



# Accessible products for you and your home

*Living With/Living Well* is a free public education series offered by Toronto Rehab. It features events and resource materials to help people learn to overcome or prevent serious injury and illness so they can live life to the fullest. For more information about *Living With/Living Well*, visit [www.torontorehab.com/livingwithlivingwell](http://www.torontorehab.com/livingwithlivingwell).

# Accessible Products for You and Your Home

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Barrier Free Construction

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## Outline

- Accessibility and assistive devices
- Home accessibility
  - Exterior and interior access into the home
  - Activities and rooms of the house
- Barriers to accessibility and use of assistive devices
- Resources
- Take Home Messages
- Questions



## Accessibility

- Accessibility describes the degree to which a product, device, service, or environment is accessible by as many people as possible.
- Accessibility is often used to focus on people with disabilities and their access to activities and environments often through use of assistive devices.

## Assistive Devices

- Assistive devices promote greater independence by enabling people to perform tasks that they were formerly unable to accomplish, or had great difficulty accomplishing, by providing enhancements to or changed methods of interacting with the devices needed to accomplish such tasks.

## What is Occupational Therapy?

- Occupational therapy builds the skills for the job of living and solves problems that interfere with people's ability to do activities or occupations that are important to them.
- These problems may be a result of injury, disease, social disadvantage, or the environment.

## What is Occupational Therapy?

- Occupation refers to the activities and tasks of daily life that have value and meaning to a person.
- Occupational therapists assist a client to:
  - learn new ways of doing things.
  - adapt materials or equipment they use.
  - make changes to their environments

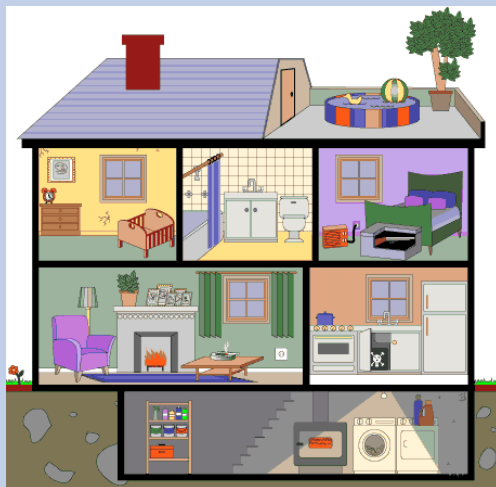
## Accessibility and Home Safety

- Occupational Therapist will assess home safety and provide individuals with recommendations to improve the environment and improve accessibility (environmental or assistive devices).

## Challenges People Experience in their Home

- Difficulty with managing day to day activities
- Difficulty with accessing all parts of the home
- Burden of care on family or a loved one
- Injuries due to falls

## Home Accessibility



## Exterior Access

- How do you get into the house?

# Ramps

- 1:12 slope
- Therefore, for every riser (or step) need 7' length of ramp
- Ramp needs to a 5' flat at every change of direction which adds to the overall length
- Ramp needs a flat section every 30' of length
- Ramps can be done in wood or landscaping



# Wooden Ramp



## Switchback Ramp



## Porch Lift

- Also called a vertical platform lift
- Uses a 5' x 5' footprint or pad area
- Platform size is 34" x 48" - use straight through travel if possible
- Lift height is 4' max for standard lift
- Heavy duty model can go up to 6'
- Battery powered
- Do not need a dedicated circuit
- Still need to top up deck and provide gate
- Remote is a good option
- Can be put in garage
- Typical cost \$10K



# Porch Lift



# Porch Lift



## Porch Lift For Entry From Garage



## Porch Lift Was A Solution



## Interior Access

- How do you move floor to floor and get around your home?



## Stairlift

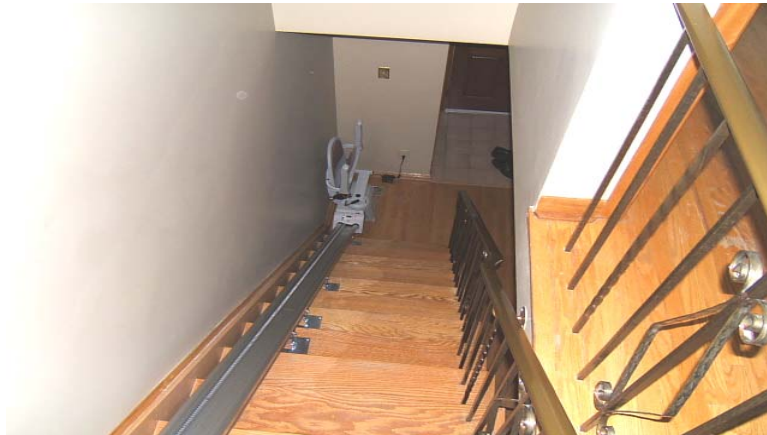
- Assumes the user has the ability to transfer
- Straight or curved stairs
- Battery operated – low voltage
- Comes with a remote
- Mount to stair treads, not to wall
- Fold up when not in use – uses 13" of staircase
- Straights cost \$3.5K
- Curves cost \$10K to \$15K
- All lifts are tax exempt
- Straights can be installed within 3 to 4 day



# Stairlift



# Stairlift



## Incline Lift

- Similar to stair lift but for wheelchair
- Needs 34" stair width
- Mounts to wall – need to reinforce wall cavity



## Incline Lift



## Incline Lift



## Elevators

- Typically uses a 5' x 5' space
- Can be multiple stops
- Can be a straight through or 90 degree enter/exit cab.
- Challenge for an elevator is where to put it. It needs to make sense at every floor
- Most elevators need to be in an enclosure
- Elevator costs \$25K to \$30K plus shaft construction
- A Telecab is a 2 stop elevator that does not require walls
- It is like a telephone booth on rails
- The cost is \$18K plus construction



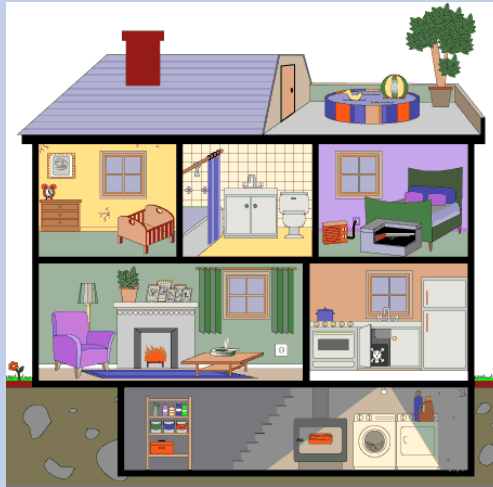
# Telecab



# Telecab



## Home Accessibility



## Kitchen

- Activities:
  - Meal Preparation
  - Eating
  - Managing medications

## Things You Can Change in your Kitchen Environment

- Pull out drawers
- Adjustable counter or cabinets
- Store pots, pan and staple foods within easy reach (i.e. between knee and shoulder)
- Store heavier items in lower cupboards and lighter items in higher cupboards
- Use stools or chairs to allow you to work from a sitting position

## Mobility in the Kitchen



Kitchen Trolley



Walker to carry items –  
specialized attachments

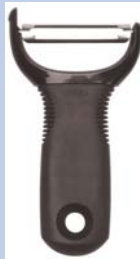


Rollator Walker

## Assistive Devices: Meal Preparation



Jar Opener



Large Grip Vegetable Peeler



Electric Can Opener



EZ Squeeze One-handed Can Opener



Dycem

## Assistive Devices – Meal Preparation



Rocker Knife



Adaptive Cutting Board



Toss and Chop Scissors



Combined Utensil



Buttering Board

## Safety Kitchen Devices



Automatic Shut-off Kettle



Stove Guard Switch



Kitchen Timer



Long-handed Dust Pan



Mirror over stove top

## Medication Assistance



Dosette Box



Blister Pack



Pill Bottle Opener

## Living/Family Room

- Activities:
  - Socializing and relaxing with friends and family
  - Talking on the telephone
  - Watching television
  - Using the computer



## Things You Can Change in your Living Room Environment



Uplift Chair



Seat Riser



Cushion



Furniture Riser



## Assistive Devices: Living/Family Room



Telephone Amplifier



Large Button Telephone



Computer Modifications



Large Button Remote Control

## Accessibility Tips

- Remove or secure rugs and carpets (anti-slip mats, double sided tape)
- Clear path to access chairs
- Chairs easy to push back or pull forward
- Ease of getting on and off sofa
- Consider sitting in a chair with arms
- Explore computer accessibility options

# Bedroom

- Activities
  - Sleeping
  - Dressing
  - Reading

## Things You Can Change in your Bedroom Environment



Bed Risers



Bed Rail



Floor to Ceiling Pole



Sturdy Chair

## Dressing: Assistive Devices



Button Hook



Dressing Stick



Elastic Shoelaces



Foot Stool



Velcro Shoe

## Dressing: Assistive Devices



Bra Angel



Long-handled sponge – bathing  
Reacher  
Long-handled Shoe Horn  
Sock-aid

## Reading: Assistive Devices



Reading Magnifier



Book Holders



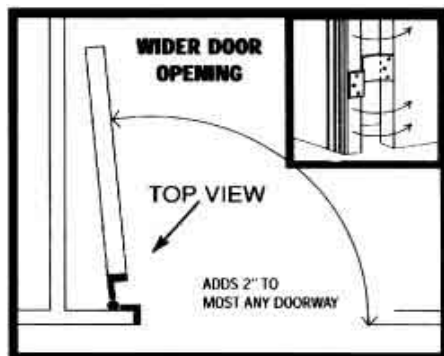
## Accessibility Tips:

- Clear path from bed to bathroom
- Consider using light night
- Use of commode or urinal if mobility problems exist
- Sit on a chair while dressing and undressing
- Dressing: dress the weaker side first; Undressing: undress the stronger side first
- Use a foot stool when dressing
- Phone and list of emergency phone numbers near the

## Bathroom

- Activities:
  - Bathing or showering
  - Toileting
  - Grooming

### Things You Can Change in your Bathroom Environment



Swing Clear Hinge

# Accessible Bathroom



## Assistive Devices: Bathing



Grab Bars



Clamp on tub side rail

## Assistive Devices: Bathing



Shower Chair



Transfer Bath Board



Long Handled Tub Scrub



## Assistive Devices: Bathing



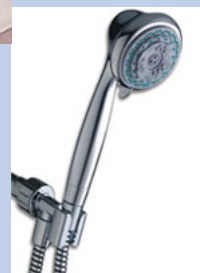
Faucet levers



Bath mat



Long-handled Sponges



Hand-held Shower Head



## Assistive Devices: Toileting



Versa Frame



Toilet Risers



Raised Toilet Seat



Toilet wiper aid

## Assistive Devices: Toileting



Bedside Commode



Urinal

## Assistive Devices: Grooming



Hair Dryer Holder



Long-handled Comb



Electric Razor

## Outside Your Home

- Activities
  - Driving
  
- Leisure

# Assistive Devices for Your Car



“Handy Bar”



Car Transfer Disc



Spinner Knob and  
other Vehicle  
Modifications



# Assistive Devices: Leisure



Adapted Golf Tee



Accessible Garden



Fishing Rod Holder



Card Shuffler



Card Holder



## Mobility Devices

- Canes
- Walkers
- Rollators
- Manual wheelchairs
- Scooters
- Power wheelchairs

## Assistive Devices

- Assistive devices have been shown to:
  - Reduce residual disability
  - Slow functional decline
  - Lower health care costs
  - Decrease burden of care
- 50% of older adults were able to avoid entering a long term care facility as a consequence of using assistive devices (Mann, 1992)

## Barriers

- Barriers to accessibility and use of assistive devices

## Resources: Home Modifications

- Canadian Housing and Mortgage Corporation
  - 1-866-389-1742
  - Home Adaptations for Seniors' Independence (HASI)
  - Homeowner Residential Rehabilitation Assistance Program — Homeowner (RRAP)
  - Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP — Disabilities)
- Ontario March of Dimes
  - 1-800-263-3463
  - The Home and Vehicle Modification Program

## Resources: Assistive Devices and Home Accessibility

- Community Care Access Centers
  - 310-CCAC
- Government of Canada: Division of Aging and Seniors
  - 1-866-225-0709
- Ontario Ministry of Health and Long Term Care: Assistive Devices Program
  - 1-800-268-6021
  - Wheelchairs, Positioning And Ambulation Aids
- Therapy supply stores and the Internet
- Insurance company



## Take Home Messages

- Accessibility
  - Environment
  - Assistive devices
- Assessment of your individual needs by a health care professionals (e.g. occupational therapist)
- There are resources and options for funding
- What is one change you can make tomorrow to improve accessibility for you?



# Questions



### About Toronto Rehab

Toronto Rehab is Canada's largest teaching and research hospital specializing in adult rehabilitation, complex continuing care and long-term care. At Toronto Rehab, our goal is to advance rehabilitation and enhance quality of life by pushing the frontiers of rehabilitation science. As a fully affiliated and specialized teaching and research hospital of the University of Toronto, we do everything humanly possible to generate new knowledge, put it into practice and share our discoveries with others. Each year, Toronto Rehab's patient care, research and education programs make a difference in the lives of more than 15,000 people who experience disabling injury, illness and conditions associated with aging. More information is available at [www.torontorehab.com](http://www.torontorehab.com).

If you would like to support Toronto Rehab's work, please contact the Toronto Rehab Foundation at [416-597-3040](tel:416-597-3040) or [foundation@torontorehab.on.ca](mailto:foundation@torontorehab.on.ca).

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Toronto Rehab is a teaching and research hospital affiliated with the University of Toronto.

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