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
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!

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