

Planning and Adapting to Stay in Your



How Home Modifications Can Help You Achieve Your Goal

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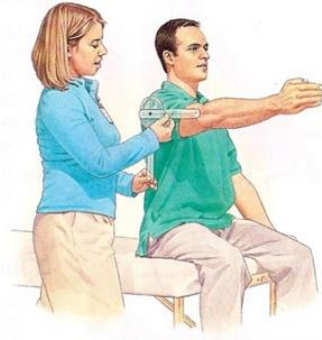
Our bodies may be giving us subtle clues that Home Modifications are in our future!



STRENGTH



BALANCE



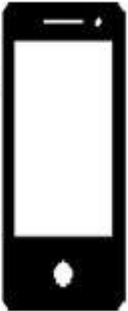
RANGE OF MOTION



VISION



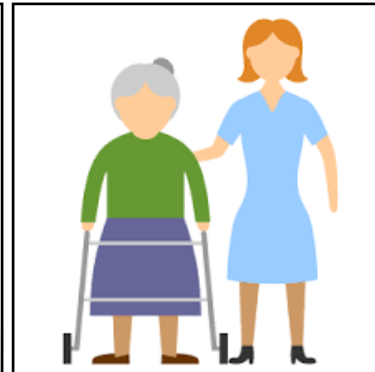
MOBILITY

So ... **Who Ya Gonna Call?**  for help?

An Occupational Therapist who is a Certified Aging in Place Professional

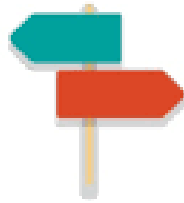
We assess your home environment,
but more importantly ...

We assess *how you function*
within that environment.





**SO LET'S GET
STARTED**



Your front door
connects you to the
world ...



But ... how easy is it for you to get to your front door?



We start outside and look at...



- Accessible Pathways
- Handrails on Steps
- Zero Threshold Door Entry
- Bench at Door Entry
- Door Bell
- Clearly Labeled House #
- Garage
- Mail Box Location
- Outdoor Lighting



HOME ENTRANCE

- Door Knob, Thumb Latch or Lever Handle?
- If you are visually impaired, can you find the key hole to lock/unlock the door?
- Would a SMART Lock or Key Lock Box be a better solution?



OUTDOOR LIGHTING AND SECURITY

- Motion-sensor lighting
 - Dawn to Dusk lighting
- Solar Path Lighting
- Voice activated lighting
 - Philips HUE Lightbulbs
- Video Security



*"ALEXA...
Turn on the lights!"*





Assess the foyer/entry way

- is it clutter free?
- is there a throw rug?
- is there adequate lighting?

- Are doorways and hallways wide enough for a walker or wheelchair?
- Is there a wide enough turning radius in the room or hallway if using a wheelchair?
- Are your types of floors and your door thresholds trip hazards?
 - Consider T-thresholds and beveled edge thresholds.



INTERIOR DOORWAYS

Pocket or Barn doors

“Great-Grips” for round door knobs
(turn the doorknob with one finger!)



Doorway-Assist
Handles



Swing-Away Door
Hinges



DOOR THRESHOLDS



Easily transportable!
Pick them up and
bring them with you
when you travel!



KITCHEN



- Chair Height
 - arm chair
 - chair casters or glides
- Floor Space
- Door Swing on Appliances
- Cabinet Hardware
- Faucets
- Lighting
- Storage





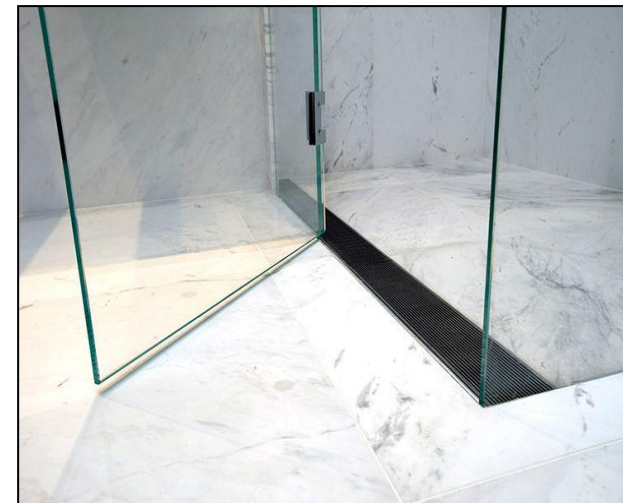
How can I decrease my risk of falls in the Bathroom?



80% of falls in the home occur in the bathroom!

BATHROOMS

- Roll under Vanity Tops
- Comfort height toilet
- Zero or Low Threshold Shower
 - Linear drain
- Sensor Faucets
- Non-slip bath strips or mats



BATHROOMS



Grab bars come in many sizes, colors and styles to compliment your bathroom decor.



Use a hand held shower head if you prefer to be seated during bathing.



Install a vertical grab bar to hold onto as you step over the tub.

Install a grab bar on the long wall of the shower.

BATHROOMS



Tub transfer bench:
Sit down on the bench then lift your legs over the side of the tub.



Commode:
Facilitates sitting and standing from the toilet.



Have a bath seat professionally installed.

A bidet can facilitate completing hygiene tasks independently.



BEDROOM

Having a bedroom and bathroom on the first floor is one feature most strongly associated with aging in place.



If our ability to navigate steps changes or if we experience an unexpected health issue, we might not be able to climb the stairs to get to our bedroom and bathroom.

BEDROOM



Difficulty rising from the bed?

Use a bed assist rail.

Or, consider an adjustable bed.



Bed too low?
Use furniture risers.

Can't reach the upper closet rod due to balance or mobility concerns?

Consider a pull-down rod.



Laundry Room



If your laundry room is in the basement or on the second floor and climbing the steps is becoming difficult, consider adding a first floor bathroom (or remodeling one that's already there) so you can install a stacked (or combo) washer/dryer.



STAIRWAY SAFETY



STAIRWAYS



Consider “stick on” remote lighting



Lighting under handrail

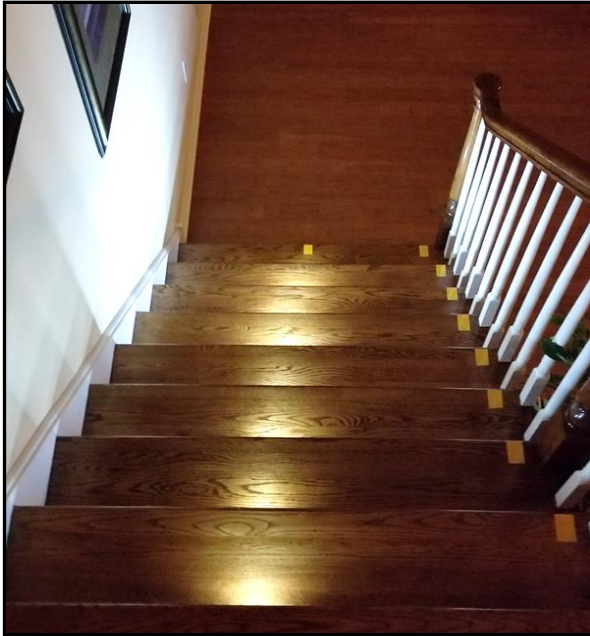


Step rise and tread are different colors

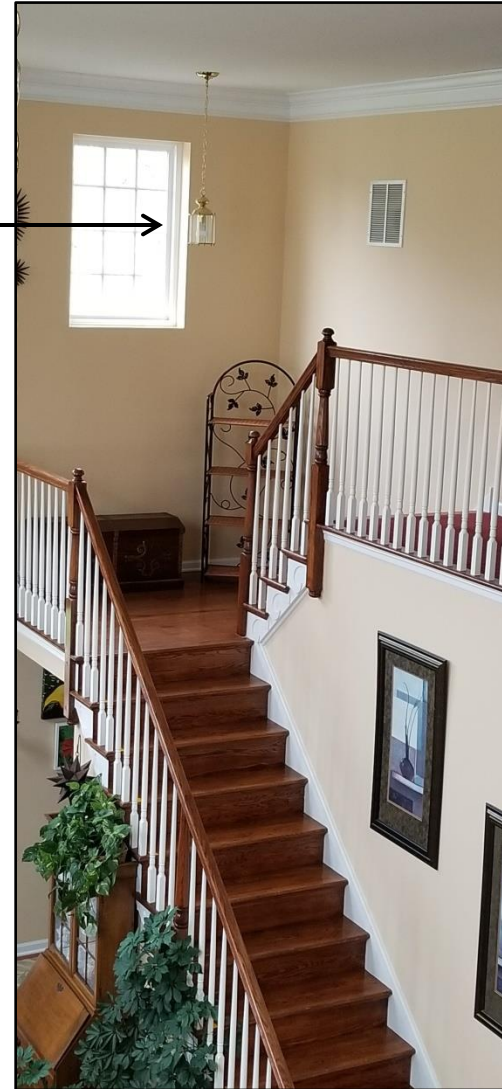
Install an outlet in the event you need a Stair Glide.

Handrails are a necessity on any staircase!

STAIRWAYS



- Use reflective tape on each step
- LED “stick-on” remote control lights
- Lamp on stairway controlled by voice activation: “Alexa, turn on step light”.



Garage



← Does your garage look something like this?



← Hopefully, you'll never need something like this.

Visual Impairment Concerns



Color contrast
for visual
discrimination



“Bump”
(tactile) dots
on dial
controls



Larger
fonts to
label
products

PRODUCTS TO MAXIMIZE SAFETY AND FUNCTION



This product has a 360° swivel desk and a standing handle that can be used with both hands to pull yourself up and provides balance and support for up to 250 lbs. when sitting or standing.



Place a 4 inch high cushion on a chair or sofa to make rising easier.



OUTDOOR SPACE & LANDSCAPING



Let's talk
about
what you
enjoy
doing
outside!

Just One More Thing to Think About

Accessory Dwelling Units (ADU)

- A small, self-contained unit
- Has a small footprint
- Could be attached to an existing home or detached on the same lot (converted garage).
- Has a bedroom, bathroom, living room, kitchen and outdoor social area
- A housing option that is responsive to changing needs



Could an ADU be a good option for an aging parent or loved one?

Let's Summarize:

When considering Home Modifications,
think about the following ...



FUNCTIONAL

for everyone, regardless of
abilities



ADAPTABLE

for changing needs



COMFORTABLE

for everyone for a lifetime of
living

Thank you for listening!



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