

A FREE PIECE OF A LITTLE ELSEWHERE KIT

FREE • 3 REAL PAGES

The bathroom, and the bar that holds a hand.

Three pages from The Parents' Home Safety Walk: the room that matters most, with the measurements to hand to a plumber.

Straight from the kit

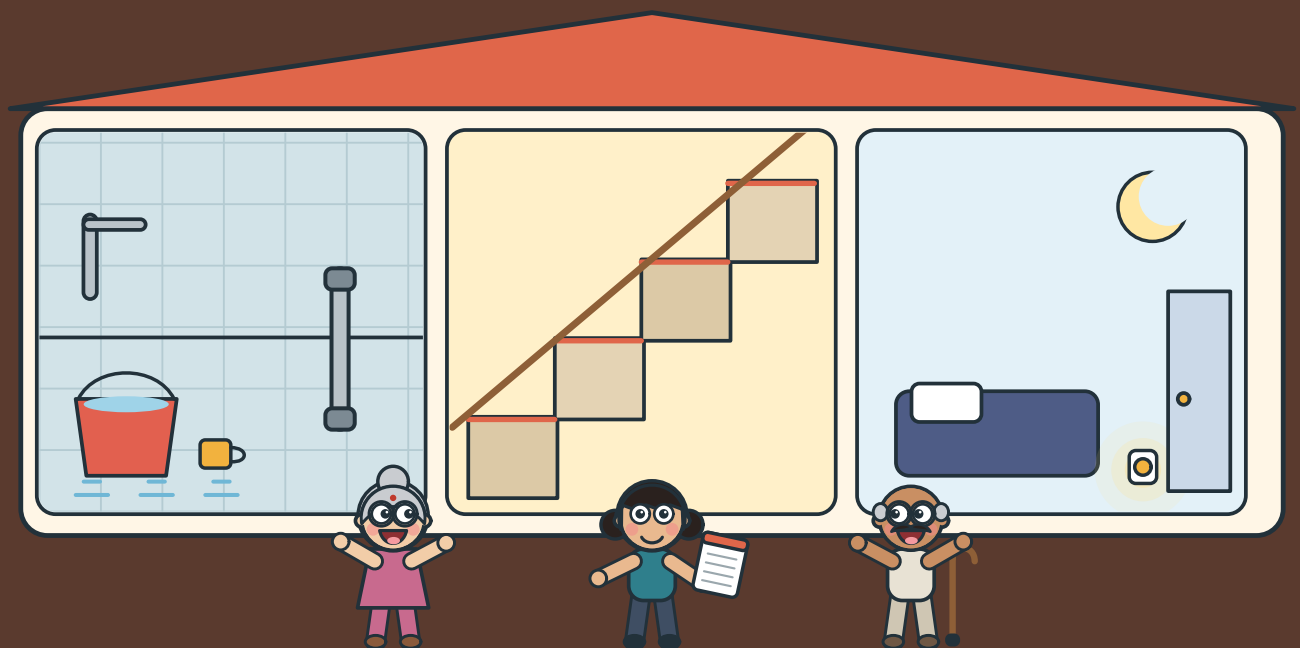
Real measurements

A card for their fridge

No email needed to read it



LITTLE ELSEWHERE



The bathroom

If you do one room in your parents' house, do this one. It is small, it is wet, it is hard, and everything in it is at exactly the wrong height.



Why it earns first place

The only Indian study I could find that counted bathroom hazards looked at 198 homes of people over 60 in Ahmedabad. **Every single bathroom had at least seven hazards.** Slippery floor in 91.9% of them. No grab bar in 97%. No non-slip mat in 99.5%. Poor light in 94.4%. A raised threshold at the door in 53.5%. One city, 198 homes: a good description rather than a national fact, but walk into your parents' bathroom with that list in your head and see how much of it you recognise.

Walk in and tick

- | | |
|---|---|
| <ul style="list-style-type: none"> ☐ Is there a ledge or step at the door? Can they see it? ☐ Is the floor slippery when wet? Take off your chappal and feel. ☐ Is there anything solid to hold beside the commode? ☐ Is there anything solid to hold where they bathe? ☐ Is the light bright, and is the switch outside reachable before they walk in? | <ul style="list-style-type: none"> ☐ Is the bucket on the floor, needing a full bend? ☐ Is there a stool to sit on while bathing? ☐ Do they lock the door from inside? Can it be opened from outside? ☐ Is the geyser or hot tap scalding, and set where they can reach it? ☐ Is there a phone or a bell they could reach from the floor? |
|---|---|

Tonight, free

- ☐ Move the bucket onto a stool.
- ☐ Put a plastic chair in the bathing corner.
- ☐ Take the soap dish off the floor.
- ☐ Turn the geyser thermostat down.

This week

- ☐ Buy a rubber-backed mat for the bathing corner (₹200–600).
- ☐ Change the door lock to one that opens from outside.
- ☐ Put in a brighter bulb: the code asks for 100 lux.

This month

- ☐ Have two grab bars fitted properly (see the next page).
- ☐ Get the threshold ramped or removed.
- ☐ If the floor is polished stone, get it treated or matted.

If they say

"Arre, itne saal se nahi gira, ab kya hoga."

You say

"Main jaanta hoon. Ye aapke liye nahi, mere liye kar raha hoon, taaki main Bangalore mein chain se so sakoon."

Not

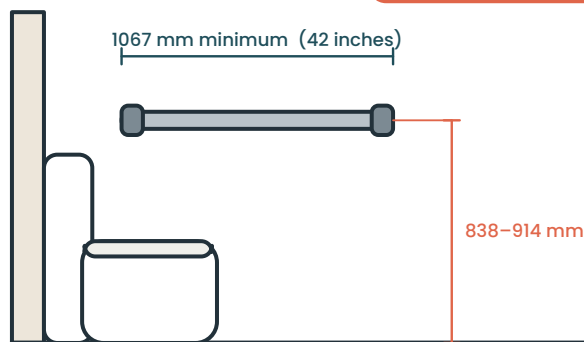
"Aap ab boodhe ho gaye ho, sambhal ke chalo."

The grab bar page

A grab bar fitted like a towel rail, on plastic plugs, is the same as not fitting one at all. Show this page to whoever does the job.

It has to hold a grown adult.

1,112 newtons (about 113 kg) pulled down or sideways, at any point on the bar. That means screws into something solid behind the tile. Never wall plugs.



The four numbers that matter

- **Height:** the top of the bar sits **838 to 914 mm** above the floor.
- **Length:** at least **1067 mm** (about 42 inches) on the side wall.
- **Thickness:** **32 to 51 mm** across, so a whole hand closes round it, and **38 mm** clear of the wall so fingers fit behind.
- **Strength:** it must take **1,112 newtons**, roughly 113 kg, pulled in any direction at any point.

Where these numbers come from

They are the United States federal accessibility standard, which publishes its figures openly (ADA Standards for Accessible Design, 2010, sections 604.5 and 609). India's own Harmonised Guidelines for barrier-free buildings cover the same ground; I quote the American numbers because you can check them yourself in a minute, and because a bar at 875 mm is a bar at 875 mm in any country.

For handrails, India's barrier-free guidance gives **760–900 mm** above the floor.

The sentence that saves the whole job

Say this to the plumber, exactly: **"Isko deewar mein pakka fitting chahiye, tile ke peeche solid mein. Main ispe latakne wala hoon."** Then hang your own weight on it in front of him before he leaves. A bar held by plastic plugs in tile will come away in the hand of the person it was bought for, and take a piece of the wall with it.



GHAR-JI SAYS

Main deewar hoon. Mujhe tile ke peeche pakdo, tile ko nahi.

What a bar can and cannot do

No trial has ever tested a grab bar on its own, so nobody can tell you that one bar cuts falls by any particular percentage, and anyone who quotes you a number for a single device has made it up. What the evidence supports is the whole package: going through a home and dealing with its hazards together. In a 2023 Cochrane review of 22 trials and 8,463 people, that cut the rate of falls by about **38% in people already at higher risk**, and by nothing measurable in people not picked out as higher risk. Both findings were high-certainty.

PRINT AND LEAVE BEHIND

The card for their fridge

Large print, on purpose. Fill it in, cut along the line, and stick it where everybody can see it, including the helper, the neighbour and your brother.

The three things we agreed

Numbers

Emergency, anywhere in India	112
Elderline, senior citizens' helpline, 8 a.m.–8 p.m.	14567
Doctor	
Neighbour with a key	
Son / daughter	
Son / daughter	

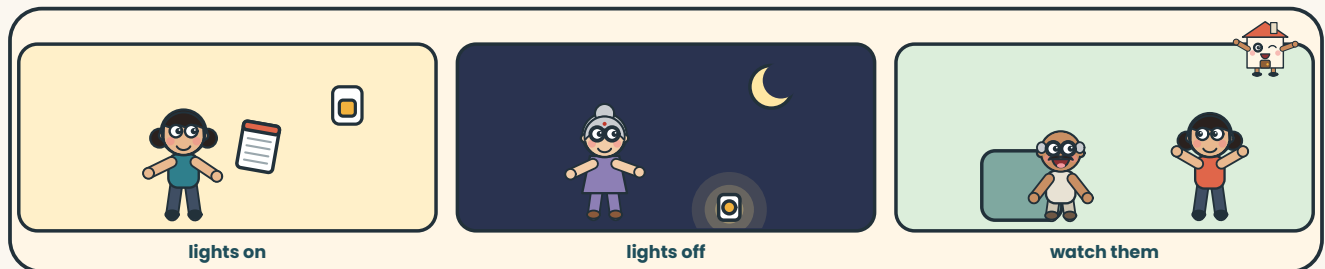
If you fall: do not rush to get up. Lie still, check what hurts, then roll onto your side and take your time. Call somebody before you try to stand.

cut here

You have just done the two things that matter most in the whole kit: the room with the most hazards in it, and a number on the fridge that somebody can read without their glasses. Everything else is a bonus.

The other 38 pages

The full kit walks you through ten more parts of an Indian home, in one evening, with a checklist you carry and five printables at the back.



The 2 a.m. route

Bed to bathroom in the dark.

The bedroom

Bed height, and the first thirty seconds.

Sitting and standing

The chair test.

Light

The cheapest fix in the book.

The gate and the street

The doorstep, the drain, the monsoon.

Sticks and walkers

Height, ferrules, which hand.

Who would find them

A net made of the people already there.

Also inside

- Five printables: the one-sheet walk, room notes, the fix list, the card for their fridge, and the list for the hardware shop with every measurement on it.
- Hinglish scripts for the conversations that go wrong.
- 22 sources, graded, with links, and a page listing what I could *not* verify.

Stairs and landings

The rail, the switch, the run-on nobody fits.

The kitchen

The rearrangement that retires the stool.

Floors and the pocha

The mopping schedule as a safety decision.

The pooja corner

A step, a flame, a sliding mat.

The terrace

Washing, the tank, that staircase.

If memory is changing

What helps, and what to tell the doctor.

Talking about it

What to say, in Hinglish, when they refuse.

One thing to know

Home changes cut falls by about 38% in older people already at higher risk, and by nothing measurable in those not picked out as higher risk. If your parent has fallen, holds the furniture, has stiff knees or poor eyesight, or is over 75, the kit is written for you. If they are hale and sprightly, save your money for now and just change the bulbs.

The Parents' Home Safety Walk

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₹499



Please pass this file on. Forward it to your brother, to the family WhatsApp group, to anyone whose parents are getting older. These three pages come from the paid kit, lightly shortened to fit; the checks, measurements and advice are the same. General information only, not medical advice. In an emergency call **112**; Elderline, the free government helpline for senior citizens, is **14567**, 8 a.m. to 8 p.m. © 2026 Little Elsewhere.