Home Modification for Changing or Temporary Needs
By Linda Vogelman - ATP CAPS
Assistant Director of Independent Living Society's Assets, Inc.

“Peter Pan” Housing
- Homes built as if people never change and no one grows old.

What will you learn today?
- Low cost modifications
- High cost modifications
- Identify potential funding sources
How to make a home accessible?

- Purchase an accessible home
- Modify/remodel the existing home
- Use assistive technology

Where we need Assistive Technology

- Home Entry
- Interior Access
- Bathroom Modifications
- Bedroom Modifications
- Kitchen Modifications
- New Home Construction

At Each Home Visit

- Smoke Detectors
- Emergency Exit
- Notify 911
- Method to call for help
  - Personal Emergency Response System
  - Alerting system inside the home
Telephones

- Amplified Phones
- Large Button
- Cordless
- Hands Free
- Emergency Auto-matic Dialer
- Picture Memory
- Speaker
- Video Phone

Clarity Fortissimo Speaker Phone (Voice Activated)

- Loud, clear speaker phone.
- Digital Answering machine.
- Large Color Touch Screen.
- Talking Caller ID Pad/Talking Keypad
- Tone Control
- Bluetooth connectivity for pairing with wireless devices such as headsets and neck loops.

- Remote Pendant
  - With built-in microphone that allows you to roam freely, answer and end calls, and communicate even when you are not near the phone. $79
  - Expansion handset $39
  - Switch access and lapel mic.

Hearing Assistance

- Safety
  - Visual Smoke Alarms
  - Light strobe for door bell
- Head sets
- Sonic Hearing
- Vibrating alarm clocks
- Amplified phones
- Vibrating watches
Personal Emergency Response Systems

Life-line

The main lifeline telecare equipment include:

- **Pendant alarms**: This sends an alert to the response center if the person is having difficulties.
- **Fall detectors**: This automatically alerts the response center if a fall occurs.
- **Flood detectors**: This automatically alerts the response center if a flood occurs.
- **Smoke detectors**: This automatically alerts the response center if there is smoke from a fire.

In Home Intercom Systems

- Through the telephone
- Intercom
- Baby monitor
- Wireless door bell
Getting safely in and out of your home

- Railings
- Ramps
- Platform Lifts
- Changing the swing of a door
- Removing a screen door
- Using set back hinges
- Creating a new opening

RAMPS

- **Portable ramps** are small and designed for no more than three steps. They are easily carried and stored.
Wood ramps are a permanent structure and must meet building codes.
Important Measurements
http://safepathproducts.com/

- More than ½" should be ramped

Critical Measurements

- Doorways
  - ADA – 32” clear width, 30” ok
  - 36” doors preferred
  - Screen Door
- Hallways
  - Minimum 36”
  - 48” preferred
  - Note “pinch points”
- Thresholds
  - Anything over ." should be ramped.
  - “Get level” when measuring.

If your client is currently in a wheelchair, then they can just show you the problem spots.

Doorways

- Off Set hinges
- Pocket Doors
- According doors
- Curtains
- Door Widening
Opening Doors
- IR & RF
- Automatic door openers
- Lever handles
- Add on knobs

Doors
- Off Set Hinges
- Accordion Doors
- Pocket Doors
- Automatic Door Opener

Threshold Ramp, handles, lighting
Low Cost Option

- EZ Step, Inc.
- http://www.goldviolin.com

Low Rise Stairs

- Supports 400 lbs

Stairs

- Lighting
- Color Contrast
- Texture Contrast

Ramps/Lift Alternatives

- Stair-Track
  - http://www.youtube.com/watch?v=ICqG7sARFHw
Emergency Evacuation

Stair-Track

Ski Sheet

- http://www.evac-chair.co.uk/evacuation-aids.aspx
- Mini Slide

Bathroom

Critical Measurements

Bathroom

- Door Threshold
- - inside and out
- - Tub
- - Tub Doors?
- - Height of Tub Edge
- - Shower Stall
- - Threshold – inside and out
- Size of stall – built in seat?
- - Type of door
- - Toilet
- - Height of Toilet Seat
- - TAKE A PICTURE
Roll-in Shower Alternatives
www.myshowerbuddy.com (manufacturer)

Portable Options
http://www.nuprodx.com/
Tub Slider
www.pvcdme.com

Grab Bars

Wall mounted bars require mounting to the 2x4's behind the wall. This is more costly to install but is also the most secure.

Fixure mounted bars. These can mount on the side of the tub or toilet and are movable.

A portable grab bar that mounts on a smooth surface (not weight bearing).

Reinforced Bathroom Walls
Choices of Grab Bars

There are many choices in grab bars. Choices include:
- color
- shapes
- size
- position
- folding
- length
- angled

Tub/Shower Seats

These chairs provide a place for the person to sit while bathing.

Roll-in Shower Alternatives

- www.pviramps.com
- www.guldmann.net
Toilets

- Raised Seat with Bars
- Raised Seat
- Raised Toilet

Raising the seat or toilet assists people with poor physical strength in the legs to get up or down.

Transfer Benches/Boards

- Beasy board – where a person can slide over and rotate into the tub
- Bench that sits on the edge of tub with chair inside and bench part outside
- Fold up seat mounted to the wall

Transfer Benches/Boards allow a person to move from a seated position outside the tub to inside the tub.

Bath Lifts

- Bath Lifts help move the individual in the bath tub up and down to have a bath. They can be water or battery powered.
Bathroom Modifications

- Shower with rotating seat
- Tub cut out so person can walk in
- Roll-in shower

Barrier Free Lift Systems

Portable Barrier Free
Bathroom Safety

- Foot Flush
- Nonskid mat, friction tape or patterned appliqué strips to tub/shower
- Shower baskets to hold items close by
- Long handle sponge
- Foot Scrubber
- Suction cups for bath chairs
- Movable Mirror
- Soap dispenser

No Bathroom Access

- EZ-Bathe
- EZ-Shampoo
- EZ-Shower

No Bathroom Access

Portable Shower System - FAWSsit
No Shower Access

Accessible Sinks

Faucets.
- Hand held shower
  - Long hose
  - On/off switch on shower head
  - Mounted on a glide bar
- Faucets placed outside tub area
- Automatic water turn on
- Temperature control
- Lever handles
- Removable spout
- High spout
Bedroom

Bed Rails

Bed rails come in many forms and sizes.

Beds & Accessories

- Risers
- Hospital bed
- Bed Pull
- Trays by bed
- Waterproof mattress pads
- Foot protectors
- Wardrobe lifts
The Accessible Bedroom

Kitchen Modifications

- Lower cabinets
- Open under sink
- Pull out shelves
- Raised appliances
- Automated sink, stove and cabinets
- Lower work surfaces

Kitchen
Open Cabinets

- Side by side refrigerator
- Front control on appliances
- Raised appliances
- Drawer appliances
- Remote control hood
- Side opening oven
- Talking Microwave

Smart Appliances.
Living Areas

I can't really be a "couch potato" so I occasionally refer to myself as a "chair chip".

Electrical Aids.
- Automatic switches
- Light switch pull
- Large knob turner
- Sound activated
- Touch activated
- Remote switch

Furniture risers
Easy Household Adaptations:
- Key Holder
- Knob Turner
- Lever Door Handles
- Pulls

STAIRLIGHTING KIT

Lifts
- Barrier Free Lift
- Stair Lift
- Platform Lift
- Porch Lifts
- Patient Lifts
- Elevator

Patient Lifts∗
Transferring Consumer – Hoyer Lift Alternatives

www.liko.com

Reachable controls, switches, outlets, thermostat

- Sound activated light switch
- Motion detection switch
- Remote switch

Low Vision Lighted Products

Glow-in-the-dark tape
Glow-in-the-dark toilet seat
Pathlighter Cane
New Home Design

At least one no-step entry way
One floor living (or a budget for an elevator or chair lift)
*36" exterior and interior doorways
* thresholds on the doorways that are flush with the floor
A roll-under sink in the bathroom
Reinforced bathroom walls around the toilet and tub for the grab bars

four foot wide hallways
A five foot open radius in the centers of the bathroom and kitchen
A roll-in shower stall or transfer tub that fits the special needs of your disability

Raise Up
Color & Texture Contrast

New House Design

Additional Suggestions
1) lever-style door handles
2) lower windowsills than the norm, so that Don gets a better view from a seated position
3) Carpeted rooms with a very short looped carpet with a dense commercial grade padding underneath that is glued on both sides. (The wrong choice of carpeting and padding can make it difficult to impossible for wheelchair and walker users.)
4) single lever faucet handles
5) First floor laundry

Accessibility in and around the home
Open floor plans
Control panels for electric on main level

Moving around inside your home

• 30” X 40” clear floor space
• Turning radius of 5 feet.
Funding

• Sources of Funding
  – Long Term Care Insurance
  – Vocational Rehabilitation
  – Veterans Administration
  – Grant/Loan – Rural Development
  – Local Community Block Grants
• HUD – Residential Rehabilitation
  – Loan /Recycling Programs
  – Disease Specific Organizations
  – Patient/Family

Additional Product Resources

- www.rjcooper.com
- (switch adapted chime)
- www.adaptivelifts.com
- www.garaventallift.com
- www.safepathproducts.com
- www.dynamic-living.com
- www.smarthome.com
- www.optexamerica.com
- www.bhm-medical.com
- www.liko.com
- www.clarkehealthcare.com

- www.heathcraftproducts.com
- www.brondell.com
- www.myshowerbuddy.com
- www.nuprodx.com
- www.pvcdme.com
- www.pvramps.com
- www.guilivann.net
- www.fawssit.com
- www.liteshower.com
Basic home access is convenient for all.
THANK YOU!

● QUESTIONS???????????

● My Contact Information:
  ● Linda Vogelman
  ● Assistant Director of Independent Living/Society’s Assets, Inc.
  ● Assistive Technology Practitioner
  ● Certified Aging in Place Specialist
  ● 262-637-9128 x 3608
  ● lvogelman@societysassets.org