

Sometimes, it's not about changing the person, it's about changing the environment.

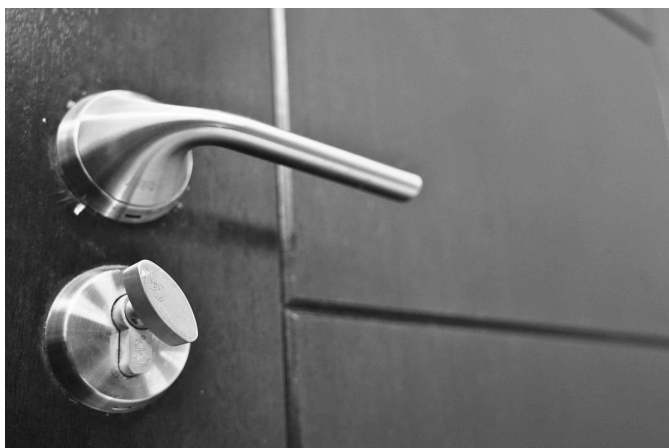
Even simple adjustments can make daily activities safer, reduce fatigue, and help you do more of what matters most.

Occupational Therapists (OTs) help people adapt their spaces so they can live life their way: comfortably, confidently, and independently.

Small adjustments that can make a big impact

Around the home

- Keep walkways clear of clutter and cords.
- Add non-slip mats in wet areas like the bathroom or kitchen.
- Arrange furniture to allow easy movement with mobility aids.
- Use contrasting colours on steps or edges to make them easier to see.
- Place frequently used items within easy reach to avoid bending or stretching.
- Ensure doorways and pathways are wide enough for wheelchairs or mobility aids.
- Use lever-style door handles or easy-grip taps to improve accessibility.
- Keep a sturdy chair nearby for rest breaks if fatigue is an issue.
- Store assistive devices (such as reachers or grab sticks) where they're easy to find and use.



Lighting + visibility

- Use lighting with adjustable brightness to reduce glare or overstimulation.
- Add task lighting where you read, cook, or complete hobbies.
- Use night lights or motion sensors in hallways for safe movement after dark.
- Keep light switches at a reachable height.
- Use high-contrast colours to make switches, doorways, and key features easier to locate.
- Reduce glare on screens or reflective surfaces to support people with vision sensitivities.
- Consider voice-activated or smart lighting for individuals with limited hand mobility.

Seating + support

- Choose chairs with firm cushions and supportive arms to assist with standing up.
- Adjust chair height so feet are flat on the floor and knees are level with hips.
- Add cushions or wedges for comfort and posture support.
- Consider grab rails or stable handholds in key areas for safety.
- Trial supportive cushions or pressure-relief seating if you spend long periods sitting.
- Use a perching stool for kitchen or bench tasks to reduce fatigue.
- Explore adjustable-height furniture or powered lift chairs if transferring is difficult.

Organisation + Visual Supports

- Label drawers, cupboards, and storage boxes with words or pictures.
- Use colour coding to help locate items quickly.
- Keep frequently used items in consistent, visible spots.
- Simplify spaces by removing unnecessary clutter.
- Use tactile markers or braille labels on key items for people with low vision.
- Consider smart home reminders or talking devices for time, medication, or task prompts.
- Keep communication devices (AAC or speech-generating tools) charged and in an accessible location.

Sensory + Comfort Tips

- Choose softer lighting and natural light where possible.
- Reduce background noise with rugs or curtains.
- Create calm, quiet areas for breaks and downtime.
- Use comfortable textures and calming colours in busy areas.
- Use weighted blankets, fidget tools, or sensory cushions for calming input.
- Offer noise-cancelling headphones or ear defenders in busy environments.
- Minimise strong smells (cleaning products, candles, perfumes) that may trigger sensory sensitivities.



When to ask an Occupational Therapist for advice

If you or someone you care for:

- Has had a fall or near miss at home
- Finds it difficult to move safely around their space
- Feels tired or sore doing everyday tasks
- Is moving into a new environment (home, school, or supported living)
- Wants to feel more confident and independent
- Has experienced changes in mobility, strength, or balance
- Uses assistive technology or equipment that needs updating or review
- Finds self-care, cooking, or daily routines increasingly difficult
- Needs advice on environmental or sensory modifications

A Back to Basics Health Group Occupational Therapist can help. They'll assess your environment and suggest practical, low-cost solutions that make life easier and safer.

Remember

Small changes can make a big difference, and you don't have to figure it out alone. If you're unsure where to start, talk to your Back to Basics OT about how they can help you make your space work for you.

For more information

- Visit: [BackToBasicsHealthGroup.com.au](https://www.BackToBasicsHealthGroup.com.au)
- Call: (03) 9763 7613