



# Adapting the Home

Presented by

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RERC on Technology for Successful Aging – Elder Independence Service

## OBJECTIVES

- Learn AAPR's 9 Basic Ideas to increase home safety
- Understand the principles of Home Evaluation Centered on “ Client-Activity”
- Increased awareness of assistive devices available on the market and how to locate these devices
- Understanding of the importance of individualizing the solution to the person or activity

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## Objectives cont.

- Understanding of the concept of universal design and how this can be utilized in strategies for home modifications
- Increased awareness of the inadequacy of ADA standards in modifying the home
- Increased awareness of design solutions in small places.

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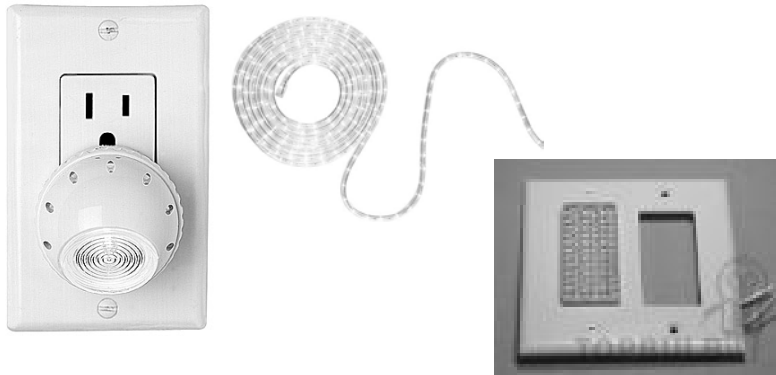
## Basics

AARP's 9 basic ideas to help people age in place by making changes in the home that can be appreciated by many persons regardless of age and ability.

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## 9 Basic Ideas from AARP

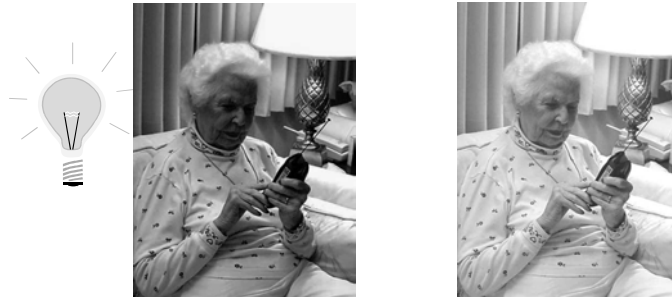
- Night lights in hallways and bathrooms



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## 9 Basic Ideas from AARP

- Replaced light bulbs with higher wattage

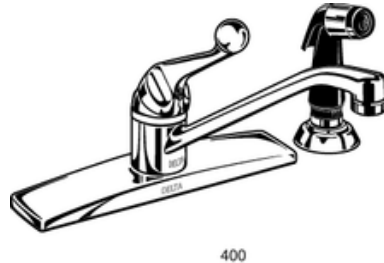
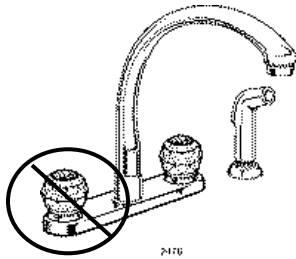


Avoid lighting with glare

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## 9 Basic Ideas from AARP

- Replaced faucet knobs with levers



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## 9 Basic Ideas from AARP

- Replaced door knobs with lever handles



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## 9 Basic Ideas from AARP

- Replaced your phone with one that has larger numbers



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## 9 Basic Ideas from AARP

- Installed emergency response system



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## 9 Basic Ideas from AARP

- Install non-slip strips on stairs



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## 9 Basic Ideas from AARP

- Use double sided tape to secure carpets or rugs



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## 9 Basic Ideas from AARP

- Placed non- skid strips on bathtub or shower



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## Home Evaluation Centered on “Client-Activity”

- What activities does the client want to do?
- How can the environment be adapted to allow engagement in the desired activity with the greatest:
  - ◆ Independence
  - ◆ Safety
  - ◆ Satisfaction

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## Identify Desired Activity

- What does the client want to do they are currently unable to do?
- What activity is the client doing which is causing pain, discomfort or some type of risk?
- Is the client getting satisfaction from their daily activities?

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## Identify Strategies

- Change the way the activity is done.
- Identify assistive devices
- Make structural changes to the home

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## Positive Outcomes

- Positive outcomes are more likely when both the client and the planner understand:
  - ◆ The abilities of the client.
  - ◆ The array of assistive devices available
  - ◆ The possibilities of universal design and home modification
    - ◆ (knowledge of ADA standards is only a starting point but frequently not effective in the home situation)

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## Room by Room Solutions

Assistive Device  
Home modification

## Home Entry – Universal Design



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## Home Entry – Universal Design



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## Getting Around

Rails assist this rural senior who is blind to get to some out buildings.



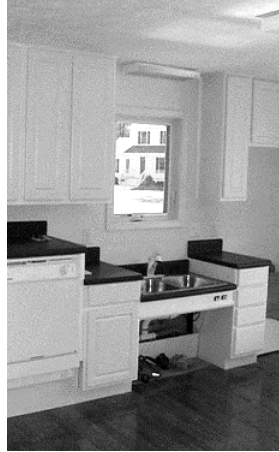
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## Kitchen idea for wheelchair users



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## Kitchen - Adjustable height sink



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## Built in oven with side opening



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## Kitchen - Drop down shelves



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## Kitchen - Roll out shelves



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## Kitchen gadgets and tools



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## More Kitchen Gadgets

Spring open scissors



Box opener



Jar Pop



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What device would seniors most like to see developed?



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## Devices Go Mainstream

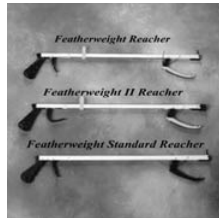
*Deluxe*  
**GOPHER™**  
*Pick Up & Reaching Tool.*

FOLDS FOR  
EASY STORAGE

A collage of images showing the GOPHER tool in use and a man holding it. The collage includes a large image of the tool, a smaller image of the tool folded, and a series of four small images showing a man using the tool in various settings: a kitchen, a bathroom, a living room, and a garden. A man in a dark shirt and light pants is also shown holding the tool.

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## What device would seniors most like to see developed?



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## Ease burden of standing

The standing stool relieves 90% of the weight from the legs and feet while allowing a client to be at a good working height.

*Caution: this stool tips easily if moved at an angle.*



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## Off set door hinges

Avoid expensive reframing of doors by changing hardware.



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## Bathroom vanity that changes



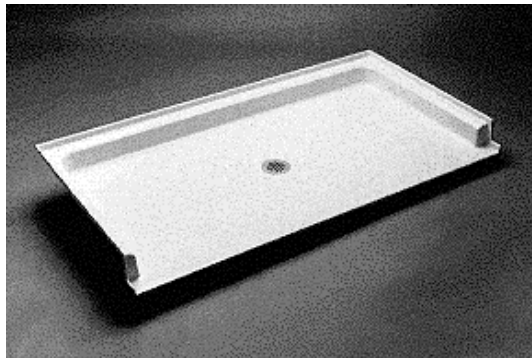
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## Accessible (not perfect) shower



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## Base for no threshold shower



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## Tub transfer seat



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## Toilevator vs Elevated seat



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## Individualized grab bar placement



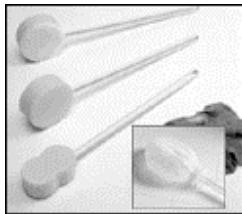
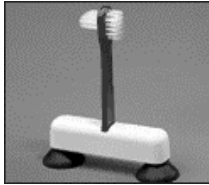
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## Big Ideas in Small Places



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## Personal Care gadgets and tools



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## Bedroom - Assistive Devices



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## Better products



**A**



**B**



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## Don't forget Leisure Activities



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## Products related to cars

**Handybar™**

Personal support handle  
for you and your vehicle



[www.handybar.com](http://www.handybar.com)



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## Remote controls “I just love it!”



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# Assistive Listening Devices



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# Exit Alert System



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# Technology



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# Smart phone

Cell Phone



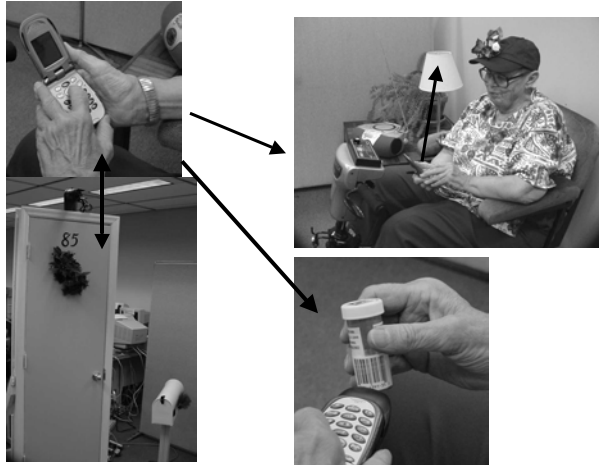
Palm pilot



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# RERC

## Technology for Successful Aging



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## Does it Make a Difference

- Phone Study
  - ◆ Phone use increased by 50%
  
- Effectiveness Study
  - ◆ Less pain
  - ◆ Able to do more
  - ◆ Less Hospital days (average \$17,000 less)

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## How to get it done.

- Do it yourself
- Community Agencies or Church Groups
- SHIPP funds
- Contractors (most need consultation to insure a good result)

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## Elder Independence Services

University of Florida - Department of Occupational Therapy

- Evaluation, Consultation and Training
  - ◆ Assistive devices
  - ◆ Make over – reorganization
  - ◆ Home modification – work with builder for an individualized successful result
  - ◆ Training in new techniques and caregiver training

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Thank you  
for your time and attention

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