

We can ask all the questions we want, but sometimes the truth is in the numbers. For assessments, these numbers are the measurements of each family member. The results may lead the way to much needed changes.

Repeat these measurements for each person. If changes are anticipated, repeat the list with an estimate of the change over 6 months, a year or more as appropriate.

Please Note: Where a mobility device is listed, measure for wheelchair, scooter, commode, canes, crutches, etc. Take multiple measurements if more than one device is used.

(List courtesy of The ABCs of Accessibility® Inc ~ <http://www.visualizerset.com/>)

Element	Why	Standing	Sitting	Other
Eye Level: floor to center of eye	Sight line for window sill heights, controls, mirror, etc.			
Elbow Height: floor to bend of elbow	Grab bar height, table height			
Forward Reach: chest to tip of thumb	Counter depth, shelves and controls			
Vertical Reach Up: (reach up & forward) floor to thumb	Cabinet, shelves and controls			
Vertical Reach Down: (reach down and toward floor) floor to thumb	Cabinet, shelves and controls			
Grip: Make a circle with the thumb and finger, measure across the circle	Grab bar, knobs, pulls, etc			
Shoulder Height: floor to top of shoulder	Shelves and controls			
Armrest Height of Mobility Device/Chair: floor to top of armrest	Work table and sink			(Is there a joystick?)
Width of Mobility Device: include elbows and fingers	Door width and hallway passage			

Element	Why	Standing	Sitting	Other
Length of Mobility Device: toe to back of back wheel	Door width, width needed for clear turning radius or turning corners.			
Lap Depth in Wheelchair, Scooter or Chair at Sink or Table: chest front to toes or footrests	Clearance under work surfaces, sink or vanity			
Knee Height in Mobility Device at Sink or Table: Knee plus 2" on top to floor	Clearance under work surfaces, sink or vanity			
Seat Height of Wheelchair, Scooter or Commode: floor to top of seat (including cushion)	Transfer heights for furniture, tubs, commodes			
Footrest Height of Wheelchair: floor to top of toes (highest point)	Toes space under a sink or toe kick and wall/door protection			
Turning Space of Mobility Device: include assistant if applicable	Width needed for clear turning radius or turning corners.			
Other Applicable Measurements				