sink? The tub/shower?
 - Is the flooring
 - easy to clean?
 - easy to move on, not slippery?
 - free of tripping hazards, holes, rips?
 - Does the shower or tub flooring have a non-slip surface or treads to prevent slipping?
 - Is there a curbless shower? Does water spread to the bathroom floor?
 - Any entry steps or thresholds to maneuver over when entering the bathroom?
- Bathtub/Shower
 - Tub specific
 - Is the tub easy to step into and out of?

- Do you soak in the tub? If so, is it easy to sit and to rise?
- Do you need something to hold onto to make sitting and standing easier? If so, where, at what height(s)?
- Do you shower in the tub?
- Do you need to transfer from a wheelchair to the tub?
- Would you prefer to or do you need to sit while you bathe? Do other people use the same tub and what are their seating needs?
- Shower specific
 - Is the shower easy to step into and out of?
 - Is the showerhead at the right height for you?
 - Can you reach the showerhead to adjust the spray or intensity?
 - Do you share the shower with another person who needs the shower head at a different height?
 - Do you use a roll-in shower chair?
 - Do you need to transfer to a shower seat?
 - Would a built in or fold down seat have specific transfer requirements?
 - Does someone assist with the shower?
 - Is there enough room to maneuver in the shower?
- Can you reach the controls? Are they easy to turn on and off?
- Is it warm enough in the room while you bathe and when you get out of the tub or shower?
- Are the towels or your bathrobe close enough to reach after you exit the shower/tub?
- Is there a door to the tub/shower? If so, is it easy to open? Easy to clean?
- Do you use a hand held shower? If so:
 - Is it easy to reach and to store?
 - Do you need a way to manage the hose when the handheld is stored?
 - Is the hose long enough to reach where you need it to?
 - Does the handheld shower replace the existing shower head? Does more than one person use this shower?
- Does the shower or tub leave water on the floor (dropping from a billowing shower curtain, splashing off walls, spilling from curbless shower?)
- Is the shower/tub easy to keep clean and free of mold?

- General

- Can you get to the bathroom easily? Is there a full bathroom on the main floor?
- Can you see yourself in a mirror? Clearly? Close enough to put on makeup/shave/etc.?
- Can you open and close the window? Shades?
- Do you hand wash your delicates or underwear in the bathroom? If so, where do you dry these clothes?
- Is your clothes hamper in your bathroom? Does it block the way? Can you easily put clothes in and take them out?
- Do you need a telephone nearby?
- Is there adequate privacy while using any area of the bathroom?
- Doorway Specific:
 - Is the doorway wide enough for easy access with a mobility device?
 - Is the handle and lock on the door easy to control?
 - Can someone open a locked door from the outside if it is needed?
 - Does the door swing out or into the bathroom to open? (Should you fall against the door, outward swinging doors still allow emergency personnel access in the event of an emergency)
- Will you be using a mobility device in the bathroom? If so, what?
- Can the doorbell be heard in this room?

- Storage

- Are there enough shelves, drawers and cabinets within reach to store what you use every day? Medicine? Shampoo and other bathing consumables? Soap, toothpaste and other hygiene products?
- Is the cabinet hardware easy to use?
- Can you see the cabinet hardware?
- Do drawers slide easily?
- Could you give up some drawer storage for easier to use work space?
- Are you making full use of all storage areas available? If not, why not?
- Do you use a stepstool? Often?
- Is anything in your way when you reach for something?
- Can you reach the towel bar(s), soap holders, robe hooks and all other accessories?

- Safety
 - Is there an emergency call button or intercom in the bathroom?
 - Easy to reach?
 - Easy to operate?
 - Are there securely installed grab bars where you might need them for balance? Is the gap between the bar and the wall larger than 1.5”?
 - Is there appropriate wall structure to support grab bars now or in the future?
 - Are there anti-scald devices on the shower or at the hot water tank?
 - What do you hold onto as you enter or exit the shower or tub?
 - Do you need additional hand holds for balance or assistance in the shower or tub area?
 - Are you prone to falls?
 - Are there any shelving units, lamps, other furniture or fixtures that could be knocked over if bumped into? Anything you could hurt yourself on?
- Sink
 - Can you reach into the sink to get something on the bottom in the back?
 - Can you reach the faucet(s) and turn it on?
 - Can you reach and push/pull the stopper to open and close the drain?
 - Do you need wheelchair accessibility or the ability to sit while at the sink? If so:
 - Is there a suitable space for your chair/wheelchair at the sink?
 - Is the plumbing out of the way or covered to prevent bruises and burns?
 - Is there enough counter space by the sink?
 - Can you reach the soap, towels, toothbrush and other accessories for daily grooming?
 - Do you need a hairdryer holder?
- Toilet
 - Is the toilet height right for every member of the household?
 - Is the toilet paper within reach?
 - Is the toilet paper easy to replace?
 - Do you transfer to the toilet from a wheelchair? If so:
 - How do you transfer?

- Where would you prefer handholds?
 - Is the height proper for transferring?
 - Do you need help with toileting hygiene? If so, in what way?
- Lighting and Ventilation
 - Is there enough lighting over the toilet, the tub/shower, the counters and the sink for all the different tasks that are performed there?
 - Enough overall lighting in the bathroom?
 - Is there an exhaust fan?
 - Can you reach the controls?
 - Change the filter?
 - Is there enough ventilation to evacuate moist air?
 - Can you reach the bathroom light switches? Would rocker panel switches be easier to handle?
 - Is the lighting fluorescent? Does that bother you? (the flickering, the hum or the color of the fluorescent bulb?)
 - Is there a glare off the counters, the floor or anyplace else that is bothersome?
 - Is there a nightlight?