

There's No Place Like Home Stay safe with assistive technology and home modifications

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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



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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.



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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 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!





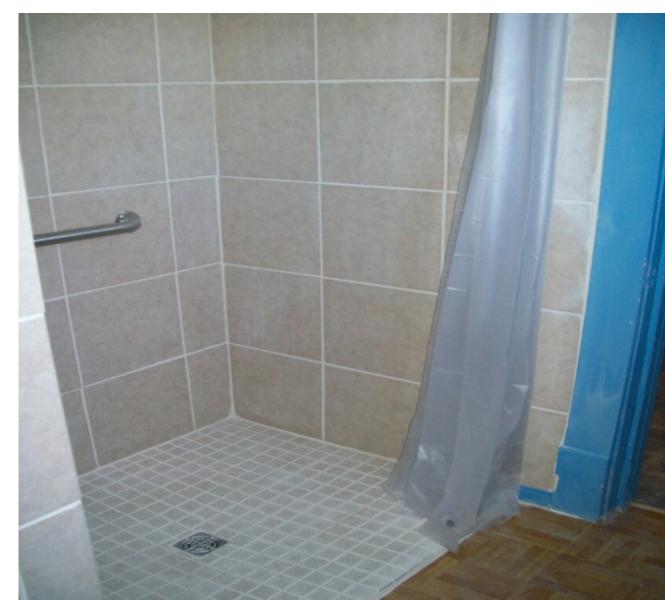
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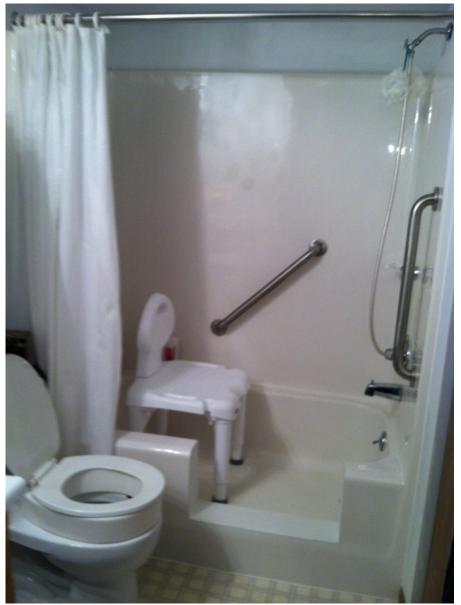
Solution













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









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