Accessibility Room-By-Room: Discover the “Keys” to Unlocking Barriers in Your Home

June 14, 2017
How to Ask Questions During the Webinar:

- Type in your questions using the Questions/Chat box
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Genentech | Mallinckrodt Pharmaceuticals | Teva Pharmaceuticals | Acorda Therapeutics
Do you have the “keys” to your home?

- Are there places in your home that are “off limits?”

- Do you feel like your home life is confined to a few rooms?

- Do you wish you could do more independently in your home and rely less on your loved ones?
Accessibility is the “Key”

- Accessibility is broadly defined as “easy to approach, reach, enter, speak with, or use” ([www.dictionary.com](http://www.dictionary.com)).

Accessibility is the “Key”

• Adaptation versus Remediation?

http://www.goodleadership.com/good-leaders-what-helps-you-thrive/

• Using tools AND/OR exercise/physical activity to access your needs and wants
Accessibility is the “Key”

• Accessibility through tools, gadgets, and environmental modifications
• Accessibility through adaptive techniques
• Accessibility through exercise/physical activity
• Team Members to help?
  • Occupational Therapy
  • Physical Therapy
• TAKING CHARGE of your MS!

http://www.clipart-box.com/cliparts/BEIEIAc61p/
The Rooms/Tasks to be “Unlocked”

- Bathrooms
- Kitchen
- Stairs
- Bedroom
- Vehicles

http://www.talklocal.com/blog/2013/12/s/locksmiths/front-door-wont-unlock/
Bathrooms: Toilet Troubles.....

Modify your environment:

- Bedside commode (3 in 1) over a toilet or in a more accessible space
- Toilet seat raiser
- Toilelevator
- Grab bars
- Bidets

https://improveability.wordpress.com/2012/03/29/toilet-access-basics/
Bathrooms: 
Toilet Troubles.....

Adapt your technique: 
(Sit to stand BSC video) 
(Forward transfer video)

Bathrooms: Toilet Troubles

**Strength/Skills:**

- Triceps Strength
- Sit to/from Strength
- Core Strength/Wipe Weightshifting

[VIDEO]
http://www.health.harvard.edu/pain/neckpain-core-exercises-can-help

http://ww1.iransafebox.net/tricep-workouts-with-resistance-bads/
Bathrooms: Tub Troubles

Modify your environment:
• Tub transfer bench
• Shower chair
• Hand-held shower head
• Grab bars
• Remove sliding glass doors
• Try suction cup scrubbers
• Hair wash trays


https://homesforlife.tumblr.com/post/122373974664/ease-of-use-idea-16-curbless-showers?is_related_post=1

http://www.wrightstuff.biz/assets/images/shaidshtr.jpg
Bathrooms: Tub Troubles

Adapt your technique:

- Dry-off and dress before exiting the shower
- Wash feet while sitting in figure-4 position
- Wear slipper socks or water shoes while in the shower for better grip
- Wearing skirts makes toileting easier for women
- (TTB video)
Bathrooms: Tub Troubles

Strength/Skills:
- Triceps/Biceps Strength
- Hip Flexibility
- Core Strength/Sitting Balance
- Grip Strength
- VIDEO

***** Tubs/Shower are NOT the place to practice or develop new strength/skills: SAFETY is the PRIORITY!

www.AlieExpress.com
Kitchen: Cooking Quandaries

Modify your environment:

- Over-the-stove mirrors
- Oven pull and rack guards
- Pull-down cabinets

http://www.cabinetparts.com/p/revaself-organizers-kitchen-organizers-RV5PD24CR?gclid=CjwKEAjw387JBRDPTJePvOej8kASJADkV9TLzj5Dl3PqWOqgc80Ntv6zVbLg11OUkU9PMPFtSNxoCyEHw_wcB#

https://www.amazon.com/Oven-Rack-Guards-Touch-Extra/dp/B001QGIPG8
https://www.amazon.com/Ironwood-Gourmet-28149-Oven-Acacia/dp/B000YJBIE/ref=sr_1_2?ie=UTF8&qid=1496625007&sr=1-2&keywords=oven+pull
Kitchen: Cooking Quandaries

Modify your environment:

- Use lower storage on counter tops
- Utilize drawers and low cabinets
- Magnetic spice containers
- Purchase lightweight and dishwasher-safe dishware

https://s3-production.bobvila.com/slides/8214/original/5a2baa1edd8b4d21715818ccf9d29538.jpg?1475712408


Kitchen: Cooking Quandaries

Modify your environment:

- Instal shallow sinks with cutouts underneath
- Remove cabinet doors under cook-top/sink and place curtains to hide storage.


https://s-media-cache-ak0.pinimg.com/236x/79/e0/09/79e009af7ea2a8ae0b5025c0af6e29f0.jpg
Kitchen: Cooking Quandaries

Adapt your technique:

- Slow Cookers/ Pressure Cookers
- Use liners to make less dishes
- Work on lower surfaces
- Use food processors for preparing foods
- Use a rolling counter to move items around the room

http://www.today.com/food/tips-using-slow-cooker-t110242
http://newleafwellness.biz/2015/09/23/are-slow-cooker-liners-really-worth-it/
Kitchen: Cooking Quandaries

Strength/Skills
- Balance
- Reaching
- Multi-tasking
- Arm Strengthening

***Exercise sprinkled through the day
***Cooling Products: Cool Cooking!

VIDEO
Bedroom Organization obstacles...

**Modify your environment:**

- Support partners take all of the dresser drawers that you may struggle to reach?
- Lower closet bars to reachable heights
- Adjustable clothing racks
- Install shelves to stack clothes instead of hanging
- Remove closet doors and use curtains instead
- Reduce carpets - they soak up energy!
Bedroom Organization obstacles…

Adapt your technique:

● Select clothing during times when you have more energy

● Keep your most frequently used clothing in the most accessible spaces

● Use reachers for overhead items

http://i.imgur.com/7HC7mHM.jpg
Bedroom Organization obstacles…

Strength/Skills
- Assistive device options
- Fall Risks?
  - AFO/Brace considerations while dressing/undressing
- Path to bathroom at night
- Lighting needs

https://www.timesofmalta.com/articles/view/20170128/health-fitness/waking-up-often-during-the-night-to-use-bathroom-youre-more-likely-to.637759
Bedroom
Tiresome transfers...

Modify your environment:
• Install Bed rails
• Lower your bed
(remove box springs and place boards instead, purchase thin box springs, lower frames or trim the legs off the frames)
Bedroom
Tiresome transfers...

Adapt your technique:

● Sit and then bring legs in (leg lifter Video?)
● Plastic bag to ‘slide’ legs better and reduce friction on heels
● Sleep on the side that is easiest to transfer to and from

https://s-media-cache-ak0.pinimg.com/236x/aa/45/26/aa4526dd8dc09d977dcd226e78e21fae.jpg
Bedroom
Tiresome transfers...

Strength/skill:
- Core strength and range of motion
- Rolling
- Transitioning to/from laying down and edge of bed

VIDEO

www.WeightTraining.guide
IG: @weighttrainingguide

www.pinterest.com

CANDO Multiple Sclerosis Society

MS
Stairs Step by step...

Modify your environment:
- Consider stair lifts inside
- Install ramps outside
- Install extra railings
- Provide areas to rest mid way (chairs on landings)
- Keep a second wheelchair upstairs so support partners don’t have to carry them up and down

https://ecos.osu.edu/sites/ecos.osu.edu/files/legacy/DSCN0826.JPG


https://s-media-cache-ak0.pinimg.com/736x/db/76/bf/db76bff8345b97b005927ba9be05ae.jpg
Stairs

Adapt your technique:

• Bump up/down (depending on energy consumption) (VIDEO)

• Limit number of time you need to go up/down (Keep frequently used items on one floor or have duplicates if possible)

• Go up or down sideways or backwards (VIDEO)

https://candiesandcrunches.files.wordpress.com/2014/02/stairmaster.jpg
Vehicles and Driving

Modify your environment:
• Hand control options
• Car cane
Vehicles and Driving

Modify your environment:
- Ramp vs lift WC access

Vehicles and Driving

Adapt your technique:
- Sit into the seat and then turn your feet into the floorboards (VIDEO)
- Plastic bags for better ‘slide’
- Slide board transfers (VIDEO)

http://www.mezzacotta.net/garfield/comics/1416.png
Vehicles and Driving

Strength/skill:
- Visual Motor Function/Training
  - Vestibular/Gaze Stabilization Exercises
    - Cervical range of motion
      - Neck stretches

VIDEO

http://migrainesnomore.blogspot.com/2013/01/chin-tuck-neck-extension-neck-stretch.html
Access to Modifications…..

http://www.eligiblemagazine.com/2016/04/03/money-grow-trees/
Unlocking Barriers.....
Unveiling Potential!

• Allow yourself permission to use tools to take charge of your MS and make home life easier

• Use your team (OT/PT) to help you identify exercises to maximize your functional mobility in your home

• PRACTICE with your team

• Have a couple sets of “keys”

• Sometimes you have to “change the locks” and “get new keys”
Enjoy YOUR Home!

HOME is WHERE THE HEART IS
Questions or Comments?