



For the Lifespan: The Caregiver Guide

Module 4

The Accessible Home

Leader Guide

Module 4

The Accessible Home

PURPOSE

Module 4 will provide an overview of how to make your home more accessible, including the benefits and barriers. Caregivers will learn what a home modification is, how to assess their home for safety, when and how to make changes to improve accessibility, and the available options to pay for these changes.

OBJECTIVES

After completing this module, participants will be able to:

- Describe what a home modification is and when changes should be made.
- Understand the benefits to making home modifications.
- Describe minor and major modifications.
- Identify barriers to making home modifications.
- Identify resources to make and pay for modifications.
- Use a home safety checklist.

This module will describe what home modifications are, and help you determine when changes to a home should be made using a home safety checklist. It will also discuss benefits and barriers to home modifications. There are many types of modifications that we will talk about in this module. Making changes to a home can be expensive, so we will present ways to pay for these modifications.

SLIDE 1

UCare
For the Lifespan: The Caregiver Guide
Module 4
The Accessible Home

INTRODUCE

Introduce yourself and ask each person in the room to do the same and explain their roles.

NOTE

Introductions are an excellent time to set the tone of the session. Be relaxed and focused. Remember names or use name tags.

TELL

The Participant Guide is yours to take home.

ASK

What would you like to get out of the session today?

SLIDE 2

Objectives

After completing this module, participants will be able to:

- Describe what a home modification is and when changes should be made.
- Understand the benefits to making home modifications.
- Describe minor and major modifications.
- Identify barriers to making home modifications.
- Identify resources to make and pay for modifications.
- Use a home safety checklist.

NOTE

Refer to any additional objectives requested by participants.

If participants request topics that are covered in other UCare modules, tell them that they can request additional training.

Point to the list of UCare modules at the end of the Participant Guide so they can see the other topics covered.

TELL

In this workshop we will be giving examples of our experiences that may be difficult for some. Remember to respect the confidentiality of group members. What is shared among the group should not leave the room.

During this workshop we will be talking about home modifications - what home modifications are and when changes to a home should be made based on a home safety checklist. We will also discuss benefits and barriers to home modifications. Making changes to a home can be expensive sometimes, so we will also talk about ways to pay for these modifications.

NOTE: If you are renting a home, you will need to obtain the written consent of the owner/landlord before making modifications.

ASK

What is your definition of a home modification?

NOTE

Write ideas on a white board or flip chart.

SLIDE 3

Home Modification

- Increases accessibility
- Increases safety for a care recipient
- Helps a person remain independent

TELL

Definition of home modification: Changing aspects of the home so it is accessible to all individuals. Home modifications help the person remain independent. Changes to a home should be made when a care recipient can no longer get around safely or easily. Changes can be made to a home you live in, are planning to live in, or to a new home you are building.

Assistive technology can also make daily living easier. Assistive technology is the topic of Module 11, where it is discussed in detail.

SLIDE 4

When Do Home Modifications Become Necessary?

- Accidental injury
- Long-term illness or disability
- Recovery from surgery
- Temporary inability or injury

TELL

Changes are often made to a home after an individual has been injured in an accident or had surgery. Sometimes a long-term illness or disability makes home modifications necessary.

ASK

Are there other times when a change needs to be made to a home?

NOTE

Write things that the group suggests on the board or flip chart.

ASK

What are the benefits to modifying your home?

NOTE

Write benefits that the group suggests on the board or flip chart.

SLIDE 5

Benefits of Home Modifications

- Prevents accidents and injuries
- Enables independence
- Prevents or postpones going to a nursing home
- Increases quality of life
- Saves money
- May avoid disruption of moving

TELL

There are many benefits to modifying a home. A person's home will become safer with less likelihood of accident or injury. An accessible home may also help a care recipient be able to live at home longer. He or she most likely will be happier, healthier, and more independent. If these changes are not made, a care recipient may have to move to a more costly assisted living center or nursing home. By staying in their own home, a care recipient can avoid the disruption and distress of having to move.

Caregivers have a number of responsibilities and sometimes it is difficult to take the time to think about home modifications and when they might be needed.

ACTIVITY 1

Please turn to page 6 of the Participant Guide. Let's each spend about five minutes reviewing the Safe at Home Checklist. The Checklist includes the areas listed on the following slides.

SLIDE 6

Home Safety Checklist

- Exterior entrances and exits
- Interior doors, stairs, and halls
- Bathroom
- Kitchen
- Living room, dining room, and bedrooms
- Laundry
- Basement
- Doors

SLIDE 7

Other Areas to Consider

- Telephone
- Storage space
- Windows
- Electrical outlets and controls
- Heat, light, ventilation, security, and water temperature

TELL

Check or circle those items on the list that may be potential fall hazards or accessibility issues for a care recipient. You may also

wish to consider concerns that may be emerging in the next several months or years as a care recipient's sight deteriorates or they become more physically frail.

NOTE

If the group is small, you may want to go through the list as a group and have everyone comment as they identify potential fall hazards or accessibility issues for care recipients.

Be sure that each participant has a pencil or a pen. You may wish to bring a few extra ones.



Safe AT HOME Checklist

Created in partnership with the Administration on Aging and the
American Occupational Therapy Association

Rebuilding Together
1536 16th Street NW
Washington, DC 20036
800-4-REHAB-9

1. EXTERIOR ENTRANCES AND EXITS

- Note condition of walk and drive surface; existence of curb cuts
- Note handrail condition, right and left sides
- Note light level for driveway, walk, porch
- Check door threshold height
- Note ability to use knob, lock, key, mailbox, peephole, and package shelf
- Do door and window locks work easily?
- Are the house numbers visible from the street?
- Are bushes and shrubs trimmed to allow safe access?
- Is there a working doorbell?

2. INTERIOR DOORS, STAIRS, HALLS

- Note height of door threshold, knob and hinge types; clear width door opening; determine direction that door swings
- Note presence of floor level changes
- Note hall width, adequate for walker/wheelchair
- Determine stair flight run: straight or curved
- Note stair rails: condition, right and left side
- Examine light level, clutter hazards
- Note floor surface texture and contrast

3. BATHROOM

- Are sink basin and tub faucets, shower control and drain plugs manageable?
- Are hot water pipes covered?
- Is mirror height appropriate, sit and stand?
- Note ability to reach shelf above, below basin
- Note ability to step in/out of bath/shower
- Can resident use bath bench in tub or shower?
- Note toilet height; ability to reach paper; flush; come from sit to stand posture
- Is space available for caregiver to assist?

4. KITCHEN

- Note overall light level, task lighting
- Note sink and counter heights
- Note wall and floor storage shelf heights
- Are under sink hot water pipes covered?
- Is there under counter knee space?
- Is there a nearby surface to rest hot foods on when removed from oven?
- Note stove control location (rear or front)
- Is there adequate counter space to safely prepare meals?

5. LIVING, DINING, BEDROOM

- Chair, sofa, bed heights allow sitting or standing?
- Do rugs have non-slip pad or rug tape?
- Chair available with arm rests?
- Able to turn on light, radio, TV, place a phone call from bed, chair, and sofa?

6. LAUNDRY

- Able to hand-wash and hang clothes to dry?
- Able to access automatic washer/dryer?

7. BASEMENT

- Are the basement stairs stable and well lit?
- Is there any storage of combustible materials?

8. TELEPHONE AND DOOR

- Phone jack location near bed, sofa, chair?
- Able to get phone, dial, hear caller?
- Able to identify visitors, hear doorbell?
- Able to reach and empty mailbox?
- Wears neck/wrist device to obtain emergency help?
- Is there an answering machine?
- Is there a wireless phone system?

9. STORAGE SPACE

- Able to reach closet rods and hooks, open bureau drawers?
- Is there a light inside the closet?

10. WINDOWS

- Opening mechanism at 42 inches from floor?
- Lock accessible, easy to operate?
- Sill height above floor level?
- Are storm windows functional?

11. ELECTRIC OUTLETS AND CONTROLS

- Sufficient outlets?
- Are there ground fault outlets in kitchen and bathroom?
- Light switch at the entrance to each room?
- Outlet height, wall locations
- Low vision/sound warnings available?
- Extension cord hazard?
- Are there any uncovered outlets or switches?

12. HEAT, LIGHT, VENTILATION, SECURITY, CARBON MONOXIDE, WATER TEMP CONTROL

- Are there smoke/CO detectors and a fire extinguisher?
- Thermometer displays easily accessible and readable?
- Note rooms where poor light level exists
- Able to open windows; slide patio doors?
- Able to open drapes or curtains?
- Note last service date for heating/cooling system
- Observe temperature setting of the water heater

COMMENTS:

www.rebuildingtogether.org

Help Prevent Falls – Save a Life. Safety enhancements, fall prevention, and accessibility modification interventions that can help prioritize your work.

1. EXTERIOR ENTRANCES AND EXITS

- Increase lighting at entry area
- Install stair rails on both sides
- Install door lever handles; double-bolt lock
- Install beveled, no step, no trip threshold
- Remove screen or storm door if needed
- Create surface to place packages when opening door
- Install peephole on exterior door
- Repair holes, uneven joints on walkway
- Provide non-slip finish to walkway surface
- Add ramp as needed
- Trim bushes and shrubs to provide clear view from doors and windows
- Trim low hanging branches

2. INTERIOR DOORS, HALLS, STAIRS

- Create clear pathways between rooms
- Apply color contrast or texture change at top and bottom stair edges
- Install door lever handle
- Install swing-clear hinges to widen doorway. minimum width: 32 inches
- Install beveled thresholds (max 1/2 inch)
- Replace or add non-slip surface on steps
- Repair or install stair handrails on both sides

3. BATHROOM

- Install swing-clear hinges to widen doorway. minimum width: 32 inches
- Install secure wall reinforcement and place grab bars at toilet, bath, and shower
- Install adjustable-height shower head
- Install non-slip strips in bath/shower
- Secure floor bathmat with non-slip, double-sided rug tape
- Elevate toilet height by adding under seat riser portable seat or raising toilet base on a pedestal
- Adapt flush handle or install flush sensor
- Adapt or relocate toilet paper dispenser
- Round counter corners to provide safety
- Insulate hot water pipes if exposed
- Create sitting knee clearance at basin by removing vanity door and shelves underneath
- Install mirror for sitting or standing view
- Install good-quality non-glare lighting
- Install shower with no threshold if bathing abilities are severely limited

4. KITCHEN

- Increase task lighting at sink, stove, etc.
- Install D-type cupboard door handles
- Install adjustable shelving to increase access to upper cabinets
- Increase access to under counter storage space by installing pull-out units
- Insulate hot water pipes if exposed
- Install hot-proof surface near oven
- Install switches and outlets at front of counter
- Install pressure-balanced, temperature-regulated, lever faucets
- Expand counter surface
- Create sitting knee clearance under work sites by removing doors or shelves
- Improve color contrast of cabinet and counters surface edges for those with low vision
- Add tactile and color-contrasted controls for those with low vision

- Provide sturdy step stool with hand rail
- Clean or install new range hood

5. LIVING, DINING, BEDROOM

- Widen or clear pathways within each room by rearranging furniture
- Secure throw and area rug edges with double-sided tape
- Improve access to and from chairs and beds by inserting risers under furniture legs
- Use side bed rail or chairs with armrests
- Install telephone jack near chair or bed
- Enlarge lamp switch or install touch-control lamp at bedside
- Install adjustable closet rods, shelving and light source for better storage access
- Install vertical pole adjacent to chair and sofa
- Raise furniture to appropriate height using leg extender products
- Install uniform level floor surfaces using wood, tile, or low-pile rugs
- Install telephone jack near bed and favorite chair

6. LAUNDRY

- Build a counter for sorting and folding clothes
- Adjust clothesline to convenient height
- Relocate laundry appliances
- Clean dryer vent or replace with metallic hose

7. BASEMENT

- Identify and eliminate sources of water in basement (usually gutter or plumbing)
- Add additional lighting as needed
- Remove combustible materials and hazardous waste
- Clear pathway to utilities

8. TELEPHONE AND DOOR

- Install phone jacks near bed, sofa, and chair
- Install peephole at convenient height
- Install flashing light or sound amplifier to indicate ringing doorbell for those with visual or hearing problems
- Install mailbox at accessible height

9. STORAGE SPACE

- Install lights inside closet
- Install adjustable closet rods and shelves
- Install bi-fold or pocket doors

10. WINDOWS

- Install handles and locks that are easy to grip, placed at appropriate heights
- Replace windows that are not functional

11. ELECTRICAL OUTLETS AND CONTROLS

- Install light fixtures or outlet for lamps
- Install switches at top and bottom of stairs
- Install ground fault outlets in kitchen and bathroom
- Install wireless light switches where needed

12. HEAT, AIR, LIGHT, SECURITY, WATER TEMP, CARBON MONOXIDE CONTROLS

- Install smoke/CO detectors, fire extinguishers
- Increase residents' access to environmental control systems
- Replace thermostat with easy to read programmable type
- Order service for heating/AC system
- Install Compact Florescent lights where appropriate
- Reduce hot water temperature to 120 degrees

ASK

Were there items on the list that you hadn't considered before?
What were they?

ACTIVITY 2

Turn to the second page of your Checklist in your Participant Guide. On this list you will see possible strategies to improve accessibility. Review the Checklist and mark at least four to five items that are desired improvements to the care recipient's home. You may also wish to consider changes that may be needed in the next few months as a care recipient's sight deteriorates or he or she becomes physically frailer.

NOTE

If the group is small, you may want to go through the list as a group and have group members comment as they identify potential strategies for specific home modifications.

ASK

What were the top two home modifications you checked? Why?

NOTE

Encourage discussion and point out common areas. These activities form the basis for the discussion that follows and serve as a frame of reference with relevant examples, etc.

SLIDE 8

Types of Home Modifications

- Minor
- Major

TELL

You have identified a number of potential home modifications. Home modifications may be minor or major. A minor change would be adding or changing lighting, or adding grab rails in the bathroom or shower. Changing the direction a refrigerator door swings by loosening and tightening four screws may be considered a minor modification. Major changes would be adding a ramp or lift, or lowering counter tops in a kitchen. A major change in a bathroom could be modifying a shower to be wheelchair accessible, adding a permanent seat, or separating it from the tub.

ASK

What are the minor changes that you identified from the Checklist on pages 6 and 7?

NOTE

Write minor modifications suggested on the board or flip chart. All home modifications will not be discussed, depending on the interests of those attending the workshop. Participants may not be interested in all those listed, and others may be brought up during group discussion. One modification may be minor to some and major to another. They are grouped in major and minor categories for discussion only.

SLIDE 9

Minor Home Modifications

- Lighting
- Water Temperature Controls
- Mobility

TELL

Minor things that can be modified in the home can include, but are not limited to: lighting, water temperature controls, mobility, storage, flooring, rugs, and stairways.

ASK

What could you do if the lighting is poor?

NOTE

Read the text on the slides.

TELL

Follow along in the Participant Guide beginning on page 9.

SLIDE 10

Lighting

- Change bulbs to the maximum wattage.
- Add more fixtures where lighting is poor.
- Install motion sensor lights.
- Install touch or rocker type switches.
- Use night lights, especially in areas that will be accessed during the night, like hallways and bathroom.
- Lower or add light switches.
- Investigate and/or purchase other types of lights/lamps.
- Install raised dots or lighted switches to locate on/off switches.

SLIDE 11

Water Temperature Controls

- Install devices to control the temperature of the water, like anti-scald valves.

- Turn the temperature of the hot water heater down, so that the water is 120 degrees Fahrenheit or less.

TELL/ASK

Turn the water temperature down to 120 degrees or less.

What are some things that could be done to make it easier for a care recipient to get around?

SLIDE 12

Strategies to Enhance Mobility and Safety

- Place electrical cords out of the way so that they are not in the path of travel.
- Move furniture so there is a clear pathway.
- Ensure chair availability for those who can't walk far.
- Remove loose rugs that may cause a fall.
 - Replace rugs with non-slip backing rugs.
 - Be aware that these may still pose a tripping risk.
- Install or use equipment to prevent falls, such as grab bars.

SLIDE 13

Flooring and Stairways

- Securely fasten all flooring.
- Increase visibility of stairs and uneven floors by using a contrasting color or tape.
- Install handrails and make sure stairways are well lit.
- It may be necessary to install a non-skid tape to the edge of stairs to prevent slipping.

- Low pile carpet or a hard floor covering surface may need to be installed to allow a care recipient who uses a wheelchair or walker to move around easier.

SLIDE 14

Accessible Storage

- Move items so that they are easy to reach, placing them no higher than shoulder height or no lower than a person's waist.
- Replace drawer and cabinet hardware with handles that are easier to grasp and that don't require twisting or squeezing to open a drawer or cabinet.

TELL/ASK

Items should be easy to reach. It is best if handles are easy to grasp without twisting or squeezing.

What could you do to make a doorway accessible?

SLIDE 15

Accessible Door and Doorway

- Sometimes to accommodate a wheelchair or a walker, a doorway threshold may need to be lowered or removed to allow easier access for walkers and/or wheelchairs.
- To widen a doorway without extensive remodeling, a "swing-clear-offset door hinge" can replace existing hinges to add a couple of inches to the doorway. They are designed to swing the door clear of the opening.
- You may also remove the door and doorjamb stops to increase the opening size.

- Install kick plates on the bottom part of the door to protect the door from the footrests on the wheelchair.
- A standard interior door is between 30 to 36 inches. Most wheelchairs and walkers need at least 32 to 34 inches minimum clearance.

SLIDE 16

Easier Transfers

- Increase the height of the bed for making transfers and care of a care recipient easier by putting supports under the legs.
- A lift chair can help someone get up out of a chair independently.
- Raising couches and chairs with blocks or bricks creates a higher seat that makes getting up and down much easier.
- Use a bath transfer bench for someone who can't step over the edge of a tub.

SLIDE 17

Accessible Bathroom

- Install grab bars.
- Install levered handles on faucets.
- Install moveable or hand-held shower heads.
- Use portable shower chairs.
- Place non-skid strips or decals in the shower or tub.

ASK

What minor changes have you made or are you thinking about making in your home? Has someone you know made minor home modifications? What cost was involved? How long did it take? Did they make the changes themselves?

TELL

Let's now discuss major modifications. You can follow along beginning on page 12 in your Participant Guide.

ASK

What would be some major home modifications?

NOTE

Write suggestions on the board or flip chart.

SLIDE 18

Major Home Modifications

- Widen walkways outside.
- Widen entrances and doorways.
- Install door openers.
- Install ramps or lifts.
- Convert an existing room on the main floor.
- Add on to the home.

TELL

Outside Entries: Sometimes more extensive changes are needed to enable a care recipient to be able to get into their home and move around within their home. These include but are not limited to: widening walkways outside, making entrances and doorways wider, installing door openers, or installing ramps or lifts.

Walkways and sidewalks outside the home sometimes need to be widened to allow wheelchairs or walkers. Entrances into the home and doorways into the rooms in the home may also need to be widened to accommodate wheelchairs and walkers. This can be done by changing the hinges or removing the door and

doorjamb stops (minor), or remodeling or widening the doorway (major). Remember, the minimum doorway width for a wheelchair is generally 32 inches.

Ramps and Lifts: If stairs are the only way into a house, a ramp or lift may need to be installed. Ramps can be permanent or put in place temporarily. A level space outside and inside each entrance into the home is necessary if a wheelchair will be used in the home. This level space should be at least five feet square.

If the bedroom and bathrooms are not on the ground level floor, a lift may need to be installed on the stairways.

SLIDE 19

Other Major Home Modifications

- Widen hallways.
- Move or install light switches.
- Remodel kitchens and/or bathrooms.
- Add rooms.
- Add stair glide or elevator.

TELL

Some other more extensive changes may need to take place for a person to be able to get around their home. These include, but are not limited to, widening hallways, moving or installing light switches, remodeling kitchens and/or bathrooms, and adding rooms to the home. You can add a bedroom and bathroom on the ground level floor by remodeling an existing room or building an addition onto the home.

SLIDE 20

Accessible Hallways and Entries

- If possible, hallways should be widened to four feet. This would be a major change and often times impossible if a hallway wall is a bearing wall.
- Swinging a door to the outside will provide more space in a room.
- Install an automatic or push button door opener on doors.

SLIDE 21

Accessible Bathrooms

- A shower may need to have a wider opening, with little or no threshold, to enable access by a wheelchair user or someone who can't step over the edge of a tub.
- Counter tops may need to be lowered.
- More space may need to be added around toilets.
- Automatic faucets, dryers, and soap/shampoo dispensers can be helpful if a person has limited hand usage or little upper body strength.

SLIDE 22

Accessible Kitchens

- A lazy-susan or pull-out shelving provide easier access to items.
- Counter tops may need to be lowered or adjustable.
- Floor cabinets can be modified to allow space for footrests on a wheelchair.
- A wall oven may need to be installed.

- Wrap colored tape around post handles for better visibility.
- Use raised dots for location of on/off switches.

TELL/ASK

There are several changes that can be done to make a kitchen more accessible, including pull-out shelving, lazy-susan, lowered counter tops, and installing a wall oven.

What major changes have you made or are thinking about making to your home? What changes have you seen made in your relatives' or friends' homes?

What are some barriers to home modifications?

SLIDE 23

Barriers to Modifying Your Home

- Lack of money
- Large project
- Difficulty of the project
- Lack of knowledge

TELL

The lack of money is probably the biggest barrier to modifying your home. Remodeling a bathroom or kitchen is a major project and can be costly and technically difficult. Obviously, changing a door knob is easier than adding a walk-in shower or installing a ramp. The easier the project, the more likely it will be done. The lack of know-how or skill to do something is also a barrier. One person may know how to install a new light switch or add a ground fault interrupt outlet. Someone else may not

know how to do those things. Not knowing how to do something can be a barrier.

NOTE

Talk about the barriers that are suggested by the group if they have not already been covered.

SLIDE 24

Resources to Help with Home Modification

- Assist, Inc.
- State Division of Aging and Adult Services
- Local Area Agency on Aging
- Centers for Independent Living
- Elder Care Locator
- Call 211 or 1-888-826-9790 or visit www.informationandreferral.org
- Local home improvement or hardware stores
- Utah Assistive Technology Foundation

TELL

There are several organizations and agencies that can help with home modifications. Turn to page 16 in the Participant Guide. These organizations, including their contact information, are listed below.

Assist, Inc. is a non-profit agency in Utah that helps homeowners plan home modifications to accommodate a care recipient with disabilities. Assist, Inc. may visit the home, do an assessment, and give ideas for what modifications might be feasible. The agency also has information, model plans, and drawings that can be used by architects and builders.

218 East 500 South
Salt Lake City, UT 84111
www.assistutah.org
801- 355-7085

Utah Division of Aging and Adult Services administers a wide variety of programs and services which are primarily delivered by a network of 12 Area Agencies on Aging, which reach all areas of the state. www.hsdaas.state.ut.us. The Utah Association of Area Agencies on Aging provides services, advocacy, assistance, and answers to the elderly and their caregivers. Your local Area Agency on Aging can help you find information and may have funding available for home modifications. To find your local Area Agency on Aging, call 877-424-4640.

Area Agencies on Aging provides information, services, advocacy, and assistance to the elderly and their caregivers. Your local Area Agency on Aging can help you find information and may have funding available for home modifications. To find your local Area Agency on Aging, call 877-424-4640 or look it up at the following website: <http://www.hsdaas.utah.gov>.

Centers for Independent Living (CILs) are private, non-profit organizations that provide services to maximize the independence of individuals with disabilities and the accessibility of the communities they live in. CILs are funded in part by the Department of Education and Rehabilitation Services Administration, to provide several core services which include advocacy, independent living skills training, information and referral, and peer counseling. There are five CILs and satellite offices in Utah with information and some limited

funding available for home modifications to low-income applicants with disabilities.

<http://www.ilru.org/html/publications/directory/utah.html>

or call 800-473-7530 or 800-355-2195.

Elder Care Locator is a public service of the U.S.

Administration on Aging. The Eldercare Locator connects older Americans and their caregivers with sources of information on senior services. Elder Care refers callers to local agencies that handle home modifications. www.eldercare.gov or call 800-677-1116.

211 is a free information and referral line to find resources for health, human, and community services. Call 211 or go to www.informationandreferral.org.

The Utah Assistive Technology Foundation is a non-profit statewide organization that offers low interest loans for home modifications. <http://www.uatf.org> or call 800-524-5152.

Other Resources - The Following Agencies and Organizations Can Also Help You:

State Housing Finance Agency (Utah Housing Corporation)

The Utah Housing Corporation assists in the creation of affordable housing opportunities for lower-income Utah households. UHC provides mortgage monies to qualifying first time homebuyers. Call 800-284-6950, 801-902-8200, or visit <http://www.utahhousingcorp.org/HTML/aboutUHC.shtml>

U.S. Department of Housing and Urban Development

The U.S. Department of Housing and Urban Development, or HUD, website has lots of information on buying, financing, and remodeling homes.

801-538-8723

www.hud.gov/buying

www.hud.gov/improvements

National Caregiver Support Program

Fact sheet on home modifications and assistive devices:

http://www.aoa.gov/aoaroot/press_room/products_materials/fact/pdf/home_modification.pdf

http://www.aoa.gov/aoaroot/Press_Room/Products_Materials/fact/pdf/Assistive_Technology.pdf

National Resource Center on Supportive Housing and Home Modification

A university-based, non-profit organization dedicated to promote independent living for persons of all ages and abilities.

A National Directory of Home Modification Resources is available at www.homemods.org

Infinite Potential through Assistive Technology

This website offers many good resources about home modifications including funding ideas.

<http://www.infinitec.org>

<http://www.infinitec.org/live/homemodifications/basics.htm>

AbleData

This website offers a huge database of information on 40,000 assistive devices, books, articles, publications, product reviews, and more. www.abledata.com

American Association of Retired Persons

The AARP offers information on universal design, and on making your home safer and more accessible.

<http://www.aarp.org/home-garden/livable-communities/info-04-2011/universal-design-helps-people-age-in-their-homes.html>

<http://www.aarp.org/livable-communities/learn/housing/info-12-2012/designing-for-better-learning.html>

<http://www.aarp.org/home-garden/livable-communities/info-07-2011/make-your-home-a-safe-home.html>

<http://www.aarp.org/home-family/livable-communities/info-07-2012/universal-design-ny1788.html>

Administration on Aging

The Administration on Aging has a number of fact sheets, including home modifications.

http://www.eldercare.gov/Eldercare.NET/Public/Resources/Factsheets/Home_Modifications.aspx

Lifespan

Lifespan Home Modifications is a small, progressive company specializing in adapting single-family residences for independent living. <http://www.homemodification.com>

ASK

Would there be any other organizations or agencies that could help?

NOTE

Discuss any other suggestions from the group.

REVIEW

Home modifications are sometimes necessary to enable someone to remain in their home and be safe. These changes are

sometimes minor and others are more extensive and require a lot of remodeling. There are some barriers but hopefully we have discussed ways to overcome them. Many agencies and organizations can help with making changes in a home. The Participant Guide has many resources that can be helpful.

TELL

We have one activity remaining. An important part of caregiving that is often forgotten is YOU, the caregiver. You need to take care of yourself.

Ask participants:

- What do you do for you?
- Discuss the answer to this question briefly.
- Impress on the participants that it is important for them to do something for themselves each day.

SLIDE 25

Take a Break (Don't forget about you)

In 30 seconds you can:

- Sit down with both feet on the ground
- Rest your hands on your lap
- Breathe slowly and deeply in through your nose and out through your mouth
- Tighten all the muscles in your body
- Hold this tension for ten seconds
- Let go, breathe out, and shake out the tension in your body

Things to Remember

- Remember to take good care of yourself by staying positive, exercising regularly, getting enough rest, eating nutritiously, using good body mechanics, keeping a sense of humor, relaxing, and doing something enjoyable when you can.
- Always believe in yourself and your abilities.
- Remember that you have the strength, courage, compassion, and wisdom to succeed.
- Thanks for your participation.

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UCARE MODULE TOPICS

1. Providing Personal Care
2. Dementia and Memory Loss
3. A) Caring for Older Adults with Chronic Health Issues
3. B) Caring for Children with Special Health Care Needs
4. The Accessible Home
5. Taking Care of the Caregiver
6. Caring for those with Depression, Anxiety, Stress, or Mental Health Issues
7. Community Supports for Remaining at Home
8. Working Effectively with In-Home Service Providers
9. Keeping Your Home and the Person You Care for Safe
10. Eating Healthy for Life
11. Assistive Devices: Tools to Help You
12. Legal and Financial Matters: What You Need to Know

Acknowledgements

The UCare training materials were developed at the Center for Persons with Disabilities at Utah State University by:

Marilyn Hammond, Ph.D., Utah State University

Judith M. Holt, Ph.D., Utah State University

Jeanie Peck, LCSW, Utah State University

Alma Burgess, M.S., Utah State University

Tracy Golden, Ph.D., Utah Valley University

Sherry Castro, Utah State University

The following individuals played a significant role in reviewing and refining the UCare training materials:

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And ongoing support from the members of the Utah Coalition for Caregiver Support

Additional agencies and individuals involved in the review and editing of the ACTC materials include:

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This project was supported in part by grant number 90LR0021/01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

The Center for Persons with Disabilities at Utah State University provided additional funding.

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