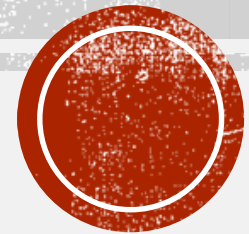




IMPROVING FARM HOME ACCESSIBILITY, SAFETY, AND USE OF SPACE

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**AGRABILITY VIRTUAL NATIONAL TRAINING WORKSHOP
WEDNESDAY, JANUARY 24 2018, 3:00 P.M. ET**



BASIC WEBINAR INSTRUCTIONS

- Audio available through computer or phone.
- Check sound via Communicate menu at top left
- Closed captions: use arrow to expand or contract the Media Viewer window. You may have to enter some log-in information.
- Expand/contract any of the windows in the right-hand column with the arrows. May need to do this to see video of presenter.
- Expand/contract the size of the right-hand column.



BASIC WEBINAR INSTRUCTIONS

Questions and comments

- Click Chat icon at top right of screen (it should turn blue). Enter message in box, choose who to send it to, and click send. You may enter questions about the presentation at any time. Please send to “All Panelists”.
- In addition, during the Q & A period, if you have a web microphone, click the “Raise Hand” icon to indicate that you have a question. We will enable your microphone or phone connection.



BASIC WEBINAR INSTRUCTIONS

- 4 quick survey questions + opportunity to share comments
- Session recorded and archived with PowerPoint files at www.agrability.org/Online-Training
- Problems: use chat window or email jonesp@purdue.edu





- **AgrAbility:** USDA–sponsored program that assists farmers, ranchers, and other agricultural workers with disabilities.
 - Partners land–grant universities with disability services organizations. Currently 20 state projects
 - National AgrAbility Project: Led by Purdue’s Breaking New Ground Resource Center.
 - Partners include:
 - Goodwill of the Finger Lakes
 - APRIL (Association of Programs for Rural Independent Living)
 - Colorado State University
 - Washington State University
 - More information available at www.agrability.org



IMPROVING FARM HOME ACCESSIBILITY, SAFETY, AND USE OF SPACE



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OBJECTIVES FOR SESSION

- Participants will be able to identify major barriers to farm home access and use of space for farmers with mobility impairments.
- Participants will be able to use consumer-oriented home assessments to help farmers identify and prioritize rearrangement of physical spaces and make informed decisions about cost-effective and efficient modifications to improve safety and use of space.
- Participants will be able to share ideas with AgrAbility customers about low-cost, moderate cost, and high cost strategies to improve the farm home environment over an extended time to “age in place”.



HOME IS WHERE THE HEART IS



- Farm is often the “home place”
- Generations of family born, grown up, passed down
- A place of attachment, memories, and treasured possessions
- A home reflects who we are, what we value, what we “do”
- Contemplating making changes to the home can be stressful and emotional



THE UPSIDE TO CHANGE

- Changes to the Farm home may:
 - Foster continued independence
 - Enjoyment of one's home
 - Increase safety
- **Not** making changes may:
 - Increase risk of injury
 - Put others at risk
 - Make us a prisoner in our home because of structural barriers



SOME SOBERING STATISTICS

- 20,000 deaths, 7 million disabling injuries, and 20 million hospital trips in the U.S. each year. (WebMD, 2018; CDC, 2014)
- Majority of the deaths were from **falls** (Runyan & Casteel, 2004).
- Each year in the United States, an average of more than 7,000 adults 65 and older die as a result of a home injury. Falls are the leading cause of home injury death.
- When surveyed, the majority of people say they can't think of anything to change in their homes that would make them safer.



RURAL & FARM HOUSING

- More than 50% of all rural housing are manufactured homes
- 1.5 million or 5.8 percent of homes outside metropolitan areas are either moderately or severely substandard, a proportion slightly higher than the national rate
- In some rural communities, especially on Native American lands and in Alaska, the incidence of homes lacking basic plumbing is more than 10 times the national level
- Farm homes are often “older stock” with narrow stairways and doorways, lacking handrails, built on tall foundations, confined bathrooms spaces, and multi-story



MAKING OBSERVATIONS: COMMON HOME ACCESS BARRIERS



- Approach to the home:
 - What is the surface? Gravel, dirt, mud, paved sidewalk? Potholes?
 - Are sidewalks too narrow or buckling from tree roots?
 - Shrubs overhanging walkways?
 - Which direction is the house facing?



MAKING OBSERVATIONS: COMMON HOME ACCESS BARRIERS

- Entrances
 - Are there stairs? A ramp? Handrails?
 - Is there available and accessible porch lighting?
 - What kind of threshold is there?
 - How wide is the doorway?
 - What kind of door handles? What kind of door? Is there a storm door?
 - Is the construction sturdy?



MAKING OBSERVATIONS: COMMON HOME ACCESS BARRIERS

- General Home Interior
 - Flooring?
 - Lighting?
 - Mobility access? Width of doorways? Interior stairs?
 - Location of outlets
 - Window coverings
- General safety
 - Tidy or cluttered? Trip hazards?
 - Smoke detectors? CO Detector? Fire extinguisher?
 - Emergency egress (front and rear of home, bedrooms)
 - Tornado country: ground level saferoom



MAKING OBSERVATIONS: BATHROOMS

- Bathrooms
 - Narrow doorways?
 - Sketch general layout of fixtures/take photos
 - Note whether bath/shower combo, step-in shower?
 - How high is tub? Nonslip surfaces in tub?
 - Is there any bathroom equipment already in place? (i.e. long handled shower hose, bath bench or chair, grab bars)
 - Lighting? Environmental adjustment (wall heater, heated towel bar? Venting?)
 - Rugs?
 - Can person sit or stand at the sink?
 - Safety: wet duty plug-ins and lighting? (Must be GFCI-protected)



MAKING OBSERVATIONS: BEDROOMS

- Bedrooms
 - Doorway?
 - Lighting?
 - Flooring?
 - Layout? Furnishing?
 - Bed? Access around bed?
 - Room for lift equipment?
- Safety
 - Emergency egress? CO & smoke detectors?
 - Emergency lighting?
 - Absence of trip hazards?
Presence of smoking materials?



MAKING OBSERVATIONS: KITCHENS



- Flooring? Condition of flooring?
- Lighting?
- Stove: gas or electric?
- Countertops? Cupboards?
- Clutter?
- Access to oven, refrigerator?
- Access to pantry?
- Faucets and sink?
- Knives and cooking utensils?
- Safety: fire extinguisher? Smoke detector?



MAKING OBSERVATIONS: LAUNDRY



- Are supplies accessible? Shelving in reach?
- Door handles to the area?
- Are appliances front loading and on pedestals?
- Are motion sensing lights installed?
- Are they GFCI outlets?
- Properly vented?
- Condition of flooring?



MOST COMMONLY NEEDED MODIFICATIONS

- Ramps
- Bathroom grab bars near the toilet and in the shower or tub
- Railings on both sides of a stairway
- Widening of door frames for greater access to common areas such as bathrooms, kitchens, and bedrooms
- Repair and removal of structural barriers: inadequate flooring, uneven transitions between flooring surfaces, and other non-structural barriers (i.e. furniture)
- Most common structural issues: limited floor space, limited wall space for grab bars, no wall stud where one is needed, unknown barriers within walls, financial limitations
- P.S. Fact or fiction? Must follow ADA recommendations for private dwellings?



SOLUTION HIERARCHY FOR HOME MODS

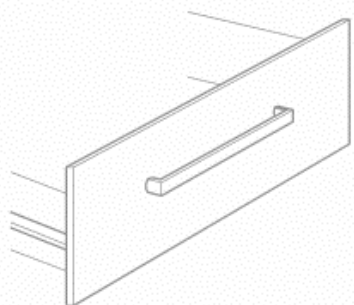
- Solve the problem without purchasing additional equipment or making modifications (ex. Rearrange furnishings, remove trip hazards)
- Make simple changes using commercially available products (ex. change to lever door knobs, nonskid/nonslip products, increase lighting, add swing away hinges to doors to get an extra two inches of clearance, add safety equipment)
- Moderate modifications (ex. add ramps, reconfigure stairs, widen doorways, add commercially available environmental mods, shore up structure)
- Extensive modifications (ex. Bathroom remodel, adding safe room, refurbishment, new construction)



RESPECT AUTONOMY

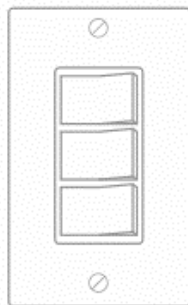
- **Must** be a client and client family-driven process
- However, several **education** tools on the home mods process that you can provide:
- AARP (in English or Spanish)
 - <https://www.aarp.org/content/dam/aarp/livable-communities/old-learn/housing/home-modifications-to-promote-independent-living-2010-aarp.pdf>
 - <https://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html>





- ☐ **Use D-shaped handles, not round cabinet knobs**

Because D-shaped handles are easier to grip



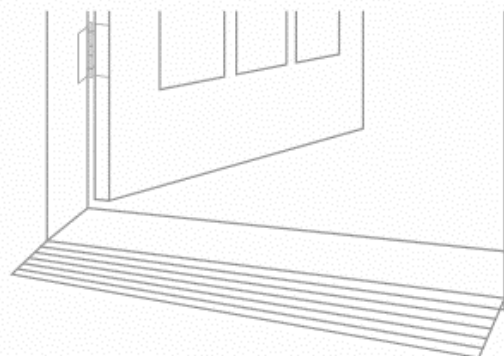
- ☐ **Use rocker-style wall switches, not toggle wall switches**

Because a rocker-style "push" switch is easier for everyone to use than an up-and-down "flip" switch



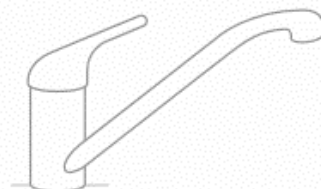
- ☐ **Use lever handles, not round doorknobs or thumb-push handles**

Because lever handles are easier to manage, even when your hands are full



- ☐ **Use a no-step or compressible rubber threshold, not a raised or hard threshold**

Because a no-step or zero-step entry into the home lessens tripping hazards and allows easier access for wheelchairs and strollers



- ☐ **Use lever-, touch- or sensor-style faucets, not round turn handles or knobs**

Because round handles or knobs can be difficult to grip

Is My Home "HomeFit"?

Read the following questions and check the box when your answer is "No."
Your responses will help you identify how your home can become more "HomeFit."

(Skip any questions that don't apply or you're unsure about.)

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Is there at least one step-free entrance into your home? | <input type="checkbox"/> Are your staircases well lighted? | <input type="checkbox"/> Are the exterior door thresholds easy to see? | <input type="checkbox"/> Are there nonslip strips or nonslip mats in the bathtub and/or shower? |
| <input type="checkbox"/> Is there a bedroom, full bathroom and kitchen on the main level? | <input type="checkbox"/> Are your exterior walkways and entrances well lighted? | <input type="checkbox"/> Do all of your area rugs have nonslip strips to prevent tripping or slipping? | <input type="checkbox"/> Is your hot water heater set at or below 120°F? |
| <input type="checkbox"/> Are the interior doorways at least 36" wide? | <input type="checkbox"/> Are your exterior walkways in a safe condition, free of tripping hazards? | <input type="checkbox"/> Is the carpeting on your stairs secure and in good condition? | <input type="checkbox"/> Are there smoke and carbon monoxide detectors on each floor of the home? |
| <input type="checkbox"/> Does your kitchen have a work surface you can use while seated? | <input type="checkbox"/> Is your home's address number clearly visible from the street? | <input type="checkbox"/> Are the switches that control stairway light fixtures located at both the top and bottom of the stairs? | <input type="checkbox"/> Can a smoke and carbon monoxide detector be heard in every bedroom? |
| <input type="checkbox"/> Is there a fire extinguisher within reach of the oven or stove? | <input type="checkbox"/> Is the entrance door easy for you to unlock, lock, open and close? | <input type="checkbox"/> Are all electrical and phone cords safely located (so they aren't a tripping hazard)? | <input type="checkbox"/> Is a telephone easily accessible on every level of your home? |
| <input type="checkbox"/> Are your kitchen cabinets and shelves easy for you to reach? | <input type="checkbox"/> Do your exterior doors have secure locks that can't accidentally lock you in or out of the home? | <input type="checkbox"/> Do you have a shower with a step-free entry? | <input type="checkbox"/> Do you have flashlights in multiple rooms (in case of a power failure)? |
| <input type="checkbox"/> Does your kitchen have a lever-, touch- or sensor-style faucet? | <input type="checkbox"/> Does your entrance door have a peephole, viewing panel or security technology so you can see who is outside? | <input type="checkbox"/> Are the bathroom cabinets and shelves easy for you to reach? | |
| <input type="checkbox"/> If you use a step stool, does it have nonslip surfaces and a handle you can grip? | <input type="checkbox"/> Does your entrance door have a secure slide latch or chain so you can open the door enough to speak with someone outside while not fully unlocking and opening the door? | <input type="checkbox"/> Does your bathroom have a lever-, touch- or sensor-style faucet? | |
| <input type="checkbox"/> Are there secure handrails on both sides of your stairs? | | <input type="checkbox"/> Is there "blocking" (e.g., a wood stud or other solid surface) behind the bathroom walls so grab bars can be securely installed in the bathtub, shower and toilet areas? | |
| <input type="checkbox"/> Are your hallways well lighted? (Can you see what's in front of you and on the floor beneath you?) | | | |



AARP
Real Possibilities

ASSESSMENTS

- CASPAR
- Comprehensive Assessment and Solution Process for Aging Residents
- Consists of six sections:
 - Contact information
 - Client information
 - Problems in the home
 - Client goals
 - Description of the home
 - Summary information
- Materials needed: CASPAR, Camera, 25' tape measure
- Download from: <https://www.ehls.com/national-grants/>

2.0

CLIENT INFORMATION

A Personal Information

Age _____ (years) Height _____ Weight _____ Gender M _____ F _____

B Client's Medical Diagnoses or Disabilities

Primary medical diagnosis: _____ Year of onset: _____
 Other health conditions, physical disabilities, cognitive/intellectual impairments or behavioral issues that affect client's ability to do things in the home. _____

C Mobility Aids Used (check all that apply)

- ☐ Cane(s) Type _____ ☐ Crutch(es) Type _____ ☐ Walker Type _____
☐ Scooter ☐ Manual Wheelchair Width _____
 Widest Width _____ Widest Width _____ ☐ Power Wheelchair
 Max. Length _____ Max. Length _____ Widest Width _____
 Seat Height _____ Seat Height _____ Max. Length _____
 Seat Height _____

D Functional Movement Abilities

Step 1. Check the box corresponding to the **client's rating** of difficulty when the following tasks are done without personal assistance.

Step 2. List any **mobility aid(s)** checked in item C above that is (are) used when doing each task.

Step 3. Provide any **additional comments** that further describe how each task is completed.

Tasks	Step 1: Client's Rating				Step 2: Mobility Aids Used	Step 3: Comments
	Cannot or Do Not Do	Very Difficult	Difficult	Not Difficult		
Turn on light a switch.	0	1	2	3		
Push a button.	0	1	2	3		
Open a drawer.	0	1	2	3		
Turn a doorknob.	0	1	2	3		
Sit upright in a chair.	0	1	2	3		
Transfer from a chair to wheelchair.	0	1	2	3		
Get up from chair and stand.	0	1	2	3		
Walk five feet.	0	1	2	3		
Walk across a room.	0	1	2	3		
Step up on a curb.	0	1	2	3		
Walk up three steps.	0	1	2	3		
Walk up 10 steps or more.	0	1	2	3		
Roll/propel wheelchair 5ft.	0	1	2	3		
Roll/propel wheelchair across a room	0	1	2	3		



CALL IN THE BIG GUNS

- Certified Aging in Place Specialists
- The National Association of Home Builders (NAHB), in collaboration with AARP and other experts, developed the Certified Aging-in-Place Specialist (CAPS) designation, which is achieved through training and testing during a multicourse educational program.
- CAPS:
 - understands the unique needs of the older adult population
 - knowledgeable about aging-in-place home modifications, common remodeling projects and solutions to common barriers.
 - <https://www.nahb.org/en/learn/designations/certified-aging-in-place-specialist.aspx>



CALL IN THE BIG GUNS

- Occupational Therapists
- Occupational therapists (OTs) are licensed health care professionals who understand the health and disability issues people face over a lifetime and know how to match the abilities of an individual with needed supports.
- OTs are skilled at performing home assessments that identify a person's daily routines and activities and the barriers that impact performing them. An OT then works with the individual, the family and others to identify solutions for achieving the desired goals.
- Provide a home evaluation and recommend changes to increase safety and ease of use
- Identify furnishings, equipment and techniques that can help with regular or needed activities
- Collaborate with a home improvement contractor to develop a modification or build plan that will meet the needs of an individual or household
- Work with clients after the modifications, equipment or specialized products have been installed in order to ensure safe usage



RECOMMENDATIONS FOR CLIENTS NEEDING A CONTRACTOR

- Get a prescription or letter of medical necessity from a doctor or occupational therapist describing what modifications are needed
- Find an established local contractor (someone who cares about the quality of their work and reputation)
- Make sure they have insurance and is licensed to do the work required (ask for a copy)
- Does the contractor have experience with disability retrofits? Ask for references! Call them! Get three bids
- Make sure they can stay within budget, ask for a written agreement
- NEVER pay all the money up front!!!!!! Make sure they get permitted from city/county



FINANCIAL RESOURCES TO MAKE RENOVATIONS

- Farmers Home Administration: grants and loans are available for rural low-income elders
- Local Community Development Department: many cities and towns use Community Development Block grants to help citizens maintain and upgrade their homes
- Local Housing/Energy Department: Low-Income Home Energy Assistance program and Weatherization Assistance Program for low-income persons
- Physician/Health Care Provider: funds from Medicare/Medicaid may be available for durable medical equipment with a doctor's prescription



FINANCIAL RESOURCES TO MAKE RENOVATIONS

- Area Offices on Aging: funds from the Older Americans Act Title III often can be used to modify and repair homes
- Federal Government: Rural Housing Repair and Rehabilitation Loans
- Alternative Financing Programs, Equipment Exchange Programs, Tele to work Grants: Assistive Technology Projects & partners
- Veteran's Administration: service connected disabilities are eligible for one-time home modifications up to a financial thresh hold



Q & A?

- Any final questions or comments?

