

# **QUICK FIXES FOR THE ENVIRONMENT**

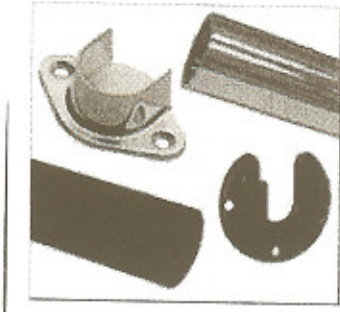
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Pioneer Network Conference 2008

## QUICK FIXES FOR THE ENVIRONMENT

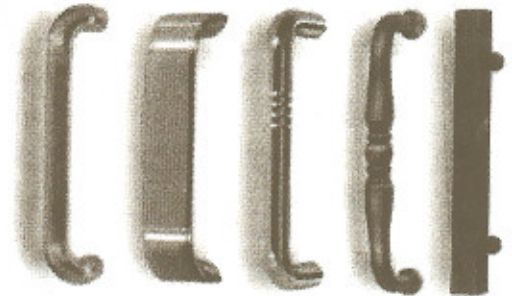
First take a good look at all areas used by residents. Take a group of residents on tour with you. Note light levels day and night, glare from window sunshine and from shiny floors. Think about ease-of-use for those with low vision and limited hand dexterity and strength. Ask residents what is hard for them (opening a door, seeing where they are going, using a faucet, getting up from couch in lobby, etc.) and what is boring (old decorations in hallways)

### Bedrooms

Install extra brackets in closets to make closet rod moveable to accommodate both resident standing and resident using wheelchair.



Replace drawer handles with easy-to-use ones



Add grippers to door knobs or switch to long handle knobs



Leveron Handle Door Knob  
Adapters

Replace table lamp switches with easy-to-use ones



Big Lamp Switch

Add night light along path to bathroom

### Bathrooms

Use flip-up grab bars to accommodate residents who use bar and staff who provide care

Fold-Up Safety Bar with Armrest



Select easy-to-use faucet handles



Tilt-down your sink mirrors to accommodate residents using wheelchairs

Add storage space near sink (shelf/cabinet) for toiletries

Paint wall behind toilet a contrasting color so residents with low vision can “find” toilet

### Hallways

Use contrast color of baseboard (not similar color to flooring) so residents can distinguish where the floor ends and wall begins

Stop using shiny floor wax

Look at visual interest of hallways – pictures, decorations. Is it time for some replacements?

### Entrance/lobby/common areas

If your public restrooms have signs that prohibit resident use, remove them

Ask tall and short residents to sit on and get up from furniture. Is it time to do some furniture replacing? What would residents like? Consider different seat heights for people of different sizes. Would a “get-up” pole or trapeze help?

### **Superpole**



## Dining rooms

Can a resident using a wheelchair get the arms of their chair under the dining table?

Consider breaking up large spaces with dividers.

Note sound level.

Stop using trays; provide table service using china and glassware.

Eliminate milk in cartons, butter in little pats with paper lids.

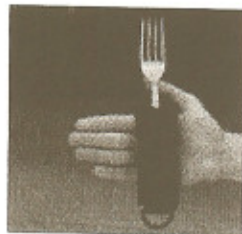
Put condiments on tables.

Use oversized linen napkins or heavy paper napkins instead of bibs.

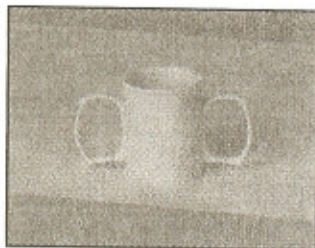
Assist residents who want to park their wheelchairs and use dining chairs.

Consider buffet service or other restaurant-like options (wait service, omelet station, etc.)

See who needs adaptive silverware, plates, glassware



Good Grips Utensil Strap  
Ideal for persons with limited grip.



Utensil Hand Clip  
Vinyl pocket holds silverware handle.

## Household Kitchens

Install cabinet and drawer hardware that is large and easy-to-use

Provide adaptive food preparation tools



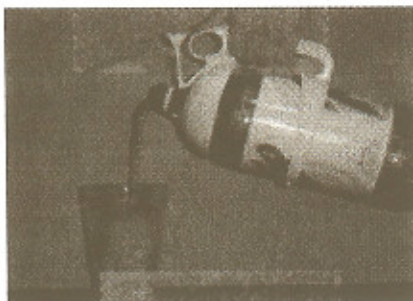
**ERGO Bread Knife**



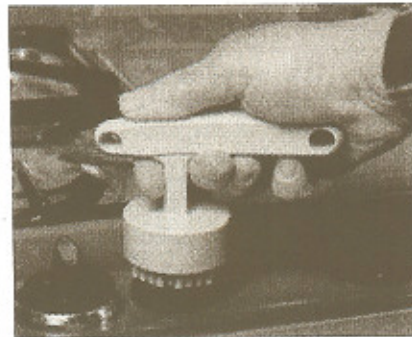
**Rocking T Knife**



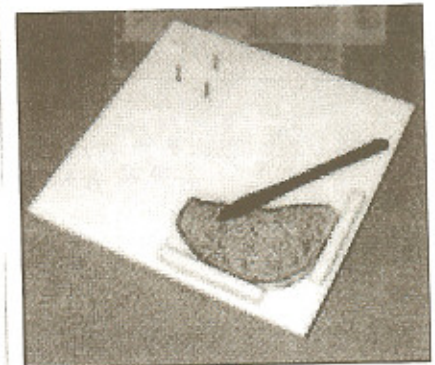
**Hot Hand® Hand Protector and Jar Opener**



**The 2 Liter Handle**



**TKO Turning Knob Operator**



**Cutting Board Designed for One Hand Operation**

Install adjusting system for kitchen cabinets

### **DIAGO 504 Adjustable Height Cabinet**



- ⇒ Mounted at the back of a wall cabinet.
- ⇒ Lowers cabinet to the front edge of work surface.
- ⇒ Several cabinets can be mounted on the same lift.
- ⇒ Suitable for different cabinet depths and heights.
- ⇒ Takes up no space in the cabinet.