**If you were going to remodel a bathroom to better accommodate your APBD symptoms, what are the top things you’d try to incorporate?**

* Wider door to the room
* Walk-in (“curbless”) shower
* Wide door to shower so wheelchair can pull up and you can transfer into shower chair. Maybe even 2 doors that open as you see with French doors.
* Safety bars in shower secured into the walls. (A god-send!)
* Shower chair or bench
* Hand-held shower plus a stationary one in the wall
* All faucets and soap dishes in the shower should be able to be reached while sitting on the shower bench
* Low sink, at 32 inches, to accommodate wheelchair user
* Grab handles at commode
* “Drive” brand toilet seat that’s elevated and has handles
* Sink faucet that is activated by the wave of your hand
* Secure rugs from sliding or causing trips by using carpet tape, duct tape, adhesive putty, rubberized backings
* Extension grabbers for picking things up from the floor

The legal stuff:
"The chat room exists as a source of general information only.  The contents discussed do not represent therapeutic recommendations or prescriptions.  Users of the chat room are advised to consult their personal physicians for specific information or advice."