

Remodeling for
Independence & Dignity,
Without Talking About It!

Thank You!



A copy of this presentation is
available at www.LIPI.Institute.



Introductions



Erik Listou, CLIPP #C02, CAPS, CAASH, CGR, CGP, CR, LDST
Erik@LIPI.Institute

- Awarded seven housing industry certifications
- Nationally recognized housing and business expert
- National, state and local service and project awards
- National speaker and educator
- Tradesperson-management-ownership
- Public and private contracting \$100M+ career
- Co-Founder of the Living In Place Institute

Erik travels extensively speaking about home issues and teaches certification classes to a wide variety of design/contracting/medical professionals. A soon-to-be grandfather and professional musician living in the mountains of Colorado, Erik and his wife, Frances, visit thousands of children of all ages during the December holidays.



Louie Delaware, CLIPP #C01, BSME, MBA, ACPC, CAPS
Louie@LIPI.Institute



- BS-Mechanical Engineering, University of Wisconsin-Madison
- MBA, University of Colorado-Denver
- 22 years in R&D for medical and analytical devices.
- Recipient of the International R&D 100 award for Advanced Technologies.
- Five industry certifications.
- National media home safety speaker.
- Founder of US Safety Pros – Professional childproofing, radon testing & mitigation and home accessibility and safety services.
- Provided services in over 3,500 homes.

Louie travels extensively speaking about home issues and teaches the Certified Living In Place Professional classes to a wide variety of design/contracting/medical professionals. A proud father, he and his wife, Judy, live outside picturesque Boulder, Colorado with their lightning-fast whippet racing dogs.



Dr. Monique Chabot, OTD, OTR/L, CLIPP #C0130, CAPS
Assistant Professor – Occupational Therapy, Philadelphia University
Living In Place Institute Advisory Panel
chabotm@PhilaU.edu



Monique has worked in home health for over 6 years, during which time, she developed a passion for home design for seniors. Dr. Chabot currently works as an Assistant Professor of Occupational Therapy at Philadelphia University, where she often works on interprofessional design projects with architecture and interior design. She was chosen to be part of the American Occupational Therapy Association Emerging Leaders program, during which time she worked on increasing the knowledge base of Occupational Therapists on home modifications.

Dr. Chabot has published on the topic and created an online webinar on kitchen modifications, in addition to moderating a monthly discussion topic on home modifications on an online forum. She maintains a blog based on her doctoral work which supports collaboration between occupational therapists and design professionals, entitled Collaborative Home Design for Seniors (www.homedesignforseniors.com).



David Newton, CMKBD, CLIPP #C0128
David Newton & Associates
dnatrain@aol.com



David entered the Kitchen and Bath Industry in 1970. For several years David focused on design and sales to consumers, developers, builders and homeowners.

In 1986 he became Director of Training for the National Kitchen & Bath Association (NKBA). After three years with NKBA, David and his wife formed David Newton and Associates specializing in the education of kitchen and bath designers throughout North America. In 2002, David was inducted into the Kitchen and Bath Industry Hall of Fame.

During his 47 year career David has trained thousands of designers and helped many reach their Certification goals. He currently maintains his relationship with NKBA as a teaching professional. For the past ten years, he has served on the Board of Advisors for the College of Consumer Sciences at Carson-Newman University.



Christine Stouffer, Project Manager
Creative Housing
cstouffer@creativehousing.org



Christine is a project manager of accessibility renovations for Creative Housing/Creative Renovations and serves as the company's safety officer. She is also responsible for renovation drawings and permitting. In addition, she is involved with community outreach programs and speaking on accessibility home renovation options.

Christine completed her undergraduate at Mt. Vernon Nazarene College and graduate degree from Purdue University in Construction Management. Her company is a member of the National Association of the Remodeling Industry (NARI) Active as a member of the NAHB, the Building Industry Association of Central Ohio (BIA) and serves on the Professional Women in Building Council. She is a CGB, CGR, CAPS, Certified Green Professional (CGP), Certified EPA Lead-Safe, and CLIPP.



Expected outcomes from today's presentation...

- 1. Understanding the need for safer design and products.
- 2. The importance of interprofessional networks.
- 3. Designs and product ideas that can change your clients' world.
- 4. Electronic assessment tools.
- 5. How to Remodel for Independence and Dignity...
Without Talking About It!
- 6. Three steps to success.

1.

The Need for Safer Design and Products.

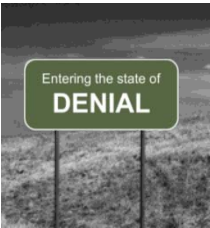


Common Misunderstandings about Aging and Disabilities:

“People with disabilities are only older adults...”

“We only have to fix homes for those who need it.”

“It won’t ever happen to me...”



1 in 5 Americans have a disability* and 85% developed that disability sometime during their life.



*Centers for Disease Control & Prevention 2010

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Ph.D., CLIPP
Universal Design
Living Laboratory
www.UDLL.com



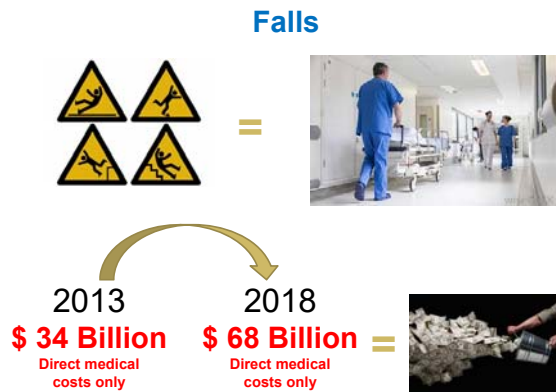
Americans with Disabilities

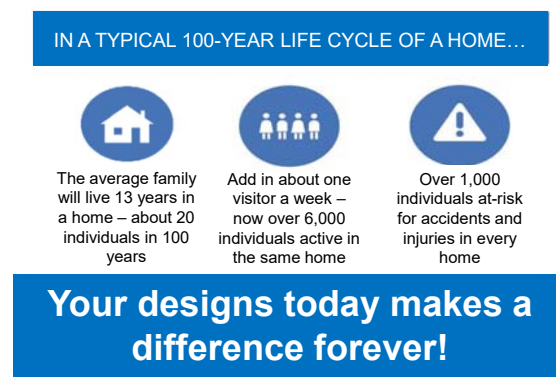


1 out of 100 Americans use a wheelchair and almost 4 out of 100 use a walking aid.*



*Household Economic Studies” U.S. Census Bureau 2012





Early efforts...

Universal Design, a great foundation, but...

- ✓ Neither simple nor intuitive.
- ✓ A destination, not *directions* how to get there.
- ✓ A set of principles, not a business opportunity.
- ✓ Not specific to your client's needs or desires.
- ✓ "Universal" and not personal.

Universal Design has never been accepted.

Early efforts...

Aging-in-Place was a great effort, but...

- ✓ Perceived negativity by older adults.
- ✓ Does not fix the long term problem.
- ✓ Consumer and industry rejection.

***But think about it,
No one wants to hear they are aging.***

We need to build upon the foundation of
Universal Design, expand the idea of Aging In
Place into a positive... ***Living In Place.***

We must change our perceptions about the impact
we have through our daily jobs for our clients.

We need to create Interprofessional Teams,
learning and including new ideas into every
project about Accessibility, Comfort and
Safety...

Without Talking About It!

Living In Place – A New Perception...

- ✓ Living In Place is the **HOW TO** of Universal Design and Aging-In-Place.
- ✓ Broad and inclusive of almost everyone.
- ✓ Comprehensive, organized, *simple and intuitive*.
- ✓ A *positive* approach that guides us into the future.
- ✓ A business opportunity.
- ✓ A collaboration between interprofessional experts.

Consumer and Industry Acceptance...
Without Talking About It!

2.

The Importance
of
Interprofessional
Networks.

*"Accessibility, Comfort
and Safety is a Group
Decision".*
LaDonna Eriksen, CLIPP # 189



Interprofessional Networks

Each expert has specific experience and knowledge. Only through responsible collaboration within interprofessional networks can we reach our vision of...



Accessibility

The ability of a home to allow individuals to enter, move within, and function comfortably and safely.



Occupational & Physical Therapists

Responsible for understanding how humans interact with design and products in the home and work with other team members to help create standards & recommendations that ensure accessibility.



If a person in the home has a medical or cognitive condition, a qualified medical professional must be consulted prior to making final recommendations.

Comfort

How well individuals perceive, accept and value home design and products.



Remodelers, Design & Lighting Professionals

Responsible for blending standards for safety with function, beauty and comfort to establish consumer and industry acceptance.

Safety

How well the home complies with standards set by the accessibility and comfort network members.



Home Inspectors, Contractors, Structural Engineers, Childproofers, etc.

Responsible for monitoring compliance with safety standards and practices created by the entire team and generating recommendations.



Is your job selling
Independence and Dignity?

Or is your job selling
Designs and **Products** that
allow your clients to gain and
continue their own
Independence and Dignity?

Here are just a few ideas to share...

Question: Are switches, electrical outlets, thermostats and other controls located for easy access?

- ✓ Wall outlets center minimum 24" above the floor.
 - Use power strips if outlets are behind furniture or to raise it up to a convenient height.
- ✓ Wall switches center maximum 44" above the floor.
- ✓ Add an electrical outlet behind a toilet (for night light, personal hygiene seat, USB charger, etc.).
- ✓ Outlets near top or bottom of a stairway for future stair or platform lifts.

Question: Do existing high-contrast colors create fall hazards?



Contrast

Too much color contrast can be **dangerous**.
High contrast in flooring will make the darker area appear to be lower than the lighter area – Vertical Cliffing.
- Can be used for minimizing Elopement Risk.



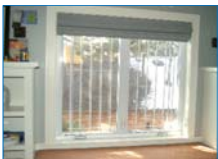
Color contrast can be **useful** in a home:

- ✓ Counter edge and stair steps
- ✓ Doorways and trim
- ✓ Stair handrails
- ✓ Sinks
- ✓ Contrasting color horizontal tile or trim stripe on walls to provide a visual reference for level and distance.



Autistic Spectrum Childproofing

- ✓ Polycarbonate paneling above railing or in front of glass windows.
- ✓ Window guards.
- ✓ Elevating electrical outlets and switches.
- ✓ Include a Certified Childproofer in your network.
(ChildproofingExperts.com or IAFCS.org)



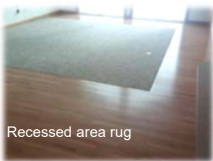
Question: Are televisions and furniture properly secured to walls to prevent accidental tip-overs?



Dresser secured to the wall

Question: Are throw rugs or area rugs removed throughout the home, or are area rugs recessed and secured into the floor?

- Rugs can be a tripping or slip hazard.



Recessed area rug



Throw rugs, "Throw them away!"

Question: Is there ample countertop space adjacent to a refrigerator, cooking appliance, microwave oven or sink to safely transfer items?



Example: Ovens need minimum 15" adjacent counter space.

*Excerpted from the NKBA Kitchen & Bathroom Planning Guidelines
2nd Edition Copyright 2016 - National Kitchen & Bath Association
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Question: Are there pull out shelves near appliances?
- Safety in moving any item.



Question: Are the controls for all appliances easy to see and easily accessible?
- Danger when reaching over appliances.



Question: Are cooktops easy to clean?



Induction

Natural gas cooktop
with easy to clean
ceramic surface



Question: Does the sheen of countertops minimize glare and reflections?



Question: Do all cabinets doors and drawers have "C" or "D" handles, deep covered pulls, or push-to-open mechanisms?

- Allow for easy use and prevent fingers from being caught in a knob. Knobs or handles with ends will snag clothing.



Covered Pulls



"C" handles



"D" handles

Note – Avoid knobs & handles that snag clothing

Question: If door levers are installed, are the ends angled towards the door?

Recommendation: Install only lever handles with returns.

- ✓ If a person leans on a lever handle their hand may slip, causing a fall. Use only lever handles that have a 90 degree end, angled back towards the door.
- ✓ This "return" will help prevent clothing, a purse or other items from being snagged.



Question: Do doors, especially bathrooms, use out-swing doors, or are pocket or barn doors used?

If a person falls in a room, against or near the door, it may not be possible to open the door.



Question: Are all entry and passage doors wide enough and are appropriate for occupant's physical condition?

Wide enough for a person to walk through carrying a child or package

- ✓ Most homes have 30" wide doors.
- ✓ ADA (not required in homes) recommends clear opening of at least 32" wide.
- ✓ **Recommend using 36" wide doors with a clear opening of about 35".**

Other ideas:

- ✓ Doors across from each other make navigation easier.
- ✓ Door frame – latch side minimum 18"-24" away from adjacent walls.



Question: Are all hallways wide enough to allow comfortable passage for a person carrying a child, or using a wheelchair or walker?

Recommendation: Width minimum 44 inches



A minimum hallway width 44" allows 36" wide doors to swing out from the room.

Stairways & Pathways

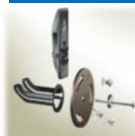
- ✓ Wall recessed lights
- ✓ LED under handrails, stair stringer and tread lights



Question: Have all grab bars installed to withstand a minimum 250 pound pull force in any direction?

- Preventing grab bars from being pulled out of a wall.

Use a stud finder to locate studs.
FOR EXISTING BATHROOMS.
DO NOT FASTEN INTO STUDS.



Use devices engineered and designed for holding over 250 pounds



Split Stud



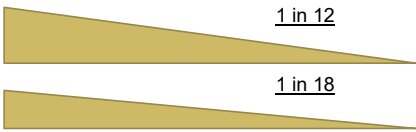
If you don't know, then don't go!

Preparing for the future

- ✓ Stair chairs
- ✓ Elevators
- ✓ Platform and incline lifts



Question: If there is a ramp in the home, is the maximum slope 1 inch rise for every 18 inches of horizontal run?



Ramp Length Formula

Assuming 7-1/4" riser, each step needs 11' plus landing areas at the top and bottom.

- ✓ One step: 11' ramp plus top and bottom landing areas 5' + 5' = 21'
- ✓ Two steps: 22' ramp plus top and bottom landing areas 5' + 5' = 32'
- ✓ Three steps: 33' ramp plus 5' + 5' landing areas, *plus a 5'x5' mid-platform* = 53'

Structural Concerns, especially for individuals over 250 pounds – “Persons of Size”

- ✓ When mounting products into walls or ceilings be sure they will hold the weight required for the client.
- ✓ Extra installation methods and work may be needed to prevent failure.
- ✓ If in doubt, **ALWAYS** engage a Structural Engineer.
 - Know your limits to minimize liability risk.

Remember:
For Safety, you only have one chance to be right!

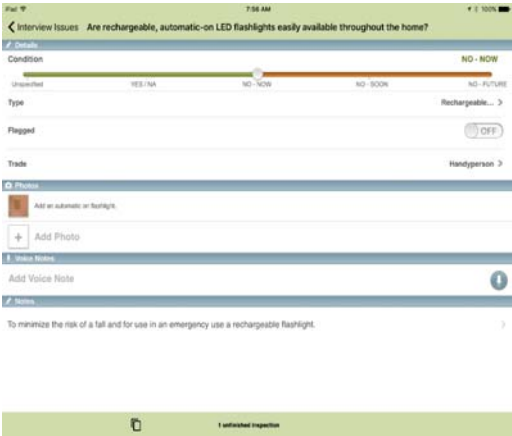
4.

Electronic Home Assessments.



Electronic checklists help you:

- ✓ Not forget anything.
- ✓ Make the best possible design and product recommendations.
- ✓ Prioritize recommendations as **NOW**, **SOON** or **FUTURE** based on client needs.
- ✓ Choose only the areas you want to review.
- ✓ Minimize client risks and your liability.
- ✓ Share your ideas and recommendations.
- ✓ “Home safety assessments can minimize hospital readmissions.” American Occupational Therapy Association



5.

How to Remodel
for
Independence
and Dignity...
*Without Talking
About it!*



Tips for... NOT talking about it!

Tell stories about how your design and product recommendations have helped others...

"Dad, you need to replace the towel bar with a grab bar so when your friends visit, they will use it to help prevent a fall."

"If you install a no-step shower now, your mom will be able to Live In Place longer."

"Everyone is using no-touch faucets."

"Most new bathrooms have an electrical outlet behind the toilet for a night light."

6.

Three Steps
to Success.



Step 1. Change your perception - accessibility and safety is for all homes.



Step 2. Education.
Education.
Education.

Step 3. Create interprofessional networks to recommend safer solutions.



Take-a-ways from this presentation...

1. Understanding the need for safer design and products.
2. The importance of interprofessional networks.
3. Designs and product ideas that change the world.
4. Electronic assessment tools.
5. How to sell independence and dignity, without talking about it!
6. Three steps to success.

Questions?

Thank You!



CLIPP Certification Classes Nationally



July 26-27 Denver, CO
August 9-10 Manhattan, NY
August 15-16 Bozeman, MT
August 23-24 Columbus, OH
September 27-28 Minneapolis, MN
November 1-2 Manhattan, NY
November 15-16 Denver, CO
January 7-8 Orlando, FL

More dates at www.LivingInPlace.Institute

Download a free copy of this presentation.

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Creating collaborative networks to improve accessibility, comfort and safety in all homes, for individuals of all ages and conditions.

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