WORKSHEET 7

Your Next 30 Days

Small steps, one at a time. Check them off as you go. Skip any that don't fit you. There's no deadline but your own.

Week 1: Know your needs

- [ ] Fill out Worksheet 1 for each person who'll live in the home
- [ ] Measure your wheelchair, walker, or scooter; measure a comfortable chair and bed height
- [ ] Fill out Worksheet 2 and circle your size range
- [ ] Ask your doctor about an occupational therapy home safety evaluation

Week 2: Look and learn

- [ ] Collect 5 single-level floor plans you like (search "main floor bedroom tiny house," "accessible park model," "one-level ADU plan")
- [ ] Sketch your favorite on Worksheet 4 and add a 5-foot turning circle
- [ ] Find one accessible or single-level small home to visit or rent for a night
- [ ] Look up whether your area has adopted IRC Appendix AQ (see *Where Can I Put It?*)

Week 3: Find your people

- [ ] Search the NAHB directory for a CAPS professional near you
- [ ] Email 2–3 builders with your must-haves and Worksheet 5 questions
- [ ] Contact your Area Agency on Aging or Center for Independent Living about home modification help
- [ ] Map drive times to your doctors, hospital, and any treatment center from places you're considering

Week 4: Decide your next step

- [ ] Compare builder answers side by side
- [ ] Talk it over with family (see *Bringing Them On Board*)
- [ ] Rough out a budget, including ramp/lift and bathroom (see *The Tiny House Money Plan*)
- [ ] Make one safety upgrade where you live now: night lights, a grab bar, or alarm testing

The one thing I'll do this week:

Who I'll ask for help: