

Occupational Therapy – Home Assessment
Mary Shea-Stifel, MA, OTR, ATP
Alfred Residence
225 Parkside, Apartment 20
September 7, 2026

Team Members Present

Michael Alfred, Ms. Noel (Mr. Alfred's mother), Zachary (Summit Engineer), Orgist (Metex Foreman), & Mary Shea-Stifel, OTR

Meeting Summary with Full Report and Solutions

Bathroom

Michael Alfred uses a RAZ SP rolling commode chair for over toilet for bowel management and in shower region for bathing. Mrs. Alfred uses a built-up toilet seat riser for additional height on toilet.

Layout Confirmed to minimize entrance slope and slope around bathroom as floor is sloped toward drain on floor, in middle of wall (sink to window side of tub wall), close to "sink wall"

Waterproof entire bathroom floor and bathroom walls – tile would be an ideal finish over waterproof material on floor and all walls to ceiling (around window in area behind toilet)

There are several components such as toilet, toilet paper holder, shower head with vertical bar and handheld shower where several models will work as long as they meet the specifications below. At times, due to client's specific activity of daily living needs with grooming, toileting, and bathing, specific models are essential. These models are below.

Sink will provide residents with location to place essential items including soap and hand towel

32" width, 17" depth, 5 ½" height



<https://www.thebathoutlet.com/scarabeo-5115-bathroom-sink/product/43670>

Need to insulate sink pipes to minimize risk of burns

Mounted with 28" under sink clearance, top ~ 33 ½"

Faucet – lever style for both temperature control and pressure control

Medicine Cabinet with mirror

www.aluminum-kohler-medicine-cabinets-with-mirrors-k-99006-na-64_600

24" x 30" , mounted with bottom 12" above sink



www.homedepot.com/pep/KOHLER-Verdera-24-in-W-x-30-in-H-Recessed-Medicine-Cabinet-with-Magnifying-Mirror-K-99007-NA/204633473?g_store=&source=shoppingads&locale=en-

[US&fp=ggl&pla&mtc=SHOPPING-BF-CDP-GGL-D29B-029_022_VANITIES-NA-NA-NA-PMAX-NA-NA-NA-NA-NBR-NA-NA-NA-FY26_PrioTest3BAU&cm_mmc=SHOPPING-BF-CDP-GGL-D29B-029_022_VANITIES-NA-NA-NA-PMAX-NA-NA-NA-NA-NBR-NA-NA-NA-FY26_PrioTest3BAU-20051125844--&gclsrc=aw.ds&gad_source=1&gad_campaignid=20051132837&gbraid=0AAAAADq61Udaon407AS5JFuccHqS00Bqc&gclid=CjwKCAjwqonVBhA4EiwA9wYJ3ToT0posvpQ-GFexsSLgtDLTwXE85YJ85ojuHZZQa7EzwYx--vPC8hoCT24QAvD_BwE](https://www.homedepot.com/pep/15-8-in-W-x-4-7-in-D-Brushed-Finish-Decorative-Wall-Shelf-Glass-Shelf-for-Bathroom-M1030R34/333305734?g_store=&source=shoppingads&locale=en-US&fp=ggl&pla_with_promotion&mtc=SHOPPING-BF-HDH-GGL-D59H-059_035_WALL_DECOR-NA-Multi-NA-PMAX-NA-RDC-NA-NA-NBR-NA-NA-NA-All_In_Subclass_PMAX&cm_mmc=SHOPPING-BF-HDH-GGL-D59H-059_035_WALL_DECOR-NA-Multi-NA-PMAX-NA-RDC-NA-NA-NBR-NA-NA-NA-All_In_Subclass_PMAX-21273643652--&gclsrc=aw.ds&gad_source=1&gad_campaignid=21277626853&gbraid=0AAAAADq61UdxVIZ6Jxi4ys3OxT9rBaJh_&gclid=CjwKCAjwqonVBhA4EiwA9wYJ3RnWXnKcg7LtTLqKlnkzzRw2Jyxb7AfxHU71rvMRCuLtK2T3gcdqlRoCeJgQAvD_BwE)

Wall mounted glass shelves for storage next to sink on left side (door wall)

2 shelves; 12-16" width x ~4" depth for essential grooming items: hair items, face lotion, toothbrush/toothpaste, mouthwash, etc.

for storage next to sink on left side (door wall) at 42" and 50" height

https://www.homedepot.com/pep/15-8-in-W-x-4-7-in-D-Brushed-Finish-Decorative-Wall-Shelf-Glass-Shelf-for-Bathroom-M1030R34/333305734?g_store=&source=shoppingads&locale=en-US&fp=ggl&pla_with_promotion&mtc=SHOPPING-BF-HDH-GGL-D59H-059_035_WALL_DECOR-NA-Multi-NA-PMAX-NA-RDC-NA-NA-NBR-NA-NA-NA-All_In_Subclass_PMAX&cm_mmc=SHOPPING-BF-HDH-GGL-D59H-059_035_WALL_DECOR-NA-Multi-NA-PMAX-NA-RDC-NA-NA-NBR-NA-NA-NA-All_In_Subclass_PMAX-21273643652--&gclsrc=aw.ds&gad_source=1&gad_campaignid=21277626853&gbraid=0AAAAADq61UdxVIZ6Jxi4ys3OxT9rBaJh_&gclid=CjwKCAjwqonVBhA4EiwA9wYJ3RnWXnKcg7LtTLqKlnkzzRw2Jyxb7AfxHU71rvMRCuLtK2T3gcdqlRoCeJgQAvD_BwE

Toilet Specifications for both Mike to roll shower chair over seat and mother: safe sit/stand

-17" bowl height, 18" top of toilet seat

-Model Options: American Standard with elongated bowl
 Kohler with elongated bowl

Toilet Paper Holder

-when seated on toilet, in front of toilet on left wall, 22" to top

-22" off floor

Grab bar next to toilet

-when seated on toilet, on left side wall

-42" length, beginning 12" from the rear toilet wall, mounted 34" high on center from the floor

-need 1.5" between wall and grab bar for adequate grasp

Shower

Grab Bars-into studs of walls

-grab bar on shower wall that is next to window/toilet area

-grab bar on shower wall entire width with height 34" on center off floor x 2

(One grab bar on each side of shower head.)

-vertical grab bar next to shower longitudinal mounting bar

-floor sloped from all 4 sides into drain in middle of floor

Shower Vertical mount handheld shower

-on/off and temperature regulator on wall no higher than 40"

-on/off capability in handheld shower head is ideal

-Options include: Grohe Vitalio Flex

Symmetry

Kohler Hydrorail

Soap/Shampoo Storage

-Floor to ceiling tension rod with baskets for essential shower options

Kitchen

Challenges: resident unable to access kitchen at all

Extremely limited access to window which is next to sink in corner of room

Layout addressed which took up most of meeting time as existing layout challenges with all appliance access and upper kitchen cabinets extremely higher than typical

Solutions: Due to client's safety and independence with performing their activities of daily living, we spent a significant amount of time attempting to re-work the existing kitchen layout and keep all appliances on the sink wall side. This was a major issue due to window access and basic wheelchair mobility. We were not looking for a full 5' x 5' turning radius as resident wanted to compromise wherever they could to maximize their ability to stay in their home. The kitchen layout needed to be modified per schematic. Due to window access and basic accessibility access from manual wheelchair, layout was re-configured.

Another important note is that there are numerous items where an exact model is not as significant as long as it has key features such as kitchen sink, kitchen sink faucet, etc.. However; there are several appliances including washer/dryer tower and refrigerator that need to be specific models to maximize client's safety. One example fully articulated is that due to bowel and bladder incontinence, clients use several heavy-duty bed pads at night. The pads are 3' x 3' adequate protection and the 24" wide washing/dryer machines were inadequate to manage client's typical daily washing schedule. The controls in the center of the unit are essential to maximize access.

Wall Where Kitchen Door Is Currently

Washer/Dryer – 24" wide models are insufficient for client primarily due to bed pads that require daily washing and are thick

LG Wash Tower, Model # WKE100HVA



27" wide x 30 3/8" depth x 74 3/8" total height

Door opening with left hinge for open space on right side of machines

Controls are in middle, shortest height available

Refrigerator/Freezer

32 1/8" width x 28 1/2" depth, 33" with door opening



31.5" width x 67.9" height x 31" depth

Counter

22" width x 22" depth x 32" height

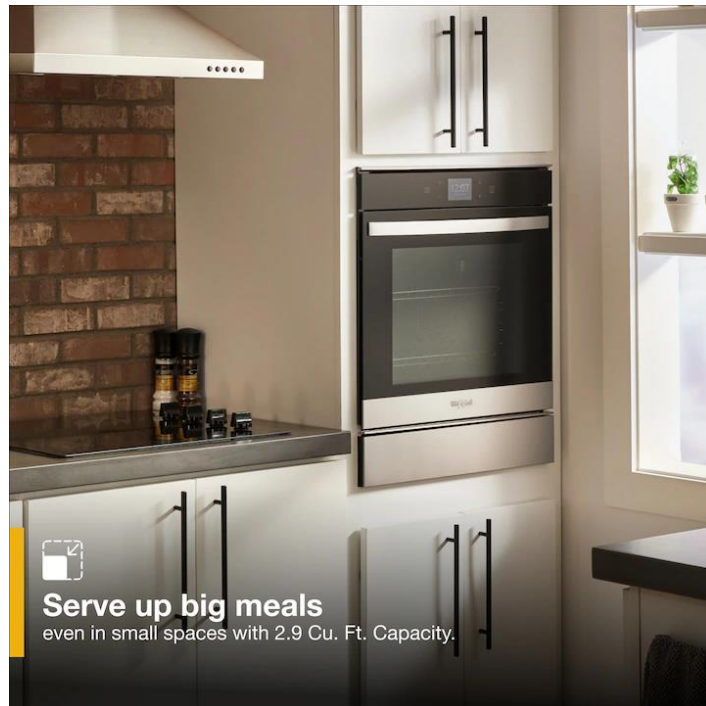
Pull out surface under counter, need 28" under shelf clearance

Essential to place items on this as client removes them from refrigerator



Oven

Whirlpool 2.8 cubic feet 24" single electric wall oven



24" width x 28" height 22 ½" depth

Mounted 54" to top, 40" to center for opening and bringing

Items down to 34" counter with opening surface at

~33" height

<https://www.whirlpool.com/kitchen/cooking/wall-ovens/electric/p.2.9-cu.-ft.-24-inch-convection-wall-oven.wos52es4mz.html>

Microwave

GE Profile Microwave Drawer



24" width x 15" height x 25" depth

www.homedepot.com/p/24-in-1-2-cu-ft-Built-in-Microwave-Drawer-in-Stainless-Steel-with-Easy-Clean-Coating-UMD241AS/331925092?mtc=SEM-BF-CDP-GGL-D29A-029_015_COOKING-NA-NA-NA-DSA-NA-NA-NA-NA-NBR-NA-NA-NA-MajorAppl&cm_mmc=SEM-BF-CDP-GGL-D29A-029_015_COOKING-NA-NA-NA-DSA-NA-NA-NA-NA-NBR-NA-NA-NA-MajorAppl-21814079732-168630910723-2535127072312&gclid=0AAAAADq61UeVkUURiS9rzWfaXg8TfehNd&gad_source=1&gad_campaignid=21814079732&gbraid=0

Wall Where Stove is Currently Located due to gas line access

24" 4- burners with no space between grating
 <=21" depth, 4 ½" total height, under oven clearance 28"
 essential, mounted height (most important is access under
 stovetop at 28"), height will follow at 32-33" to top



Natural Gas Cooktop: LG 24" burner top cbgd2414s

https://www.pcrichard.com/lg-24-in-4-burner-natural-gas-cooktop-stainless-steel/CBGD2414S.html?utm_source=google&utm_medium=pc&utm_campaign=&utm_term=&gad_source=1&gad_campaignid=20967402626&gbraid=0AAAAADnR_LyITbrV7XF0U-l1j2mngdzhw&gclid=CjwKCAjwqonVBhA4EiwA9wYJ3RqeShtY1LwObnqney7OMxjQS0spGXJogKn1G6ukuYcpUi0OrNE3OBoCuRUQAvD_BwE

Located on wall where natural gas line is in same orientation as current stove/oven combination

Wall space: 46" (47" to center of heat pipe)

8" w counter from wall, 24" cooktop, 13" w counter up to pipe

Ideal with pull out shelf under counter on right side, 13"

Counter height 32" maximum height – should match cooktop

Height: 32.5" cooktop maximum, Counter: 32" maximum

Counter -Left

8" x 32/33" top height x 22" deep -cooking utensil storage in container on top

Cabinet under it for cooking spices



Counter -Right

13" x 32" top height x 22" deep

1" Pull out shelf, height ~30" to top with 28" minimum under surface clearance



	Cabinet with drawers underneath for some cookware
Heat Pipe	Wrap with heat protective material from floor up to 84"

Wall where sink is

Sink	Model – open as long as it has faucet with one lever handle for hot/cold and pressure 25" width x 24" depth, 34" height Recessed pipe to be covered with heat proof wrap
Counter To Left	24" width x 24" depth, 34" height Would benefit from 1" thick pull out surface under counter to place items removed from oven and microwave Drawer for silverware Cabinet drawer below
Counter to Right	Fold-down 34" width x 24" depth, 34" height fold down
Upper Cabinets –	Problem: narrow to incorporate pull down components Solution: most economical solution: replace with newer cabinet configuration and add pull down components

General Apartment

Sequence of Remaining Construction

1-Bathroom floor and tub demolition to determine true height of floor which will inform bathroom entrance, hallway floor height and slope, and remaining apartment floor heights

2-Complete Bathroom

3-Floor - Replacement in process, on hold until bathroom floor is demolished and height of true floor can be determined

Removal of all door saddles

Windows – Problem: unable to open/close

Solution: new windows soft close needed

Building General

Entrance

Door Entrance at Top of Ramp into Building, opens in with left side hinge

Problem: Resistance of Door to Open

Solution: Power Opener due to force required to open

Door Saddle Height

Problem: re-check: height is over ¾” and beveled slope is high

Door Vestibule to Foyer

Meets clients’ needs

Ramp

Problem: Carpeting and grated surface creates very bumpy ride and exacerbates resident’s neurogenic pain. Surface is a bumpy and carpet placed on it less than 30 days ago is already worn into it. This is a short-term fix. More permanent solution is necessary.

Solution: Length of Ramp, Switch back ramp design may be necessary due to length; with 5’ x width of ramp (36” +)

Summary

Overall, specific product options were chosen to best match client’s activity of daily living needs including washer/dryer tower and kitchen layout. Once this report is reviewed, OTR is available for additional questions that may arise to maximize clarity and to ensure most economical and efficient solution to maximize client’s independence and safety with performing their activities of daily living. Please don’t hesitate to contact me at 917-301-4652 or sheamary27@gmail.com.

Electronically signed

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