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Home Usability Assessments

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>> SLIDE 3: Goals of a Home Assessment

- Maximize independence in daily activities
- Enhance safety throughout the home
- Promote comfort and ease of use

>> SLIDE 4: Steps of a Home Assessment

1. **Initial Consultation**: Meet with the person to understand their needs and challenges.
2. **Home Evaluation**: Examine entryways, living spaces, bathrooms, and other areas of the home.
3. **Recommendations**: Use findings to inform actionable recommendations, which can include both minor adjustments & major modifications.

>> SLIDE 5: Initial Consultation (Step 1)

- Gathers comprehensive information about the individual's daily routines, physical abilities, and any specific challenges they face in their living environment.
- Involves the individual, possibly their caregivers, and the assessment team working together to identify needs and goals.
- Discussion covers current home layout, personal preferences, and any specific areas of concern.

>> SLIDE 6: Initial Consultation (Step 1)

- Identify how initial consultations can align with existing CIL procedures (e.g., intake).
- Equip staff with the necessary skills and knowledge to conduct effective consultations
- Develop or adapt forms and checklists to include prompts about the person's home environment, challenges, and goals.
- Establish clear protocols for follow-up after the initial consultation.

>> SLIDE 7: Initial Consultation (Step 1)

Example resource to use:

- Home Satisfaction “Quiz”
<http://useablehome.ri.umt.edu/1924-2/>

Home Satisfaction “Quiz”

How Satisfied Are You With Your Home?

How satisfied are you with your ability to enter and exit your home?

Not at All A Little Bit Some What Quite a Bit Very Much

How satisfied are you with your ability to prepare a meal in your home/kitchen?

Not at All A Little Bit Some What Quite a Bit Very Much

How satisfied are you with your ability to use your toilet?

Not at All A Little Bit Some What Quite a Bit Very Much

>> SLIDE 8: Home Evaluation (Step 2)

- Coordinate with the person to schedule a convenient time for the evaluation.
 - In-person: Conduct in-person at the person's home to understand the physical space and individual interactions with their environment.
 - Remote: Use video conferencing tools when in-person visits are not feasible.
- Involve PTs, OTs, and State Assistive Technology program specialists to offer expert insights.

>> SLIDE 9: Home Evaluation (Step 2)

Key parts of a home evaluation:

- **Mobility**: Evaluation of entrances, doorways, and floor plans.
- **Safety**: Identification of potential hazards.
- **Usability**: Assessment of the usability of kitchen, bathroom, and living areas.
- **Adaptability**: Consideration of the home's ability to be modified or adapted over time.
- **Technology**: Review of how smart home technologies & assistive devices can support goals.

>> SLIDE 10: Home Evaluation (Step 2)

Example resource to use:

- AARP HomeFit Guide <https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide.html>

The Bathroom

Sometimes, more attention is paid to how a bathroom is decorated than to the safety of the space. Water on a bathroom floor is a slipping hazard, and often an invisible one. Falling in a bathroom is painful and potentially life-threatening because of the many hard surfaces — the floor, toilet, countertop, tub.

FOLLOW THE NUMBERS

1. A comfort-height toilet is taller (17 to 19 inches from the floor to the seat top) and, depending on a person's height, often easier to sit down on and get up from than a standard 15-inch version. A similar, more affordable solution is to use a portable toilet seat riser with support handles.

2. A bidet is a personal hygiene device for cleaning one's bottom. Sometimes recommended for health reasons, it can also be a way to reduce toilet paper use. For many people, the use of a bidet is a personal preference or cultural norm. Traditional bidets were basins installed next to a toilet. Modern versions come preinstalled into toilet seats or as an attachment for them. (Many are available for under \$100 and easily tap into the toilet's water supply piping.)

3. This toilet paper holder is also a **grab bar**. (Learn more below.)

4. Wheelchair users need a minimum 5 feet of open space to maneuver into and turn around in a room. A standard 32-inch wall-mounted or open-base sink is usually usable from a wheelchair. **TIP:** A sink that's set within a vanity base can be made wheelchair accessible by opening or taking off the door(s) and removing the cabinet's toe kick and floor.

5. Bathroom **shelves** can keep a small supply of towels and toiletries nearby.

6. A **motion-sensor night-light** provides safety lighting.

7. A 36-inch-high **sink base and vanity** requires less bending for someone using the sink.

8. Lever-style sink, shower and tub **faucets** are easiest to use. (See page 30 for information about water safety, including temperature settings and scald protection valves.)



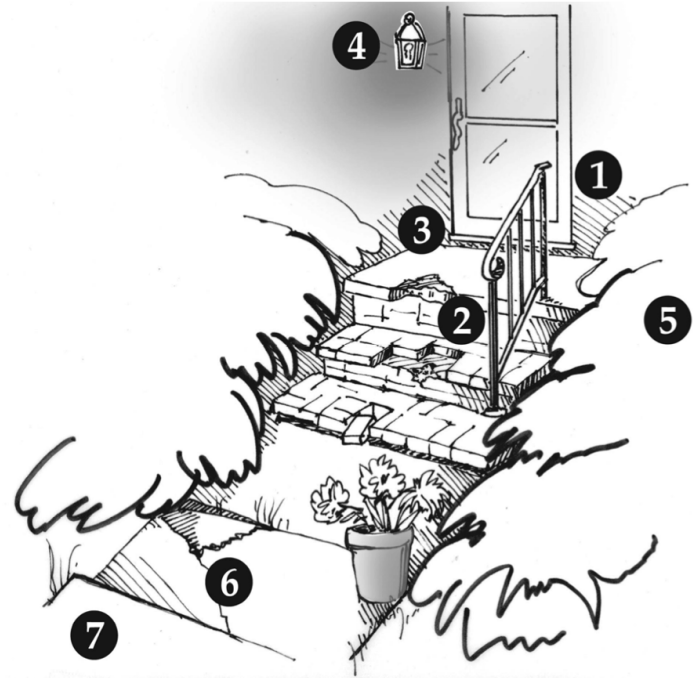
>> SLIDE 11: Home Evaluation (Step 2)

Example resource to use:

- Home Safety Self Assessment Tool

<http://useablehome.ri.umt.edu/www/wp-content/uploads/Home-Safety-Self-Assessment-Booklet-HSSAT.pdf>

Entrance to Front Door and Front Yard



Are these problems present in your home?
If yes, please check in the box next to the problem,
then add the total number of checks and enter it in the box below.

<input type="checkbox"/> 1. Lack of railings	<input type="checkbox"/> 5. Lack of a ramp for a wheelchair
<input type="checkbox"/> 2. Unsafe steps (too steep/cracked/chipped)	<input type="checkbox"/> 6. Uneven/cracked Pavement
<input type="checkbox"/> 3. Unmarked or raised threshold	<input type="checkbox"/> 7. Ice or snow on driveway/walkway
<input type="checkbox"/> 4. Lack of lighting at night	
<input type="checkbox"/> Other _____	
Number of total problems	<input type="text"/>

>> SLIDE 12: Recommendations (Step 3)

- Review and analyze the data collected during the home evaluation to identify key areas of need and potential solutions.
- Collaborate with the person and their support team to prioritize modifications based on urgency, impact on daily living, and budget considerations.
- Develop specific, practical recommendations for modifications, including minor adjustments and major renovations, as well as suggestions for assistive devices or technology.

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Questions?