Provider Disclaimer

• Allied Health Education and the presenter of this webinar do not have any financial or other associations with the manufacturers of any products or suppliers of commercial services that may be discussed or displayed in this presentation.
• There was no commercial support for this presentation.
• The views expressed in this presentation are the views and opinions of the presenter.
• Participants must use discretion when using the information contained in this presentation.

Agenda
Course 1
- Definitions:
  - Home Modifications
  - Barriers
  - ADA/ANSI
  - Aging in Place
  - Universal Design
- Who is involved?
Course 2
- Common Barriers in Home Care-Assessment Strategies
- Modification/Problem Solving
- Video review
Course 3
- Cognitive and Communications Strategies
- Legislation and Funding
- Patient Education
Have you ever made home modifications?
What do you think are modifications?

Video
- Reference: http://www.youtube.com/watch?v=_UzfxbhT_qQ
Video

Reference:
www.youtube.com/user/vnsnyvideo?v=gDL03gNTCL4&feature=pyv&ad=6482999700&kw=home%20safety#p/a/u/1/4QvgHtiRjV8

Home Modifications
Adaptations to the home environment that make it easier to carry out tasks and maintain changes in the home. They provide:

• ease of use
• safety
• comfort
• security
• independence
Types of Modifications

- Major
- Minor

Major modifications

- Ramps
- Roll-in showers
- Lowered countertops
- Stair lifts

Minor modifications

- Grab bars
- Widening doors
- Lighting
- Hand held showers
- Hardware changes
Assistive Technology
- "...any item... acquired...to increase, maintain, or improve the functional capabilities of individuals with disabilities."
- May or may not be a home modification
- High tech
- Low tech
Adaptability

- Adjustable
- Eliminates need for renovations
- Won't change household appearance if carefully constructed
Accessibility

- Building codes
- Americans with Disabilities Act
- Public Buildings
- Routes

Guidelines and concepts around home modifications

- American national Standards Institute-ANSI
- Americans with Disabilities Act Accessibility Guidelines-ADAAG
- Universal Design
- Aging in Place
- Insurance considerations

Legislation Around Home Modifications
Housing Legislation and Rights

- Americans with Disabilities Act
- Fair Housing Amendments Act 1988
- Technology-Related Assistance for Individuals Act of 1994
- Section 504 Rehabilitation Act 1973
- Community Development Block Grants
- Older Americans Act

Americans with Disabilities Act

- Bans discrimination on basis of disability
- Modeled after the Civil Rights Act of 1964 and the Rehabilitation Act of 1973
- Signed into law 7/26/90
- Reasonable accommodations
- Five titles: Employment, public and private sector services, telecommunications, miscellaneous provisions

ADA definition of disability

- Physical or mental impairment that limits major life activities
- Record of an impairment
- Regarded as having an impairment
- The impairment must limit life activity
Reasonable Accommodation
- Must be known
- Not cause undue hardship
- Case by case basis
- Applies to application process
- Work environment

Undue Hardship
- Requires significant difficulty or expense to implement
- Unduly costly, extensive, substantial, disruptive
- Change the nature of the business
- Employee or applicant can pay for the hardship portion

Fair housing Amendments Act
- 1968-Fair Housing Act
- End segregation of the housing available to those with disabilities
- Give people greater opportunity to choose where they want to live
- Assure that reasonable accommodations be made to needs of people in securing/ using housing
- Design standards
Technology-Related Assistance for Individuals with Disabilities Act-1988
- 1994-Amended to the Tech Act
- Federal support to state efforts to implement consumer-responsive, comprehensive, statewide programs of technology-related services
- Defines Assistive Technology
- Has impact on individual function regardless of location

Olmstead Decision
- June, 1999
- Discriminating against disabled by giving services in institution when could get in community...
- Violates the ADA
- State required to provide community based services

Section 504-Rehabilitation Act 1973
- Public housing residents may get funding from Housing Authority
- Funds not available on individual unit basis
- Entire housing authority must apply to HUD
Universal Design
1987-NC State University, Center for Universal Design

- Design of products/environments to be usable by all... to the greatest extent...without the need for adaptation
- Address only universally usable designs
- AKA- Life Span Design
- One size fits all at no extra cost
- 7 Principles

Other considerations with Universal Design

- Economic
- Engineering
- Cultural
- Gender
- Environmental
7 Principles of Universal Design
1997-NC State University, Center for Universal Design

1. Equitable use
2. Flexibility in use
3. Simple and Intuitive
4. Perceptible information
5. Tolerance for error
6. Low physical effort
7. Size and space for approach and use

1. Equitable Use
   - Equally used by all
   - Useful
   - Marketable

2. Flexibility in Use
   - Accommodates a wide range of preferences and abilities
3. Simple and Intuitive

- Easy to understand
  - Experience
  - Knowledge
  - Language skills
  - Concentration

4. Perceptible Information

- Communicates necessary information
  - Regardless of ambient conditions or the user’s sensory abilities

5. Tolerance for Errors

- Minimize hazards
- Minimize adverse consequences of unintended actions
6. Low Physical Effort

- Use design efficiently and comfortably
- Minimum fatigue

7. Size and Space for Approach and Use

- Appropriate for:
  - Approach
  - Reach
  - Manipulation
  - Use
- Regardless of:
  - Body size
  - Posture
  - Mobility

Examples of universal design

- Full-length mirror
- Lever handles
- Stairway railings
- Smoke/CO2 detectors
- Secure throw rugs
- Hand held shower
- Rocker switches
- Offset hinges
- Track lighting
- Under-cabinet lights
- Motion sensor lights
- Flooring vs carpeting
Administration on Aging

- Typical problems
  - Getting in and out of shower
  - Slipping in tub or shower
  - Turning on faucet handles/doorknobs
  - Access to home
  - Inadequate heating or ventilation
  - Problems climbing stairs
Aging in Place

- Happiness = continued physical activity and involvement
- Modifications → negative perception
- Might see problems with climbing stairs, meal prep, bathing, household repairs
- Physical design changes
- Service changes
- Person ↔ Environment Fit

**Administration on Aging**

- Typical Problems:
  - Difficulty getting in and out of shower
  - Slipping in tub or shower
  - Difficulty turning on faucet handles/doorknobs
  - Access to home
  - Inadequate heating or ventilation
  - Problems climbing stairs

- Possible solutions:
  - Install grab bars, shower seals, or benches
  - Non-skid strips
  - Lever handles
  - Ramps
  - Insulation, storm windows, air conditioning
  - Handrails

Aging in Place

- Well elderly vs. disabled elderly
- Sensory systems considerations
  - Vision
  - Hearing
  - Cognition
- “Fixing to stay” study (2000-AARP)
- 45 and older
- Current and future housing
- Concern re: 8 issues relating to home modifications
- If concern is expressed, might be prompted to act
What’s needed to age in place successfully?

- Assistance
- Supportive services
- Availability of services
- “Buy-in” of person
- Familiar
- Community sense of belonging

Minimize curbs and elevations
Common physical changes in the aging population

- Vision
- Hearing
- Hand limitations
- ROM
- Frailty
- Disorientation
- Dizziness
- Mobility

Who needs modifications?

- Frail Elderly
- Those who still need help after adding service
- Families with children with disabilities
- Adults with disabilities
- Middle age couples planning for future
- Families with aging parents
- Young children at grandparents’ homes
Video from AARP about home modifications

- Reference:
  http://www.youtube.com/watch?v=MyEdB633eE

Summary points

- All can benefit from Aging in Place and Universal Design concepts
- Legislation around Home Modifications exist
- People want to stay in their homes as long as possible

It's QUESTION TIME!!

- cderfisotr@aol.com