



CURATED FOR
SENIORS
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FREE PRINTABLE GUIDE

Accessible Home and Appointment Guide

Practical preparation for more usable homes and appointments

Introduction. Accessibility requests work best when they describe a specific barrier and a practical solution. Clear information helps a home, appointment, or service become easier to use.

How to use this guide. Use the guide to describe what happens, what support has helped before, and who needs to arrange the accommodation. Confirm the request ahead of time.

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Describe the barrier

A few practical points to keep in mind.

- ☐ Name the setting where the problem occurs.
- ☐ Describe what becomes difficult and when.
- ☐ Explain what has already helped.
- ☐ Use specific, respectful language about the support needed.

Prepare the request

A few practical points to keep in mind.

- ☐ Choose the most important accommodation first.
- ☐ Request written instructions, captions, larger print, seating, extra time, or a clear route as appropriate.
- ☐ Ask who can arrange the accommodation and when to confirm it.
- ☐ Bring a support person or communication aid when helpful.

Check the result

A few practical points to keep in mind.

- ☐ Confirm the accommodation before the appointment or visit.
- ☐ Note what worked and what did not.
- ☐ Ask how to request the same support next time.
- ☐ Share feedback through the organization's official channel.

What to do next

Choose one next step you can complete this week. A small action is more useful than a perfect plan that never starts. Keep this guide with the notes or contact information needed for the next conversation.

Important note: *This guide is general information, not medical, legal, accessibility, construction, or transportation advice. Discuss individual accommodation needs with the relevant qualified professional or organization, confirm arrangements independently, and use qualified professionals for structural or installation work.*

This is general information for preparing a conversation or next step, not individualized professional advice.

Notes and what to buy
