

Occupational Therapy Home Photos and Measurements Guide

We need your help to gather information about your home environment.

You can do this by taking photos and measurements of particular areas in your home and sending them to your Occupational Therapist.

If you are not able to do this yourself, you could ask a family member or friend to help you.

Once your Occupational Therapist receives the photos and measurements, they will be able to help you with planning and decision making.

There are example photos provided to act as a guide, and the coloured arrows on the photos show where to measure.

When you take the photos, please stand as far back as possible to capture the whole area. Taking more than one photo is also okay if you are unable to get everything in the one photo.

What will I need?

- Measuring tape
- Smart device that can take photos
- Pen
- Spare paper

Safety is important - If you do not feel safe or are unable to complete the measurements, please stop and contact the Allied Health Assistant or Occupational Therapist.

Please return this form along with the images the Allied Health Assistant or your Occupational Therapist.

Allied health assistant (AHA)

Contact number
03 9810 3036

Email address
AHA@accesshc.org.au

Occupational Therapist

Contact number

Email address

ENTRANCES TO THE HOME

Please take photos of the entrance point of concern or as discussed with your Occupational Therapist or Allied Health Assistant.

These might include:

- Front entrance
- Side entrance
- Back entrance

Please include area around that entrance.

Which entrance is used most often?

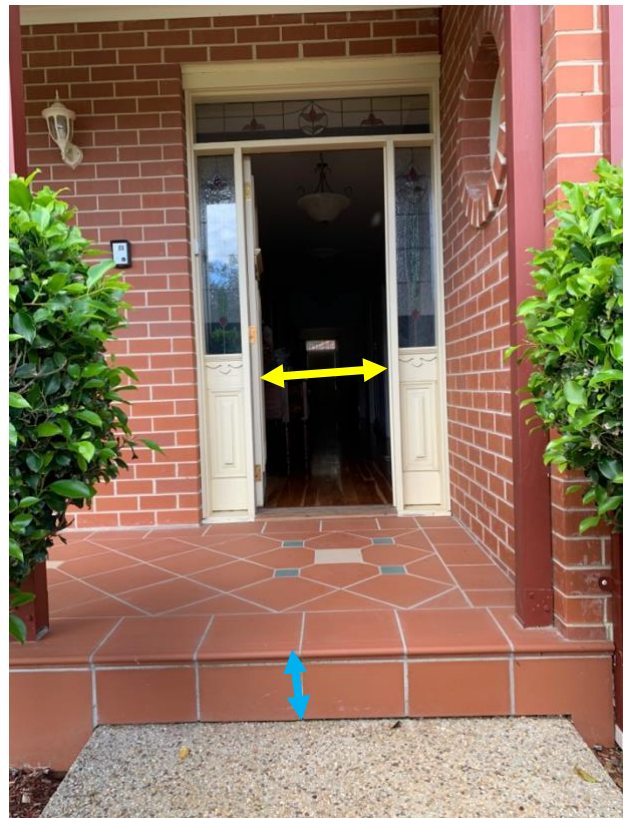
Take another photo showing the detail of the entrance as shown here.

Circle measurement type here
CM, MM, INCHES

Front doorway width (yellow arrow) _____ ,
step height (blue arrow) _____ and how
many steps _____

Back doorway width (yellow
arrow) _____ cm, step height (blue
arrow) _____ cm and how many
steps _____

Side doorway width (yellow
arrow) _____ cm, step height (blue
arrow) _____ cm and how many
steps _____



Take measurements of any steps to the entrance and specify which entrance e.g. side veranda

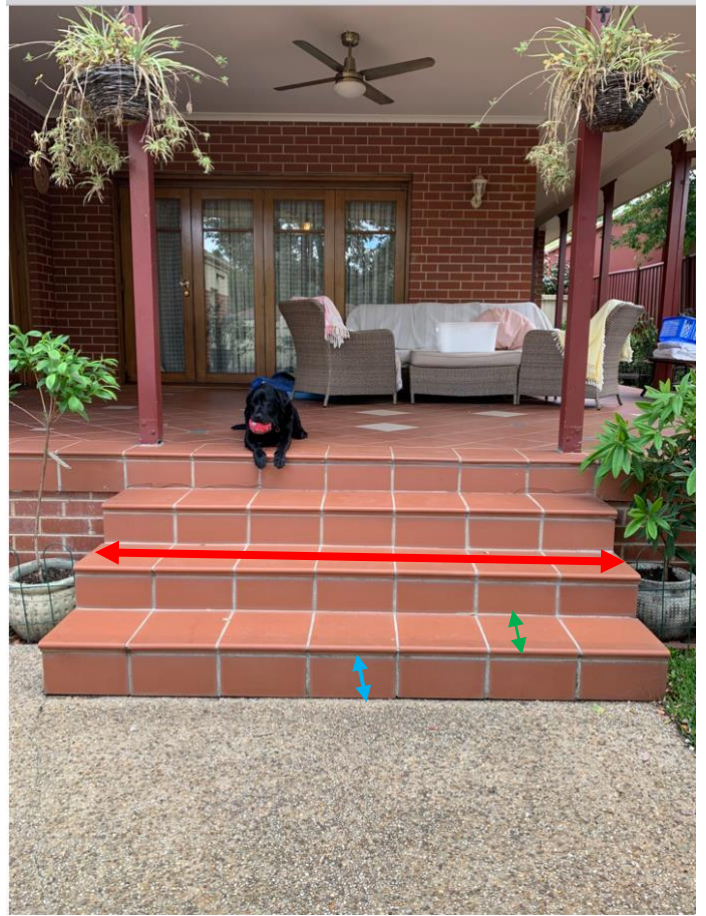
Width (red arrow) _____

Height (blue arrow) _____

Depth (green arrow) _____

How many steps?

Comments:



INTERNAL STEPS/STAIRS

Take a photo of any steps in the house, including flights of stairs or split level areas.

Circle measurement type here
CM, MM, INCHES

Take measurements of steps

Width (red arrow) _____

Height (blue arrow) _____

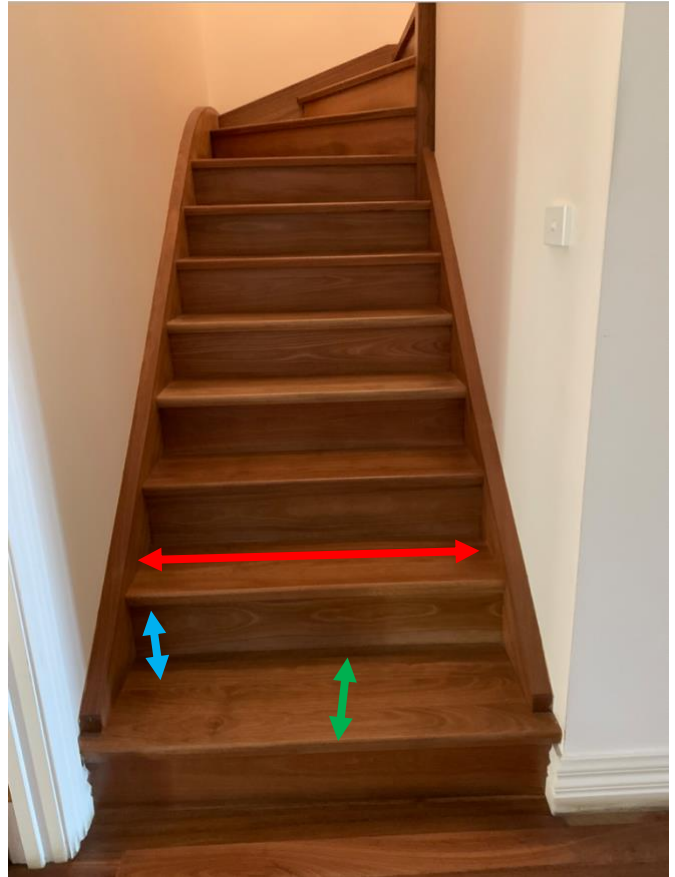
Depth (green arrow) _____

How many steps?

List rooms on ground floor.

List rooms on 1st floor.

Comments:



LOUNGE

Take a photo showing general area.

Circle measurement type here
CM, MM, INCHES

Measure the Non compressed height of preferred chair/couch to the floor (blue arrow) _____

Sit on the chair, measure the compressed height (where it sinks) of preferred chair/couch to the floor (green arrow) _____

Comments:



HALLWAY

Circle measurement type here
CM, MM, INCHES

Width of Hallways (red arrow)_____

Comments:



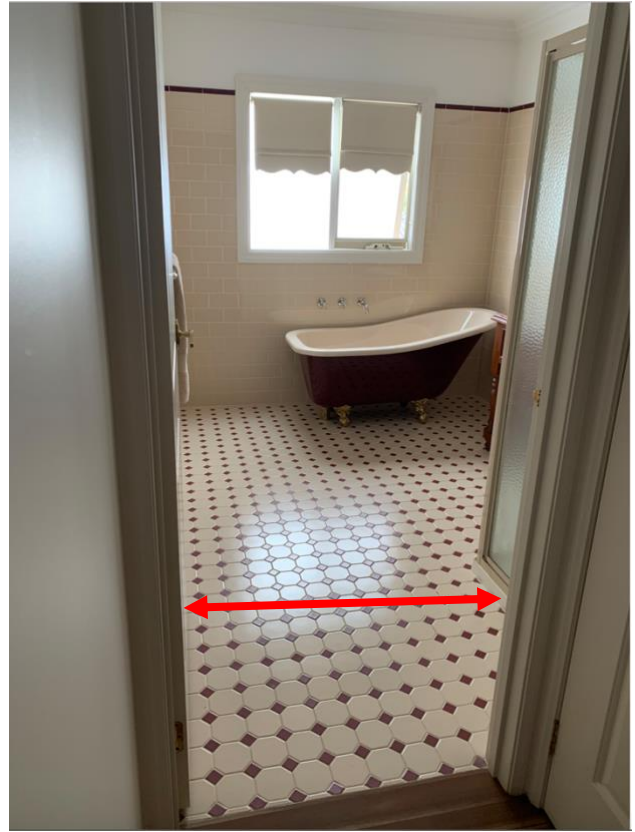
BATHROOM

Circle measurement type here
CM, MM, INCHES

Bathroom doorway width (red arrow)

Take photos showing the general area as shown here.

Comments (e.g. any equipment):



SHOWER

Take a photo showing detail of the shower cubicle.

Circle measurement type here
CM, MM, INCHES

Width of door opening into the shower (red arrow) _____

Height of taps (to centre of tap, green arrow)

What are the shower base measurements?
(refer to blue arrows on photo)

Height of the lip into the shower (orange arrow) _____

Comments:



BATH

Take a photo showing detail of the bath.

Circle measurement type here
CM, MM, INCHES

What is the height from the top of the bath to
the floor (red arrow) _____

Measure the bath lip against the wall (yellow
circle)_____

Comments:



TOILET

Is the toilet in the bathroom or separate?
(please circle)

Take a photo showing general area

Circle measurement type here
CM, MM, INCHES

Toilet doorway width (red arrow) _____

Toilet height (blue arrow) _____

Toilet roll height (green arrow) _____

Length of side walls (yellow arrow) _____

Comments:



BEDROOM

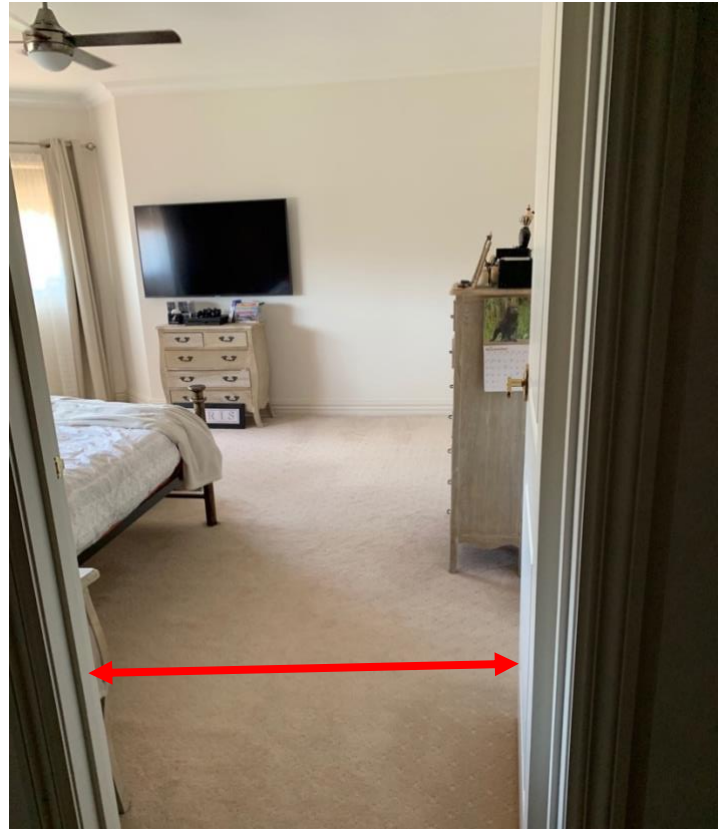
Take a photo from the bedroom doorway showing the layout of the bedroom and where the bed is positioned.

Circle measurement type here
CM, MM, INCHES

Bedroom doorway width (red arrow)

Measure from the top of the non-compressed mattress to the floor (blue arrow)

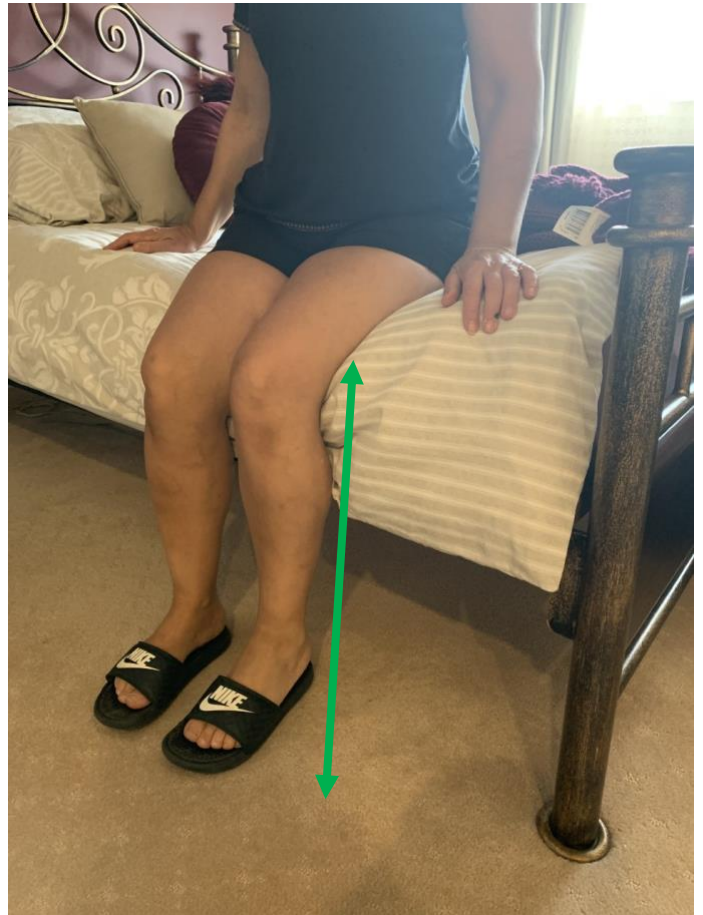
Comments:



BEDROOM CONTINUED

Sit on the bed, measure from the top of the compressed mattress to the floor (green arrow) _____

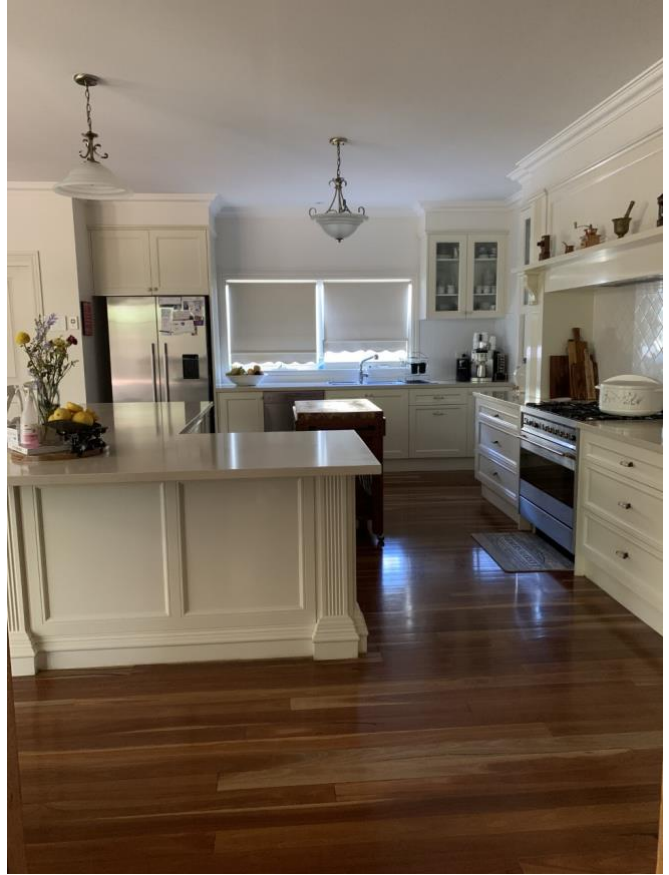
Comments:



KITCHEN/DINING

Take a photo showing general area

Comments:



OTHER AREAS OF CONCERN

Take photos showing any other general area of concern

e.g. laundry or garden

Comments:

