Multifactorial Strategies of Home Modifications
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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

The home modifications process
- Assessment
- Identifying problems
- Specifying solutions
- Legality Issues
- Priorities
- Product selection
- Funding
- Providers
- Installation
- Quality
- Assessing effectiveness *

Sensory Barriers
- Hearing
- Vision

Take a minute…
- Difficulty?
- Why?
- Solution
- Task Analysis
  – Identify products
  – Examination

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
  - Sensory Issues related to Home Modifications
  - Patient Education and Awareness
Sensory Disabilities

- Hearing disabilities ➔ visual adaptations
  - telephone ringer, the doorbell, and smoke alarms
- Blind ➔ tactile marking of changes
  - floor level
  - stair edges
  - braille markings
- Low vision ➔
  - Large print markings and displays,
  - contrasting colors to distinguish changes
  - proper lighting
  - reduced glare from lighting and windows

Hearing Assessment Strategies

Look to see if patient:
- Misunderstands words
- Has trouble following conversation
- Turns up volume on TV
- Avoids social events
- Does not answer phone or door
- Does not respond to conversation

Hearing Assessment Strategies

- Ask the person if he/she can hear the sound of a ticking watch
- Rub 2 shoes together on the carpet
- Close eyes while having conversation

Strategies for working with someone with hearing loss in the home
- Don’t shout
- Turn off TV
- Talk face to face
- Don’t cover your mouth
- Speak clearly
- Encourage patient to ask for help

Home modification suggestions for hearing
- Hearing Aids
- Teletypewriters (TTY)
- Amplified handsets
- Listening Devices
- Extension bell
- Visible warning signs with audible
- Quiet corner
- Carpeting
- Electronic devices
Additional Barriers in the home with Hearing
- Non-compliance
- Poor maintenance
- Denial
- Cannot get out to get new batteries

Hearing Resources
- Better Hearing Institute
  - 1-800-EAR-WELL
- Galludet University
  - 202-651-5000
- Hear Now
  - 800-648-HEAR

Vision Barriers in the Home
Home modification suggestions for low vision

- Clearly mark hazardous changes
- Position furniture away from walking areas
- Adjust lighting
- Think COLOR

In the Kitchen...

- Cutting boards
- Serving bowls
- Cups
- Placemats
- Pot handles

Visual Strategies for Home Modifications

- [http://www.youtube.com/user/afb1921?blend=14&ob=5#p/u/6/DMgSf_M31x0](http://www.youtube.com/user/afb1921?blend=14&ob=5#p/u/6/DMgSf_M31x0)
- [http://www.youtube.com/watch?v=l6UN7PwcuqM](http://www.youtube.com/watch?v=l6UN7PwcuqM)
- [http://www.youtube.com/watch?v=DwtH1mO4eE0](http://www.youtube.com/watch?v=DwtH1mO4eE0)
- [http://www.youtube.com/watch?v=kvFJgv1J-Uk](http://www.youtube.com/watch?v=kvFJgv1J-Uk)
In the Bathroom
• Contrasting towels and mats
• Soaps
• Toothbrushes

Barriers related to vision loss
• Denial
• “Normal” vision loss
• Loss of leisure activities
• Age
• Non-Compliance

Additional Resources for Vision
• National Library Service for the Blind and Physically Handicapped
  – www.loc.gov/nls
• National Association for the Visually Handicapped
  – www.navh.org
• Glaucoma Research Foundation
  – www.glaucoma.org
• Association for Macular Degeneration
  – www.macula.org
• Lighthouse for the Blind
  – www.lighthouse.org
• Braille Institute
  – www.brailleinstitute.org
• National Eye Institute

Working with the difficult patient
• http://www.youtube.com/watch?v=1sXDGjtOyQ

Home modifications and psych considerations
• Psychotropic meds
• Poor nutrition
• Smokers
• Fatigue
• Falls risk
• SOB

Home modifications and psych considerations
• Hypertension
• Obesity
• Cardiac disease
• Diabetes
• COPD
• Smokers
• Disorganization
• Impaired judgment
• Tactile and sensory issues
Cognitive and Communications Strategies

Make Meals Easier
- Limit distractions
- Keep the table setting simple
- Distinguish food from plate/bowl
- Food temperature
- Limit food amounts
- Time

Encourage Independence
- Make the most of the abilities
- Finger foods
- Adapt place settings
- "watch me"

Cognitive and Communications Strategies

Bathroom
- Gather supplies
- Warmth
- Large towels
- Hand held shower
- Help person feel in control
- Behavior
- Routines

Home adaptations for people with dementia
- Wandering
- Disorientation
- Pacing
- Agitation
- Perceptual problems
- Safety
Environmental Triggers

- www.thiscaringhome.org
- Environmental Hallucinations
- Noise
- Dementia Unfriendly Bathing
- Lost items, dysfunction, clutter
- Room temperature

• Caregiverstress.com

http://www.thiscaringhome.org/virtual_home/bathroom_7steps.aspx
Additional home modification suggestions for the older client

- Install large lever-type controls, latches, knobs
- Use stable furnishings without sharp corners
- Remove scatter rugs, clutter, and sharp objects
- Create barriers and dangerous spots
- Relocate
- Establish storage areas
- Energy conservation

Simple changes
1. Nightlights in hallways or bathroom
2. Non skid strips in bathtubs
3. Higher wattage light bulbs
4. Faucet knobs replaced with levers
5. Large number telephones
6. Double sided tape
7. Emergency response system
8. Door knobs to levers
9. Non slip steps strips

Funding

Funding sources

- Financing
- State and Local
- Public Sources
- Private Sources
- Insurance
- Reverse mortgages
- Accessory or Echo housing
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State/Community support for home modifications

- Do it yourself
- Friend/relative to help
- Dept of Aging contact
- Recommendations from friends
- Licensed and bonded contractor- get all in advance
- Written agreement
- Small down payment
- Final payment after all is done
- Better business bureau- performance record
- Project Metropair
- VESID
- EPVA
- Crimes Victims Board

Medicaid Waiver Programs

- 40163.90.r1
- 40176.90
- 40200
- 0034.90.r3
- .238.90r1
- 0269.90
- 0296.90
- 4125.90.r2

Landlord’s resources

- Contact IRS or a tax accountant for deductions
- Possible tax credit
- Unincorporated business- Schedule C
- Incorporated- accountant

Renters’ resources

- Low-income renters
  - State or local funding
- High-income renters
  - No access to public grants
  - No access to subsidized loans
  - Own resources
  - Private resources
  - Discuss with landlord

Funding- MS Society

- Members can apply for funding
- Members can receive up to 3 round trip transportations to a medically related appt
- Home and Auto Modification
Additional community resources

In Summary...

- Barriers aren’t always physical
- Difficult patients may not always just be difficult
- Resources are available for caregivers as well as clinicians
- Coordination and communication are key to breaking barriers
- Funding may be difficult but still express options available to client.

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