

Department of
OCCUPATIONAL THERAPY

Prepare Your Home Environment Before Your Surgery



After your surgery, as you may face difficulties performing your daily activities the same way you are used to.

It is important to **prepare your home environment prior to your surgery** to ensure your safe transition back home.

Before admission into the hospital, you should check if you have prepared the following:

Living and Dining Room

- 1) Prepare chairs of an appropriate height for ease of standing up. (Refer to "Appropriate Height" on Page 6)
- 2) Ensure clear and clutter-free walkways to allow walking with walking aids.
- 3) Tape loose cords to the skirting boards away from walkways.
- 4) Ensure that floor mats have anti-slip backing or are nailed/taped securely to the floor.
- 5) Remove excess furniture and carpets if possible.

Bedroom

- 1) Ensure that your bed is at an appropriate height, for ease of getting up from bed-edge (Refer to "Appropriate Height" on Page 6).
- 2) Consider using portable bedrails for additional support if required to help you up from the bed.
- 3) Ensure you clear and remove clutter from walkways to allow walking with walking aids.
- 4) Consider placing motion sensor lights, or a lamp/torchlight at your bedside, if your light switch is not close by.
- 5) If you are unable to climb the stairs, consider staying in a bedroom on the ground floor (if applicable).

RECOMMENDED HOME SET-UP IN THE LIVING ROOM AND BEDROOM



Taping of wire cords to the side of the floor.



Use of motion sensor lights or bedside lamps.



Ensure clutter free walkways within the house.

Toilet

- 1) Install and use grab bars/ sturdy support when getting on and off the toilet seat .
- 2) Refrain from placing items, such as towels, on the grab bar.
- 3) Use well-maintained floor-mats with anti-slip features.
- 4) Consider using a portable urinals or a bedside commode at night, if your toilet is not close to your bedroom.

Shower Area

- 1) Prepare a sturdy shower chair of an appropriate height as you need to sit down during showers.
- 2) Place the shower chair against the wall for stability.
- 3) Ensure that toiletries are within reach. Ensure that the shower head and tap are also within reach from where you are seated on the shower chair.
- 4) Use a grab bar/ steady support when getting on and off the shower chair.
- 5) If the floor-tiles in your shower area are not slip resistant, consider using anti-slip treatment or anti-slip mats.
- 6) Remove clutter such as buckets or hose from the floor.

Others

- 1) Arrange for someone to help you with your household chores or any caregiving duties if necessary.
- 2) Pace yourself when performing daily tasks to avoid rushing.
- 3) Reorganise your frequently used items and make them easily accessible by you.

RECOMMENDED SET-UP IN THE TOILET AND SHOWER AREA

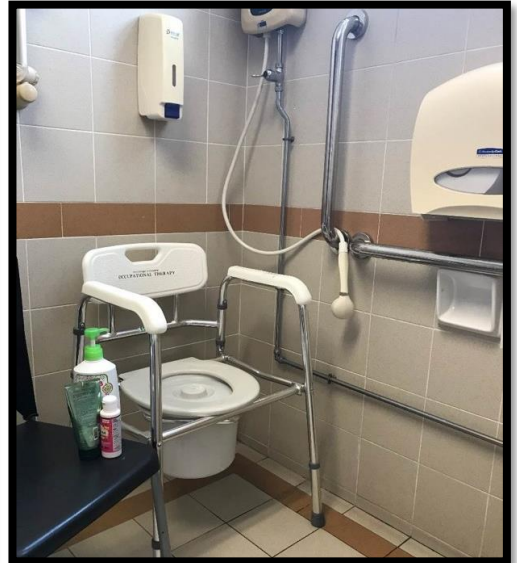
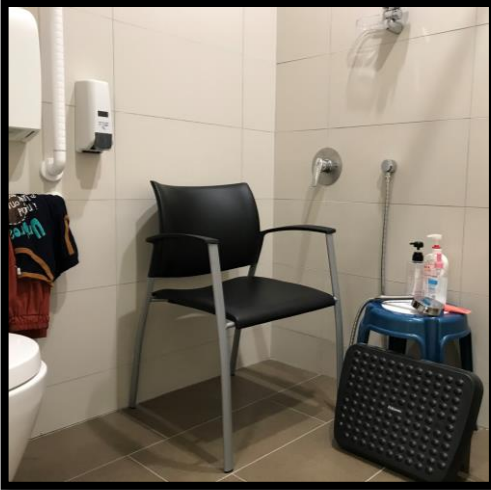


Grab-bars in the toilet.



Use of anti-slip mats.

RECOMMENDED SET-UP IN THE TOILET AND SHOWER AREA



Keep toiletries near to shower chair.

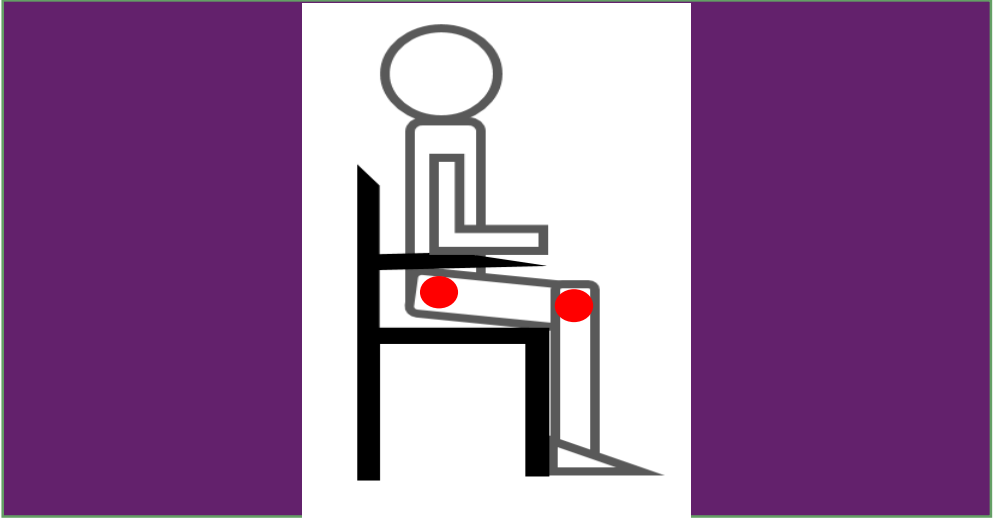
RECOMMENDED SET-UP IN OTHER AREAS



Keep commonly used areas clutter free and place commonly used items at accessible heights (work surfaces height is kept within the range between your shoulders to your knees).

What is an **Appropriate Height**?

- ✓ When you are sitting on a bed or chair, your hips should be slightly higher than your knees, with both feet on the ground.



Grab bars are recommended for assistance in the toilet/bathroom.

- ✓ Kindly refer to the HDB EASE (Enhancement for Active Seniors) - Direct Application website for details on the EASE program for grab-bars installation. You are eligible if you are a Singapore Citizen flat owner with a family member in the household who is 65 years old and above.
- ✓ Do speak to your surgeon if you require Occupational Therapy consultation for additional advice on home modification and assistive devices for daily activities.

Clinic B1C
Occupational Therapy
TTSH Medical Centre, Level B1
Contact:
6357 7000 (Central Hotline)



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