



PULMONARY HYPERTENSION
ASSOCIATION OF CANADA

L'ASSOCIATION D'HYPERTENSION
PULMONAIRE DU CANADA

Items that make living with pulmonary hypertension easier

Here are a few things that the Canadian PHriends Facebook group members found make their lives easier.

Around the house

- Air conditioning
- Ottomans so you can put your feet up
- Picker-uppers, such as the Reach-N-Grip
- A bench near the front door for putting on shoes that aren't slip-on
- Caddies to move plant pots and similar items without lifting them up

Sleeping

- A triangle pillow or wedge pillow to prop yourself up
- An adjustable bed so you can raise and lower the head and legs as needed to help with fluid retention and reflux
- A bedroom on the main floor

In the bathroom

- A raised toilet or raised toilet seat
- Grab bars across from the toilet and in the shower or tub
- A walk-in/roll-in shower
- An adjustable shower wand
- A shower bench or seat
- An electric callus remover (if you have scleroderma)
- A portable roll-in shower (expensive, but less so than a home renovation)

Mobility

- A mobility scooter
- A wheelchair
- A walker/rollator (some have oxygen tank holders)
- A trolley dolly for moving things from place to place
- Accessible parking permit



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Clothing

- Compression socks or stockings (drugstore or prescription)
- Cozy slippers
- Slip-on shoes

Relaxing

- A recliner
- A heated blanket
- Streaming services!