



# Recovery Housing: What to Look For if You Have a Disability

## THE FACTS

The U.S. Department of Health and Human Services Office on Disability found that 74.6 million people in the country have some kind of physical disability. Information from the Christopher and Diana Reeve Foundation Paralysis Resource Center states:



- **Approximately 4.7 million people with disabilities also have a co-occurring substance use disorder.**
- People with disabilities, like deafness, arthritis, and multiple sclerosis have substance use rates that are double those of the general population.
- About half of people with a spinal cord injury, amputation, blindness, or degenerative diseases who drink alcohol can be classified as heavy drinkers.

Oftentimes, people with disabilities have difficulty finding recovery supports that meet their needs. While some recovery homes must meet standards required by the Americans with Disabilities Act (ADA), there are additional accommodations that can be made to make your stay more welcoming.



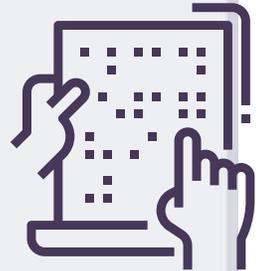
## TIPS

**Below are a few things to look for when searching for a recovery home if you have a disability.**

- Ensuring a 5' turning radius
- Installing light switches, thermostats and electrical outlets at a reachable height
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- Reinforcements for grab bars on walls, showers, bathrooms, etc.
- A room on the main floor for a bedroom
- Safe flooring types like ceramic tile, vinyl, or hardwood that decrease tripping hazards
- Dressers and wardrobes that are long, rather than tall
- A semi-permanent ramp if your recovery home has steps leading to the front door
- Single lever or touch faucets
- A counter height of 34" or a table in the kitchen or bathroom to more easily store personal belongings
- Lower cabinets with glassware, utensils, toilet paper and paper towels for easy access
- Aside-by-side washer and dryer, rather than a stackable unit

### **Examples of Visual Accommodations:**

- Digitally accessible and compliant marketing materials
- A flashing light, in addition to a doorbell
- Alternative methods, like the tactile font ELIA, if you are visually-impaired



Not finding what you need? Talk to recovery home owners and operators about ways they can more effectively meet your specific needs or contact us directly as [community@safeproject.us](mailto:community@safeproject.us) for assistance and support.



### **REFERENCES**

- The Americans with Disabilities Act
- ADA National Network
- Maryland Department of Disabilities
- Psychiatry & Behavioral Health Learning Network
- Sensory Sun