

## Testimonials

After meeting with Granting You Access, I now know I can stay in my home and be safe. I have options.

-Bill

We looked at my bathroom layout and I was shown choices for making my bathroom safe and comfortable... I now feel safe in my bathroom again.

- Doris

I like to use my garage entrance but I've fallen there...now that we made modifications, I am safe going in and out. I also learned to use my body correctly to avoid falling.

-Kay



Going up and down stairs was scary and tiring. I learned about conserving energy and avoiding risks. Now I can take care of myself and have energy left for other things!

-John

Granting You Access taught me so many tips on how to live more safely. I now feel like I have my whole home back.

- Mary

## Top Ten Safety Tips

**Place one foot slightly in front of the other to create core stability.**

**Stand directly in front of the task you are working on to avoid rotation.**

**Keep your work close to your body.**

**Stabilize yourself first before reaching or bending.**

**Slide rather than lift, whenever possible, to conserve energy.**

**When carrying, hold burden at waist level, your center of gravity.**

**When bathing, keep water temperature moderate.**

**Use small towels for drying off after showering.**

**Store most frequently used items as close to your center of gravity as possible.**

**Keep a towel within arms's reach of sink in order to dry your hands.**

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**How do I restore my independence?**

**Is it possible to safely lead an independent life?**

**Is it possible to reclaim my normal role in my family?**

**Will simple or extensive modifications allow me to stay in my home?**

**How do I preserve my whole family's daily routine?**

**How do I find effective solutions to my new needs regarding my care and my home?**

**How do I get my privacy and dignity back?**

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# Mission Statement

**The mission of Granting You Access is to create solutions together to enhance your quality of life. We accomplish this through an assessment process that takes a comprehensive look at your individual needs and daily routine.**

**Our focus is on educating clients and their families on current and future needs. We recommend the modifications and changes that will serve your needs and specific requirements.**

**Enhancing the quality of your lives is our goal at Granting You Access.**

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# Our Services

- **Assessment of individuals and home to determine needs and solutions.**
- **Create an understanding of challenges and solutions. Address immediate needs.**
- **Create a strategic plan of creative solutions, addressing both current and future needs.**
- **Provide education on use of body appropriately to increase safety and decrease energy use.**
- **We install structural modifications and durable medical equipment that allows access, enhances safety, increase personal independence and provides greater comfort.**
- **Consult, design and partner with other licensed remodeling contractors to insure best possible design choices and outcome.**

# We all resist change.

**When its not possible or safe to do things in the way we always have; we can choose to create solutions together that grant access and peace of mind.**



## Creating Solutions Together to Enhance the Quality of Life

