

# Home Adaptions for Safety and Accessibility

UPF Conference, March 28, 2009

Sharon K. Krueger

# Simple Changes

Eliminate throw rugs and other trip hazards

Choose flooring that has good traction; non-skid products are often available in commercial or industrial floor lines

- A carpet without a thick, squishy pad
- Textured floor products, or floors with cork or rubber pieces added to provide traction (Altros, Johnsonite, Marley Safetred Aqua)
- The right ceramic tile can be slip-resistant, but a rubber floor can cushion a fall

# Simple Changes

## Add grab bars

Even towel bars should be replaced with grab bars, since you won't stop to think about what you are grabbing, mid-fall!



# Steps and Ramps

Ramp existing steps or reduce step height



Raise an existing floor to eliminate that 1970's sunken living room!



Sub-divide steps. Be sure that railings extend beyond the steps.



# Lever Handles are Easy to Grab with a Hand or Tool



# Fitting a Wheelchair into your Home

You can gain ~2" clearance by replacing traditional hinges with "swing-away", "off-set" or "swing-clear"





# Fitting a Wheelchair into your Home

Trim away 90 degree turns,



and widen doorways if necessary.



# Fitting a Wheelchair into your Home

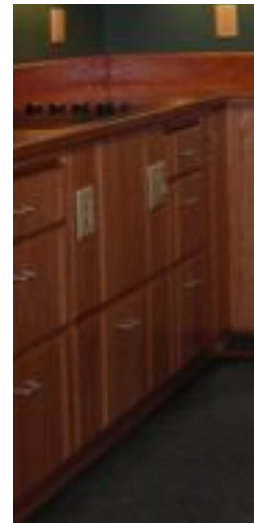


Widen doorways  
Eliminate/minimize transitions at thresholds  
Put a ramp into a sunken living room, or raise the floor



Raise floor outlets

Lower wall switches and outlets  
Place outlets and switches at the front of cabinets  
Switch to rocker switches





# The Accessible Kitchen



# The Accessible Kitchen



A pull-out board becomes a handy work space

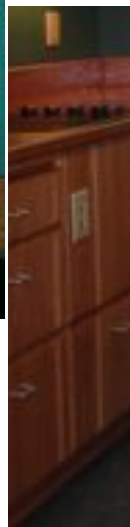
# The Accessible Kitchen



A Granberg Verti-shelf (from Sweden) is an ideal, but costly way to bring your shelf contents to you!



The Rev-A-Shelf Pull-Down Shelf is inexpensive, but is best suited for height impairment, NOT strength impairment!



# Bathrooms



A Toilevator mounts under an existing fixture, adding ~4"



The Clark Medical Papi-Lift can bring you up to your feet

(Very similar to Stand-Aid of Iowa's Power Toilet Lift)



# Tub/Shower Solutions



Add a lift seat to an existing tub



Install a walk-in tub



Install a "roll-in", barrier-free shower

# Remodeling Suggestions

Suggestions if you are going to remodel your bathroom and a wheelchair *might* be in your future:

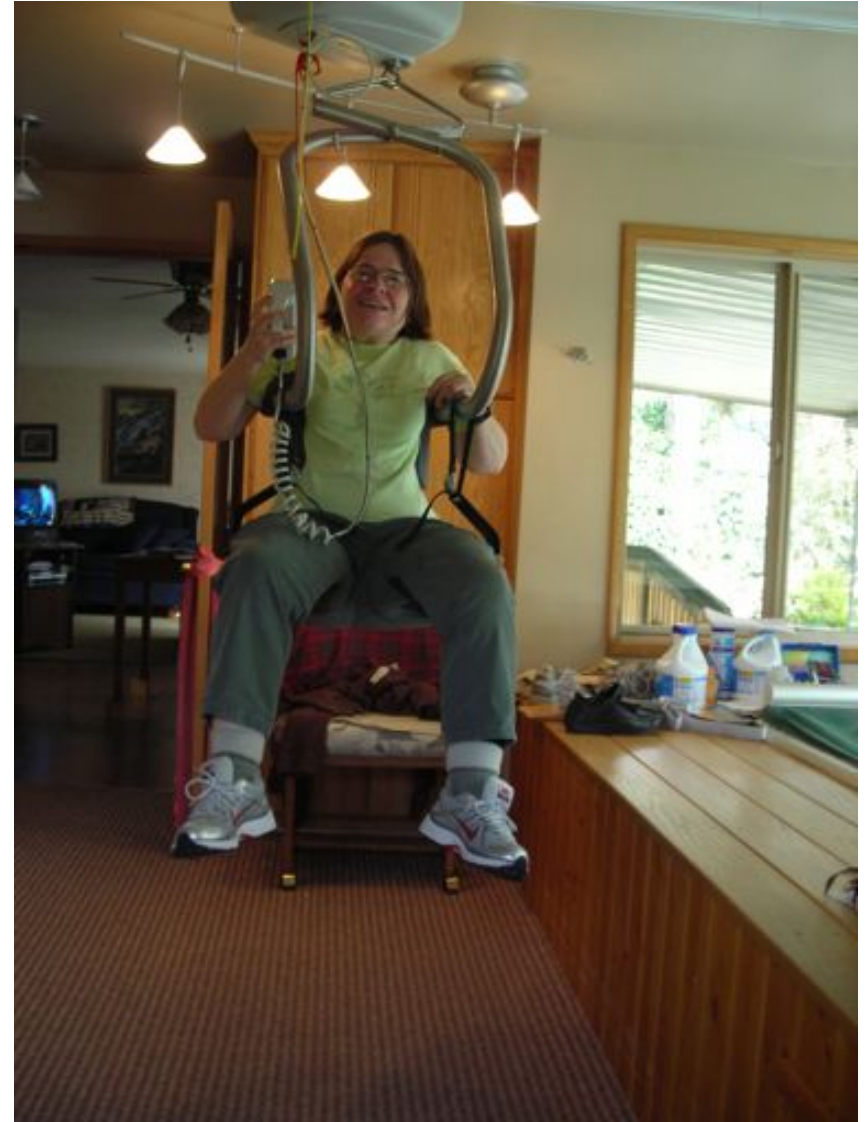
- Choose a wall mounted sink you can get your knees under
- Leave enough free space next to the toilet to park a wheelchair for a sliding board transfer
- Use a lot of grab bars
- Be sure that a roll-in shower is a no threshold shower (an ADA roll-in shower may have up to a 2" lip)
- Avoid shower doors if you may make a sliding board transfer
- Keep the space between the toilet and shower/tub free of barriers (no walls to interfere with a sliding board transfer or a ceiling lift transfer)

**General Observation:** It is very difficult to remodel for a degenerative disease, since your capabilities are always changing

- Seek advice from informed contractors/designers
- Check-out Universal/Accessible Design Specialists and websites
- Seek advice from people who have been through it
- Remember that an accessible home is usable by everyone! And advocate for "Enterable" home standards!



A lift can pick you up from a fall too!



Make the  
Outdoors  
Accessible  
Too!

