

There's No Place Like Home

Stay safe with assistive technology and home modifications

Joanne Feutz, OTR/L, CAPS

Registered Occupational Therapist

Certified Aging in Place Specialist

Renee Thompson, COTA/L, CAPS, BS

Certified Occupational Therapy Assistant

Certified Aging in Place Specialist

Learning Objectives

Include

Identify how Universal Design and home modifications can decrease barriers in your home.

Identify tools and techniques to assess your home for safety.

Identify how simple home modifications & adaptive equipment solutions can increase safety in your home.

Identify funding & community resources.

Definition

Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.

Ron Mace, 1941-1998



Intent

The intent of universal design is to simplify life for everyone by making products, communications, and the built environment more usable by as many people as possible at little or no extra cost.

Universal design benefits people of all ages and abilities.



Universal Design Specifications

- Home entrances with **no steps**.
- Entrances and doorways must be at **least 36" wide**
- Hallways at **least 42" wide**
- **Lowered electric switches** – maximum of 48" up from floor – and raised outlets minimum 18".
- Kitchens and bathrooms with a **60" turning radius** is highly recommended.
- A bathroom and bedroom on the **main floor**
- **Lever-type door handles** instead of knobs

Why Universal Design?

For Everyone

Family friendly, safe, convenient and easy to use

Young Children

Push a baby stroller in and out of the house

No steps to fall down

Promotes independence

Young Active Adults

Temporary, athletic injuries, accidents, back injuries

Moving furniture or appliances

Baby Boomers

Age in Place



Guidelines for Building Homes

Home plan review to ensure accessibility
Assistance in designing your custom
accessible home

Resources/information for accessibility,
equipment, funding and knowledgeable
builders

Services provided by Certified Aging in
Place Specialists (CAPS)



zero steps
zero boundaries

Zero Step Entry











Benefits

Halls and Doors

Wide hallways

Spacious appearance

Easy to move furniture

Better traffic flow



Benefits

Switches and Plugs

Easy to reach

Easy use rocker switches

Remote controls

Keyless entry







Benefits

60" turning radius

Under sink chair access

Comfort height toilet

Walk / roll in shower

Hand held shower on slide bar

Reinforced walls for grab bars

Lever handles for faucets



Benefits of Universal Design

Cost Effectiveness

Less expensive to build than to remodel

Choice to stay in your home

Family friendly

Whatever life throws at you

Moving is less expensive

Growing demand in the market place

Can sell and market to everyone

Assessing Your Home for Safety

Home Fit Guide

www.aarp.org

MiCAPABLE

http://nursing.jhu.edu/faculty_research/research/projects/capable?ref=driverlayer.com/web

Adaptive Home Solutions

<http://www.dakc.us/occupational-therapy.html>

Purpose of HomeFit

Begin thinking about what YOU can do in your current home to allow you to safely remain in that home as long as **you choose**

Determine what is important to you in your daily activities

Identify Consultants who can help

MiCAPABLE

Modeled from the CAPABLE project from John Hopkins University

Realizes the potential impact home modifications can have on health

Home Fall Prevention Checklist for Older Adults

“CAPABLE — Community Aging in Place, Advancing Better Living for Elders.”, John Hopkins University

MiCAPABLE – Michigan demonstration project of CAPABLE, Michigan Medicaid Waiver and Rita & Alex Hillman Foundation

Home Fall Prevention Checklist for Older Adults, Centers for Diseases Control and Prevention

Foundation, Dept. of Health and Human Services, supported by MetLife Foundation.

Adaptive Home Solutions

Includes

Occupational Therapy assessment of person, activities, and home

Recommendations for safety, independence, and accessibility

Includes plan for equipment and/or modifications
Occupational Therapy Assistant follow-up, and teaching

Funding by grants, insurance, and private pay

Minor Modifications

Expandable door hinges


RTS

Toilet rails

Tub mount grab bar

Tub seat

Hand held shower



Even Small
Changes can
make a big
difference!



safety in the bathroom

grab bars





Tight Spaces

expandable door hinges

remove door jamb

change door swing

widen doorway



Tight Spaces



Problem!



Solution



Solution







Outcomes of Home Modifications

Include

Increased independence & function

Increased safety

Improved mental health

Successful Aging in Place

Resources for Aging in Place

Equipment loan closets

ATXchange.org

DME vendors

Retail Stores

Online

Insurance coverage in some cases

Michigan Assistive Technology Loan Fund

What About Funding?

Local CDBG Funds

Kent County Senior Millage

Private Grants & Foundations

Disability Specific Groups

Private Pay

MIATLF

VA Benefits

Insurance

FHLBI AMP Grant

USDA Rural Development



Other Community Resources

Working Together

Local Non profit groups

Home Repair Services

Habitat for Humanity

Local Home & Building Association

Other builders and product vendors

Thank You!

www.dakc.us



3600 Camelot Drive SE
Grand Rapids, MI 49546
616.949.1100

