

How To Adjust Your Home For A Child With A Disability

Whether your child has a disability or you have such a child coming to visit for a while, you want to help them feel more comfortable in your house. That means making some adjustments to your home environment. While exactly which changes to make depend on the specific needs of the child, there are some things almost anyone can do at home.

Read on to learn more about modifying your home so a child with a disability has a better time there.



Image Source: [Pixabay](#)

Physical Changes To Your Home

One tricky spot for some children with disabilities is the entryway. A child who needs a wheelchair or braces can have trouble with the front steps, making entering or leaving the house a potential danger. That's why Angie's List recommends you build a [threshold ramp](#). This can really make a child with a disability feel welcome. A threshold ramp in a doorway could cost as little as \$100, but larger ramps, depending on material and size, can cost \$1,000 to \$15,000.

As Friendship Circle shows, [flooring and lighting](#) are two other physical changes you should consider. If a child uses a wheelchair, carpeting can make it difficult to move around inside the home. A child with sensory or vision issues has trouble with dimly lit areas, especially stairwells and corners. By adding some touch lights in these areas, you can help the child more easily get around your home.

As a general rule, removing clutter and keeping the place clean can help almost any child with a disability. Create shelves and storage that's easy to use in each room of your house. By making it simple to declutter and organize your home, there will be fewer hazards and distractions.

Overstimulation Is An Issue

Not all disabilities are physical, and a child could have both a physical impairment and a mental disability. To help make your home better for a child with a disability, you should also consider avoiding overstimulation. This is when a room stimulates the senses so much that a child feels overwhelmed or even upset.

Here again, you need to look at your lighting. [Fluorescent bulbs](#) add a lot of light, but these can give anyone a headache because the light is harsh. That's why Aspified.com recommends that you avoid fluorescent lights whenever possible. Softer, warmer lights can be used to help illuminate dimly lit areas of your home.

Color and decor are other ways a child can feel overstimulated. Although kids' rooms are traditionally bright and full of toys, consider using softer colors and few decorations in the bedroom being used by the child. Likewise, don't use any [posters or mirrors](#) in that room. A child with sensory issues often needs a quiet, simple room where they can retreat if things become overwhelming.

Lastly, don't forget about scents. While you may love the smell of a scented candle or air freshener, those can overwhelm a child with a disability.

Keeping Activities Inclusive

Unless the plan is to keep this child outside whenever they want to play, another adjustment you should consider is how to keep activities [inclusive](#). You don't want the child feeling like they have nothing to do.

Before making any changes, remember that a child with a disability is still a child. Many times, you don't have to adjust fun activities too much. For example, kids love to color. Here, all you might need to do is make sure the child has a flat surface and some room to sit. That said, some activities should be individually tailored to help them participate. If everyone watches a movie but the child cannot handle the sound, give them some headphones. If they want to help cook but cannot stand, bring some of the food prep to their level.

Making A Child Feel At Home

Whether their stay is temporary or permanent, a child with a disability deserves to feel welcome in your house. To help that become a reality, make sure the entryway is adapted and that your home's lighting is clear but not harsh. Be aware of overstimulation, and help the child feel included in household activities.

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