

Make it Accessible: Practical Ideas for Home Modifications

New Brunswick Extra-Mural Program
Fredericton Unit Adult OT team

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Overview of Presentation

- Where we work & what we do
- What's Wrong with this Picture?
- Home Modifications: Virtual Tour
- Funding
- Interesting Ideas – Things to Consider
- What's Wrong with this Picture?
- Comments/Questions?

What is EMP?

- Home and community health care program
- Serving all ages
- 8 professional groups (OT, PT, SW, RN, RD, RT, SLP, LPN)
- The mandate of EMP is to promote, maintain and/or restore health within the context of our client's daily lives. When necessary, EMP provides services to support end of life care.

EMP OT Referrals

- Province of NB pays for services provided by EMP for clients who have a valid Medicare card
- Accept referrals from:
 - Physicians
 - Rehab professionals
 - Clients, family, schools
 - Other healthcare providers

What do OTs do at EMP?

- Serve all ages (School team and Adult team)
- Schools, community, nursing homes, residential care facilities
- Palliative care
- Home safety assessments
- Wheelchair prescription
- Home modifications
- ADL equipment

OT at EMP

“Community as an expertise”

- 4.5 FTEs (4 full time and one part time therapist)
- Nous offrons une service bilingue aussi
- Avg. waitlist 80 – 150
- Active caseload 45-60 clients

OT at EMP

- 35-50% of client referrals are home modification based
- Even if referral is NOT for home modifications, often making ***“recommendations”***

CAOT Position Statement on Universal Design

“Universal design creates environments, materials and tools that provide accessibility, adaptability, ease of use, and safety [...] Universal design contributes to a person’s health and well-being by facilitating participation in life’s occupations in the areas of self-care, productivity and leisure.”

(www.caot.ca)

Virtual tour – walk through house

- | | |
|----------------------|------------------|
| 1. Ramps | 6. Bathroom |
| 2. Entrances | 7. Bedroom |
| 3. Hallways | 8. Stairs |
| 4. Interior Doorways | 9. Miscellaneous |
| 5. Kitchen | |

1. Ramps

Ramps at a glance

- Materials
- Slope
- Handrail placement
- Prefab vs. constructed
- Finishes
- Location
- Manual vs. Power mobility
- Other Considerations

Ramps - Materials

- Pressure treated lumber
- Concrete
- Aluminum
- Interlock brick
- Composite decking (no maintenance, however \$\$\$)

(CMHC, 2006)

Ramps - Slope

- Building code 1:12
- CMHC recommends slope of 1:15
- 1:8 for power wheelchair user is acceptable
- CMHC recommends slope of 1:20 if primary user has limited strength or endurance

(CMHC, 2006)

Ramps - Handrail Placement

- 34"-36" above surface of ramp
- Handrails should be continued beyond the end of ramp (12" beyond sloped surface, top and bottom)
- Various materials (wood, plastic, metal, etc)
- Edge protection is required

(CMHC, 2006)

Ramps - Prefab Vs. Constructed

- Easy Access Modular Ramps
 - Renters
 - Palliative clients
 - Visitors
- Suitcase Ramps
 - Portable
 - Suitable for small threshold (no greater than 9 inches)



Ramps - Finishes

- Sanded paint
- Anti-slip strips
- Skateboard grip tape (inexpensive and multiple uses)

Ramps - Location

- Consider placing ramp inside attached garage
- Consider snow removal

Ramp vs. Porch Lift

- Height greater than 30" consider porch lift (economical/more esthetically pleasing)
- Consider CANADIAN WINTERS!!! Can the client/caregiver clear the ramp safely?



Other Considerations

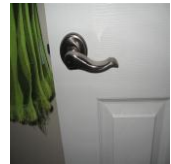
- Level Entrance Homes



2. Entrances

Entrances

- Recommended width of front entrance: 36" minimum
- Adequate maneuvering space (minimum 5' x 5')
- Covered entrance (rain/snow)
- Lowered peephole
- Lever style handle
- Ensure appropriate lighting
- Flush threshold (max ½ inch)
- Sensor lights

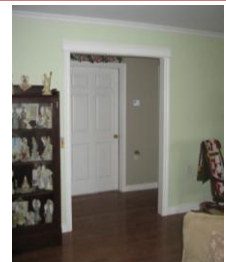


(CMHC, 2006)

3. Hallways

Hallways

- CMHC recommends 60" width
- Consider:
 - individual
 - width/length of wheelchair
 - type of wheelchair
 - wheelchair accessories
 - flooring
 - angle of door



(CMHC, 2005)

4. Interior Doorways

Interior Doorways



- Recommendation is 36"
- Inswing vs. Outswing
- Casings
- Pocket doors

Again consider:

- individual
- width of wheelchair
- type of wheelchair
- wheelchair accessories

Kelly & Snell, 1987

5. Kitchen

1. Appliances
2. Sink
3. Countertops
4. Cupboards
5. Other

Kitchen - Appliances



Fridge/Freezer

- Side-by-side refrigerator/freezer
- Slide out shelves within fridge
- See through shelving

Kitchen - Appliances



Cook top

- 32" height
- Open space below
- Braille overlays/ contrasting colours
- Knobs at front
 - Knob covers for easy hand grip
- Mirror (not shown)

Kitchen Appliances



Oven

- Wall mounted oven
- Counter space beside or Pull-out shelf under
- Side opening door
- Self-cleaning

Microwave

- On lowered countertop
- Counter space beside

Kitchen Sink

- Shallow depth
- Open space below
- Faucet with extended spout
- Touch taps (Kohler)
- Lowered height (32")
- Lever handles



Kitchen Countertops

Countertops

- 28-36" in height
- Pull out shelf with cutout
- Rounded edges
- Contrasting colour edging
- Kickboard



Kitchen - Cupboards

- Cupboards: ~54"
- Loop handle hardware vs. knob
- Pull-out workstation
- Cutouts
- Pull-out cupboard



Kitchen Cabinets and Storage

- Side swing and sliding cabinet doors
- Roll out drawers
- Drawers – loop handle
- Doors – lever handle
- Top cabinet lowered to 12-15" above counter
- Lazy Susan



Kitchen - \$\$\$\$\$

- Adjustable height shelving
- Adjustable height countertop
- UNILIFT & Appliance Lift (Lee Valley)

Other Appliances

- Washer and dryer
 - front loading
 - Consider placement (basement vs. main level)



6. Bathroom

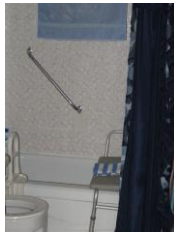
Bathroom

- Grab bar placement (CMHC article)
- Tub/shower
- Toilet
- Vanity
- Mirror
- ADL Equipment



Grab Bars

- Clamp on Tub Grab Bars
- Chrome Knurled Grab Bars (various lengths)
 - Angled
 - Straight
 - L-shaped
- Suction Cup grab bars
 - for balance/stabilizing
 - non weight bearing
- Floor to Ceiling Safety pole



Tub/Shower

- Remove Glass shower doors
- Anti-slip bathmats
- Hand held shower
- Bath Lift
- Tub Transfer Bench
- Shower chair
- Shower stool



Tub Cuts

- Cutting out side of existing tub
- Can be done on all types of tubs – including whirlpools (will disable jets)
- Can still use bathtub
- There is still a lip to step over (height dependent on edge of current tub)
- Included bath board vs. bath seat
- Cost
- Quick fix – done in one day

Stand up shower stalls/tub surrounds

- Unable to install after-market grab bars
- Reinforce behind with ¾ inch plywood if able to access back of unit.
- Required to step over 5" - 7" lip
- Can however sink into flooring or add a sub floor or add a threshold (collapsible)



Curbless Shower Unit

- 3' x 5' to accommodate shower commode or bath seat
- Gently sloped inward to drain in shower floor

Claw Foot Bathtub

- Tub Transfer benches do not work with claw foot bathtubs
- Some success with:
 - Hoyer lifts
 - Wall mounted lifts
 - Ceiling track lifts
 - Tub cuts



Challenges with Whirlpool tubs

- Transfers in and out
- Whirlpool tubs and ADL equipment do not jive

Toilets

- Recommended height is 17 ½ inches
- Highboy toilet
- Raised toilet seat
- Toilevator
- Toilet Seat Elevator
- Commode
- Toilet Safety Frame



Vanity/Mirror

- Pedestal sinks
- Belly sinks
- Lever style taps
- Angled mirrors



Safety bath

- | <i>Pros</i> | <i>Cons</i> |
|--|--|
| ■ Client is able to get a "soak" | ■ Must step over a 5"-6" lip |
| ■ Safe for ambulatory clients | ■ Require to sit in tub while tub fills and drains |
| ■ Caregiver can stand to assist with bathing | ■ Placement of hinges |
| ■ Seat in tub | ■ Price |
| | ■ Major installation |
| | ■ Seat is low in tub |

7. Bedroom

Bedroom

- Allow 5' x 5' space adjacent bed
- Closet doors
 - Pocket doors
 - Bi-fold doors
 - Lever handles on doors



Beds

- Low profile box spring
- Hospital bed
- Craftmatic/Ultramatic



8. Stairs

Stairs

- Height: no higher than 7"
- Depth: at least 11"
- Non-slip finish on edges
- Low pile carpet
- Contrasting strip of colour at edge of step
- Good lighting (light switch at top and bottom of stairs)
- At least one handrail: 34"-38" (extend length of stairs)



Stair Chairs

- Client must be able to sit at 90 degrees at all joints
- Requires trunk control and balance
- Requires fine motor control to operate
- Fold up track at bottom to eliminate tripping hazard
- Power source required at bottom of stairs
- Creative solutions to eliminate need for curved stair chair
- Require two mobility devices (up and down)
- Limited funding
- Cost

9. Miscellaneous

Flooring

- Hard and continuous
- Recommended flooring:
 - Sheet Vinyl !!!!!
 - Hardwood
- Flooring to be wary of (especially if using a power chair):
 - Ceramic
 - Laminate
 - AVOID CARPET

Light Switches

- Wheelchair users
- Large, easy press switch
- Recommended height of switches: 36"

Ceiling Track Lifts

- Easy track vs. Portable vs. Permanent
- Mobile homes – Easy track
- "old homes" – integrity of wood & spacing of ceiling joists
- Joists must be running in correct direction
- Basement – dropped ceiling
- Engineered Trusses vs. 2'x6' wood joists



Mini Home/Mobile Home/Trailer

- Difficult to install anything in ceiling or walls.
- Strapping vs. joists and 2x4 studs
- Floor to ceiling poles, PT rails, ceiling tracks, wall mounted grab bars (nothing to attach to)
- Hallway and door widths
- Typically a major overhaul
- ?reinforce ceiling to allow superpole to be installed

Funding at a glance

- Private
- VAC
- Workers Compensation/motor vehicle insurance
- CMHC
- First Nations/Band Councils

CMHC Programs

- Residential Rehabilitation Assistance Program (RRAP) for Persons with Disabilities
 - For homeowners and landlords to make dwellings accessible
 - For low-income persons with disabilities
 - Also to create secondary and garden suites for seniors and adults with disabilities who are low income

CMHC Programs

- Home Adaptations for Seniors' Independence (HASI) Program
 - For homeowners who are seniors and landlords or tenants who are seniors to assist with funding to keep seniors in their homes
- CMHC Contact
 - 1 800 668-2642 TTY: 1 800 309-3388
 - www.cnhc.ca

CHMC funding throughout Canada

Alberta

- Department of Community Development
 - 310-0000 TTY: 1 800 232-7215
 - www.cd.gov.ab.ca/helping_albertans
- For information on all topics:
- Service Alberta
 - 310-0000 TTY: 1 800 232-7215
 - www.servicealberta.gov.ab.ca

CHMC funding throughout Canada

British Columbia

- Ministry of Employment and Income Assistance
 - 1 800 663-7867 TTY: 1 800 661-8773
- For information on all other topics
- Enquiry B.C. Information Line
 - 1 800 663-7867 TTY: 1 800 661-8773
 - www.gov.bc.ca

CHMC funding throughout Canada

Manitoba

- Manitoba Family Services and Housing
 - 1 866 626-4862 TTY: 1 204 945-4796
 - www.gov.mb.ca/fs/pwd
- For information on all other services
- Manitoba Government Inquiry
 - 1 866 626-4862 TTY: 1 204 945-4796
 - www.gov.mb.ca/online

CHMC funding throughout Canada

New Brunswick

- Premier's Council on the Status of Disabled Persons
 - 1 800 442-4412 TTY: 1 800 442-4412
 - www.gnb.ca/0048/english
- For information on all other topics
- Service New Brunswick
 - 1 888 762-8600
 - www.snb.ca

CHMC funding throughout Canada

Newfoundland and Labrador

- Department of Health and Community Services
 - 1 709 729-4984
 - www.gov.nf.ca/health

For information on all other topics:

- Government of Newfoundland and Labrador Services Directory
 - www.gov.nl.ca/services

CHMC funding throughout Canada

Northwest Territories

- Northwest Territories council of Persons with Disabilities
 - 1 800 491-8885 TTY: 1 867 920-2674
 - www.nwtability.ca

CHMC funding throughout Canada

Nova Scotia

- Nova Scotia Disabled Persons Commission
 - 1 800 565-8280 TTY: 1 877 996-9954
 - www.gov.ns.ca/dis

For more information on all other topics:

- Service Nova Scotia
 - 1 800 670-4357 TTY: 1 877 404-0867
 - www.gov.ns.ca/snsmr

CHMC funding throughout Canada

Nunavut

- Department of Health and Social Services
 - 1 867 975-5700
 - www.gov.nu.ca/hss.htm

CHMC funding throughout Canada

Ontario

- Accessibility Ontario
 - 1 888 520-5828 TTY: 1 888 335-6611
 - www.mcass.gov.on.ca/accessibility/index.html
- For more information on all other topics
- Government of Ontario Information Service
 - 1 800 267-8097 TTY: 1 800 268-7095
 - www.serviceontario.ca

CHMC funding throughout Canada

Prince Edward Island

- Prince Edward Island Council of the Disabled
 - 1 902 892-9149 (call collect within P.E.I.)
 - www.peicod.pe.ca
- For informatino on all other topics:
- InfoPEI
 - 1 800 236-5196
 - www.gov.pe.ca/infopei

CHMC funding throughout Canada

Québec

- Office des personnes handicapées du Québec
 - 1 800 567-1465 TTY: 1 800 567-1477
 - www.ophq.gouv.qc.ca (French only site)

For information on all other topics:

- Services Québec
 - 1 800 363-1363 TTY: 1 800 361-9596
 - www.gouv.qc.ca

Information for Persons with Disabilities

- Ministry of Health and Social Services
 - 1 800 707-3380
 - www.msss.gouv.qc.ca/en/sujets/groupe/peuple_disabilities.html

CHMC funding throughout Canada

Saskatchewan

Office of Disability Issues

- Department of Community Resources and Employment
 - 1 306 787-7283 TTY: 1 306 787-7283
 - www.gov.sk.ca/odi

CHMC funding throughout Canada

Yukon

- Yukon Council on Disability
 - 1 867 668-6703
 - www.ycod.yk.ca

For information on all other topics:

- Inquiry Centre
 - 1 800 661-0408 TTY: 1 867 393-7460
 - People outside Whitehouse can call collect through the Relay Operator, or dial direct and request an immediate call-back
 - www.gov.yk.ca/services

Adapting areas you wouldn't think

- Making use of 'dead' space throughout the home
- Bedroom closet/space for washer/dryer → bathtub space
- Hot water heater room → shower wet room
- Linen closet → vanity and sink
- "Think outside the box".....

Tricks of the Trade

- Swing clear hinges
- Remove door frame to increase clearance
- Reverse hinges to add additional turning space (i.e. bathroom)
- Pocket doors
- Light sensing night-lights
- Porch lift (30" +)
- Anti-slip spray on tiles
- Cutting shower curtain to use with TTB (or use 2)
- Toilevator vs. RTS
- Grab bars at the top and bottom of stairs (i.e. 2 steps)
- Skateboard grip tape
- Paint and sand

Questions/Comments??

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- www.nhcc.nf.ca
- <http://www.gnb.ca/0017/Housing/>
- <http://www.cmhc.ca/en/colprfinas/index.cfm>