

HOME MODS

HOME FIT GUIDE FOR ECHO 4.14.26

KENDRA ORCUTT, OTR, SCÉM, CAPS



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What's Occupational Therapy?

Occupational Therapists (OTs) help people live as independently as possible and have a good quality of life.

This is achieved through:

- Task analysis
- Restorative approaches
- Compensatory (adaptive) methods
- Environmental modifications





HomeFit

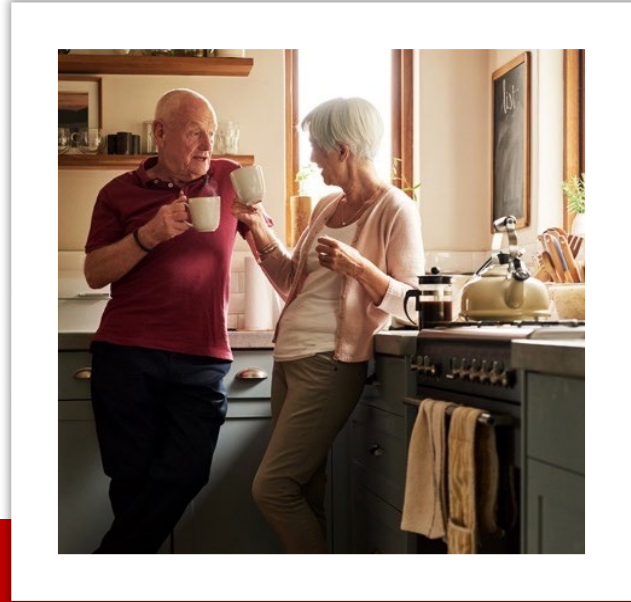
Making Home Safe and Livable for All



Presentation Goals


Participants in today's presentation will be able to:

1. Recognize how a home can be modified to support changing needs and lifestyle at any age.
2. Determine which modifications are important for maintaining the lifestyle that they desire.
3. Distinguish between modifications that are DIY and those that are best left to a professional.



Trends IN HOUSING

The fitness of home can significantly impact the quality of the lives we lead.

A photograph of three modern, two-story houses with gabled roofs and large windows, set against a clear blue sky. The houses are arranged in a row, with the middle one being the most prominent. The houses have a mix of green, grey, and white siding. The text is overlaid on the bottom right of the image.

Something as simple as being able to go to the bathroom unassisted or even just being able to access the bathroom itself, can **mean the difference** of whether or not you can stay in your own home.



So, the question is...

Is your home “HomeFit”?

AARP HOME FIT GUIDE

- No-step entry into the home
- Extra-wide hallways and doors
- Single-floor living
- Lever-style handles on doors and faucet
- Accessible electrical controls

5 Features for Aging in Place



The Cost of Not Staying in Your Home



- Assisted Living Facility 4385.00/mth
or 52,620 a year
- Nursing Home
Semi-Private Room 4051.00/mth
or 48,612 a year
- Nursing Home
Private Room 7513.00/mth
or 90,156 a year
- (these are national monthly averages,
prices will vary locally)



Universal Design

Accommodating All People of All Abilities



EVERYONE
BENEFITS from
Universal Design
because it makes
everything easier!!

Life is hard enough without
making access to basic
needs any harder!



The Exterior

Ensuring Access for All



No-Step Entrance



Before



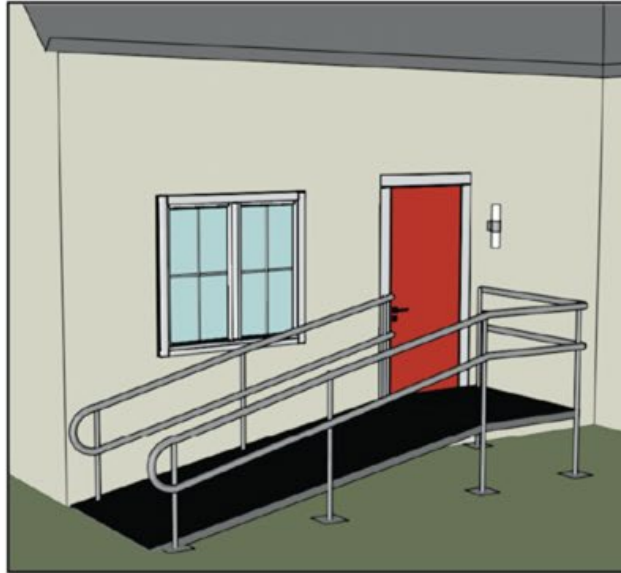
After



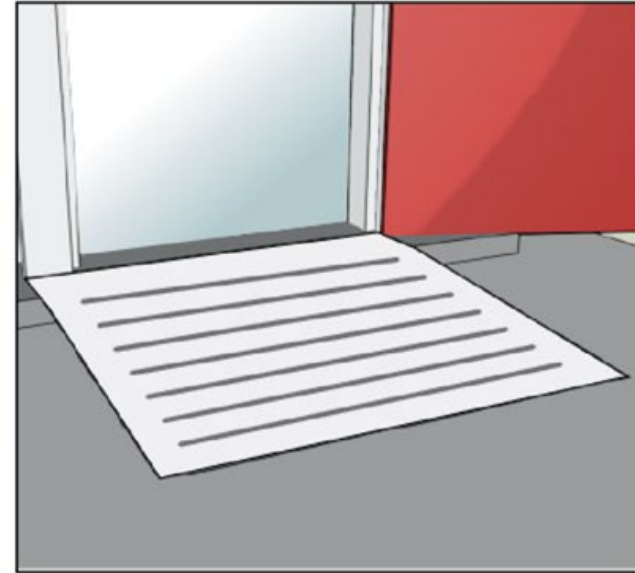
The Exterior: Ramps



Permanent Ramp



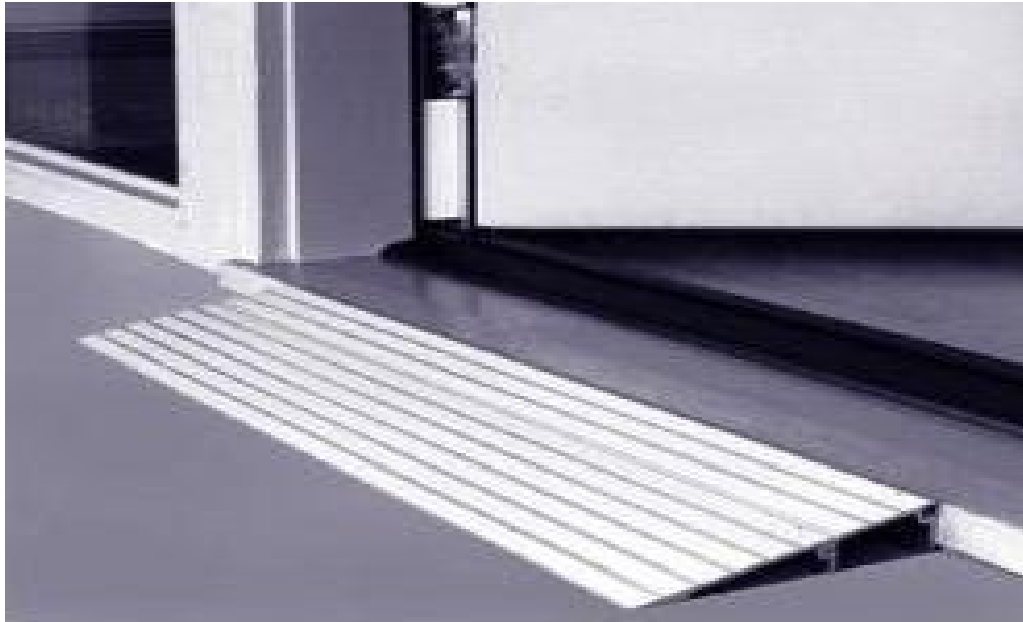
Temporary Ramp



Threshold Ramp



Thresholds Ramps



AARP HOME FIT GUIDE

- The standard ratio of length to rise is 1' per 1"
- Ramps on the front of homes can signal that the homeowner may have a limitation. It also automatically alerts opportunists.
- Ramps should only be installed if necessary.





The Exterior: Steps and Walker Steps

- Steps can be individual (a stoop) or a set of steps leading to an entryway.
- Walker steps are modified to have deep treads and short risers.



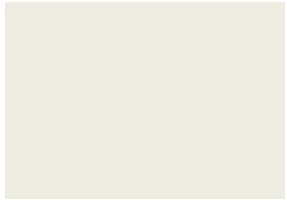




The Exterior: Vertical Platform Lifts

- Ideal for limited space
- Must be installed by professional

Flexstep





Flexstep



Flexstep







The Exterior: Lighting and Address Numbers

- Outdoor lighting
 - Entryway lighting
 - Solar-powered pathway lighting
- Tips for displaying address numbers



The Entryway: Doors

Entering and Exiting Your Home Safely



The Entryway: Doorbells and Handles

- Peepholes and doorbells
 - Video doorbells (Smart Home option)
- Handles and locks
 - Lever-style door handles
 - Digital door lock (smart home option)





Entry Spaces: Organizational Strategies

- Useful furniture
- Convenient storage options
- Alternatives to a hall closet





Entry Spaces

Creating a Warm and Safe Welcome



Other entrance activities:

Retrieving the Mail

Taking out the Trash

Receiving people and packages

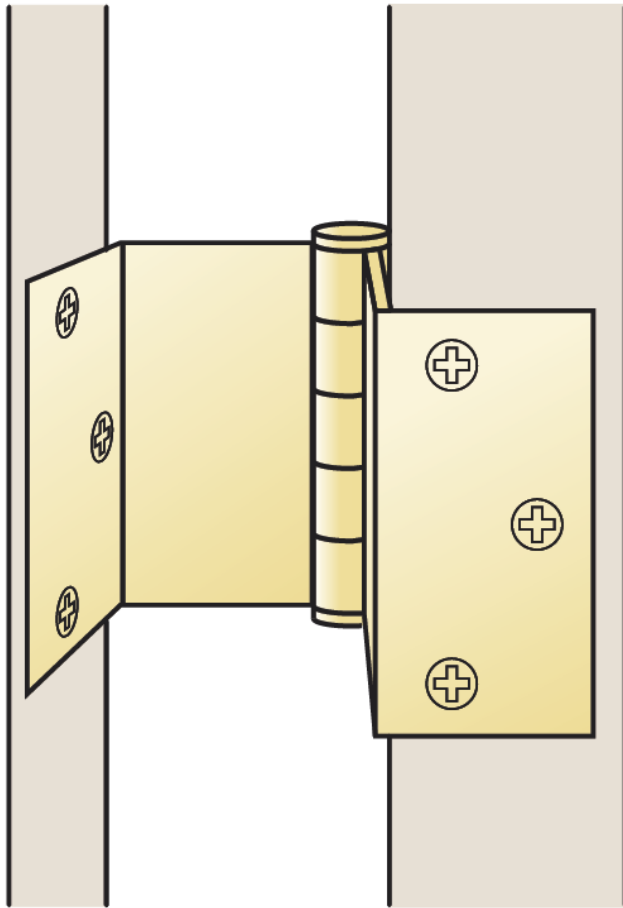




Wider Entryways

Doorways at least 36 inches wide

Hallways at least 42 inches wide



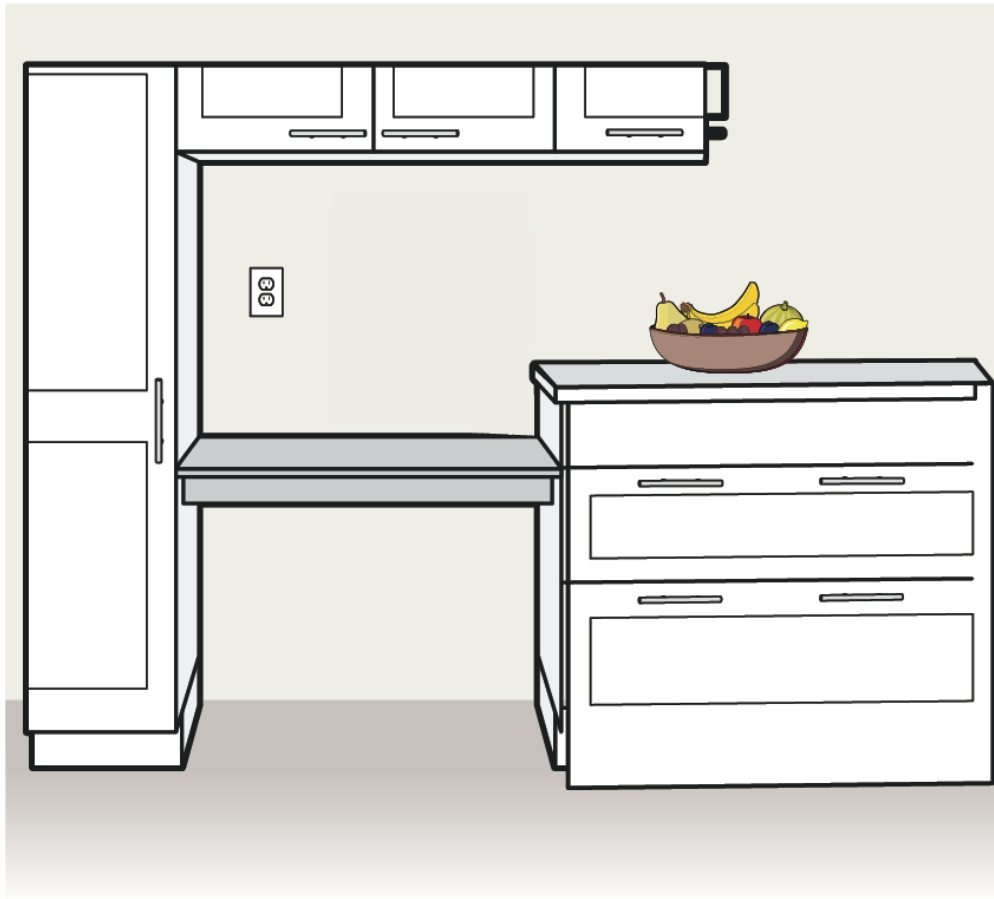
The Entryway: Doors

- Specifications for Universally Designed doors
- Swing-clear hinges: Another option for providing more clearance in a doorway



The Kitchen

Considerations for Every Diner, Visitor and Cook



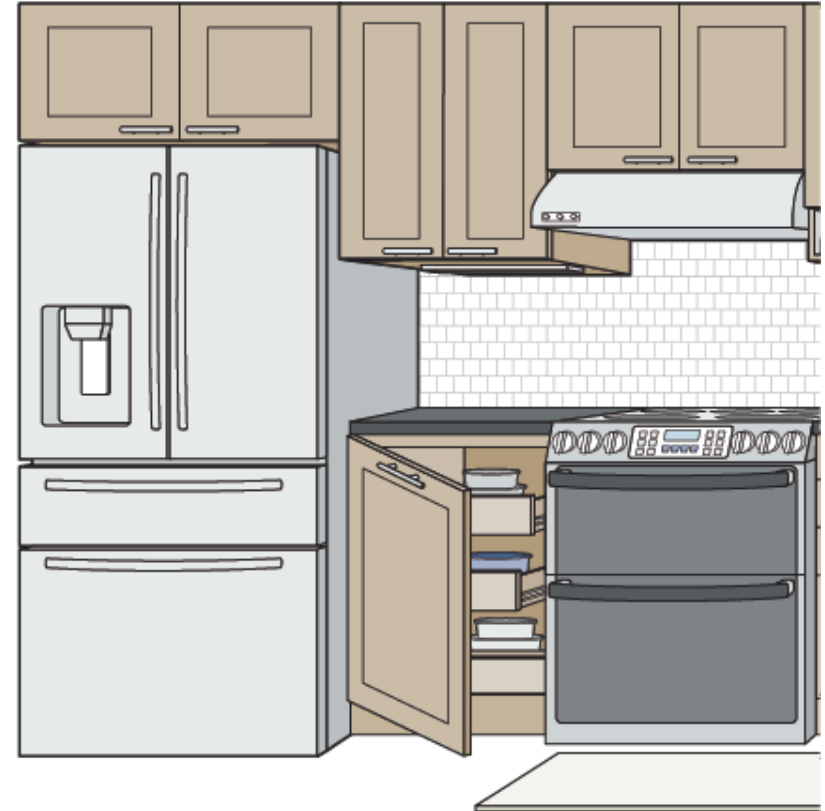
The Kitchen: Rethinking Your Current Space

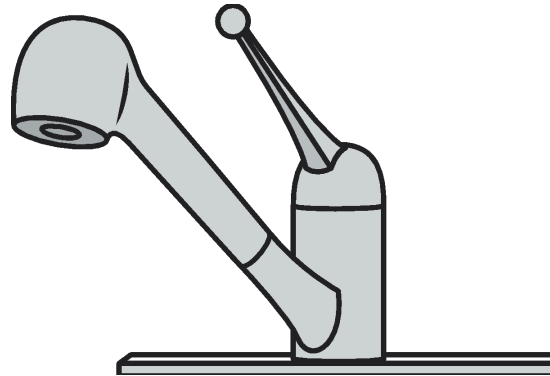
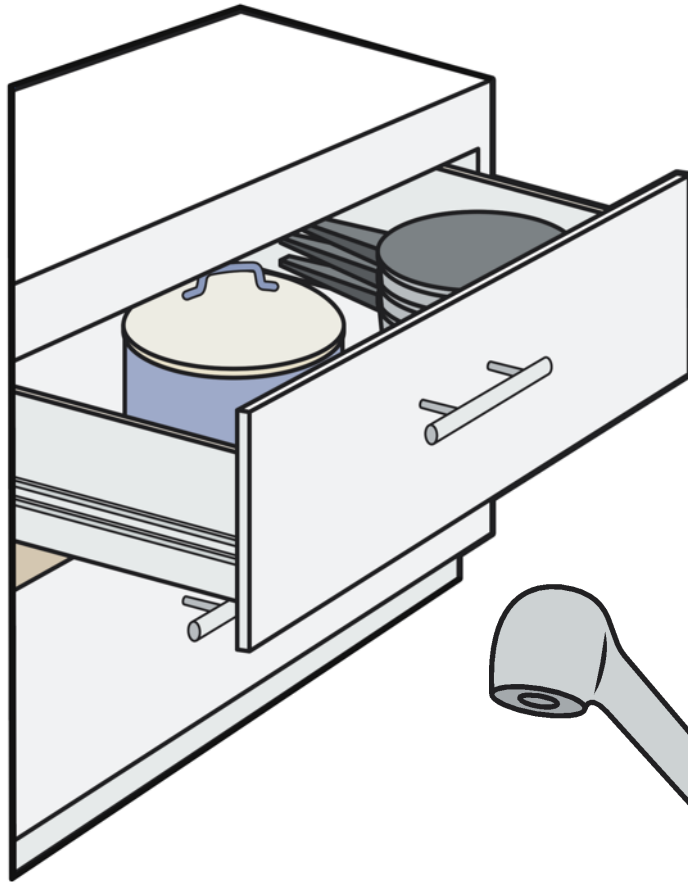
- Sit at the table to prepare food
- Work at a lower counter



The Kitchen: Cabinets, Shelving and Drawers

- Adjustable lighting for ease-of-use
- Lower-level cabinetry and pull-out shelves for better access
- Open shelving for visibility
- Drawers for maximizing space



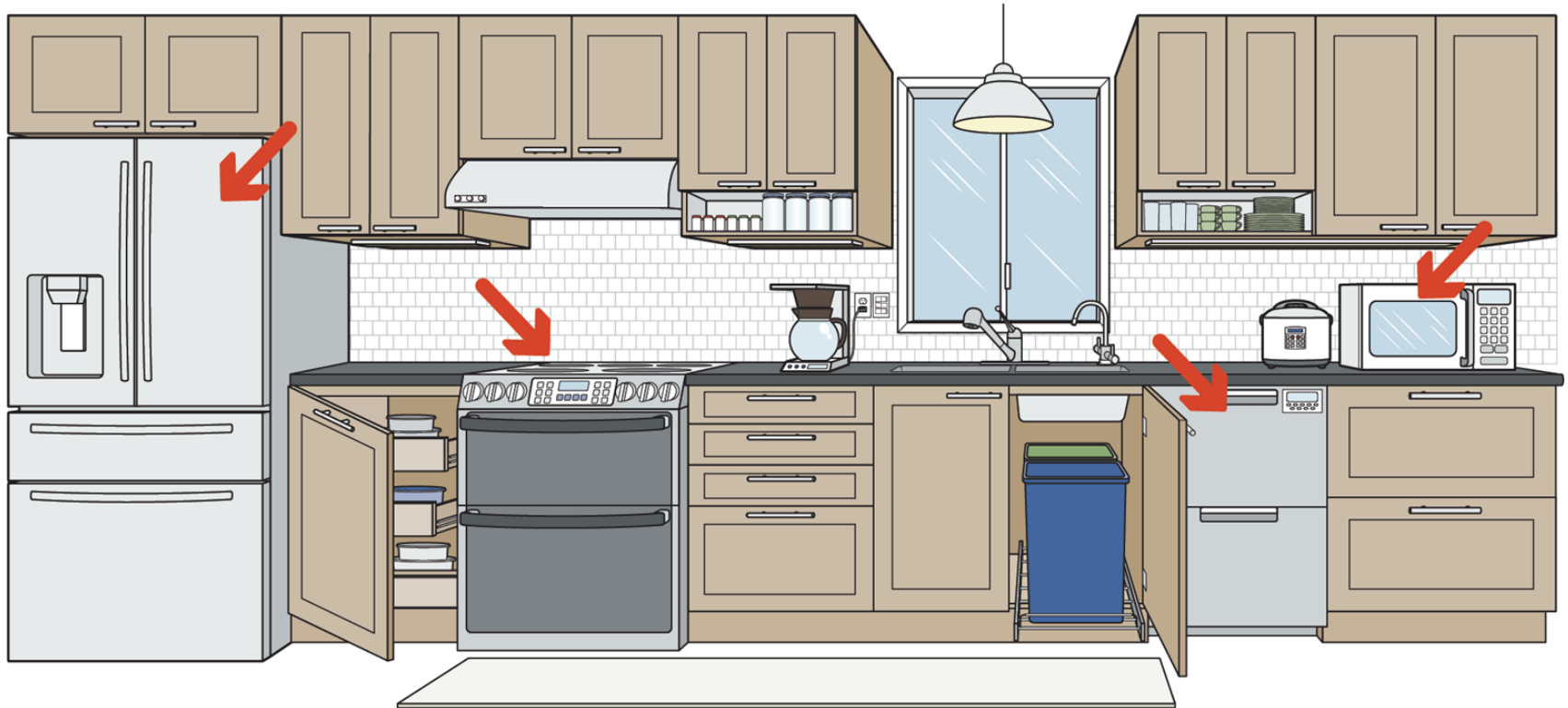


The Kitchen: Handles and Hardware

- The most accessible handle design
- Faucet types that facilitate use and safety



The Kitchen: Appliances



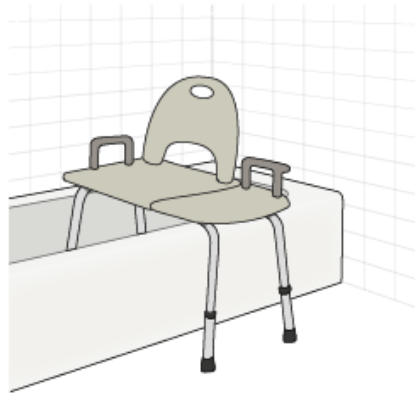
Accessible Kitchenette





The Bathroom

Creating a Safe and Convenient Space



The Bathroom: Low-Cost Safety Devices

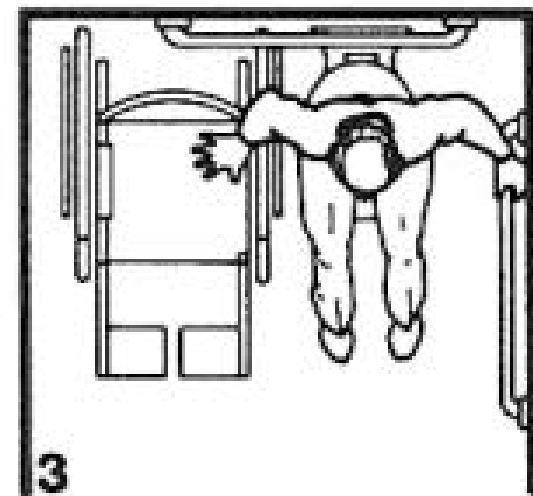
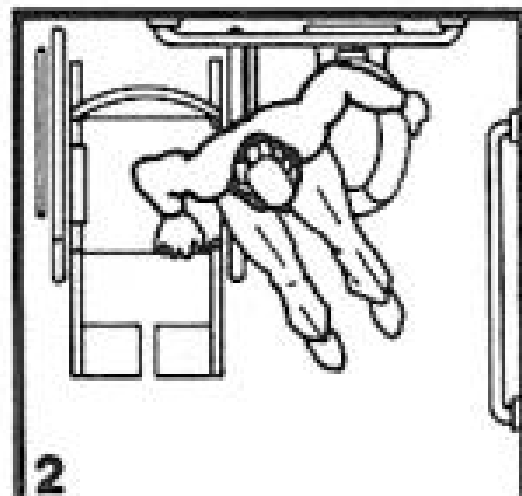
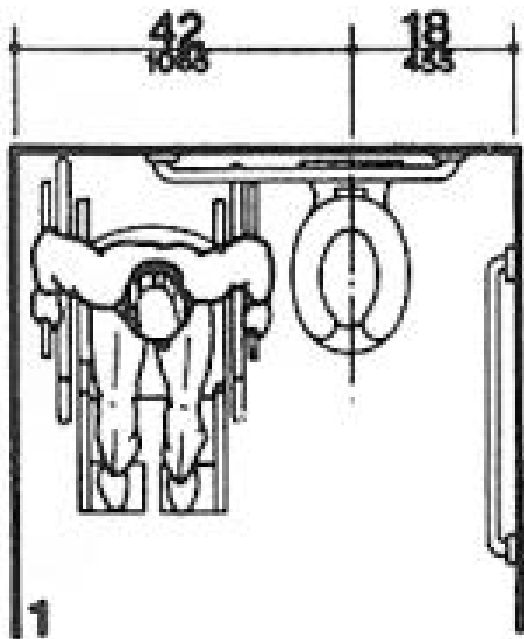
- Commode chair
- Shower options
- Comfort height toilet / Toilet base riser
- Transfer bench

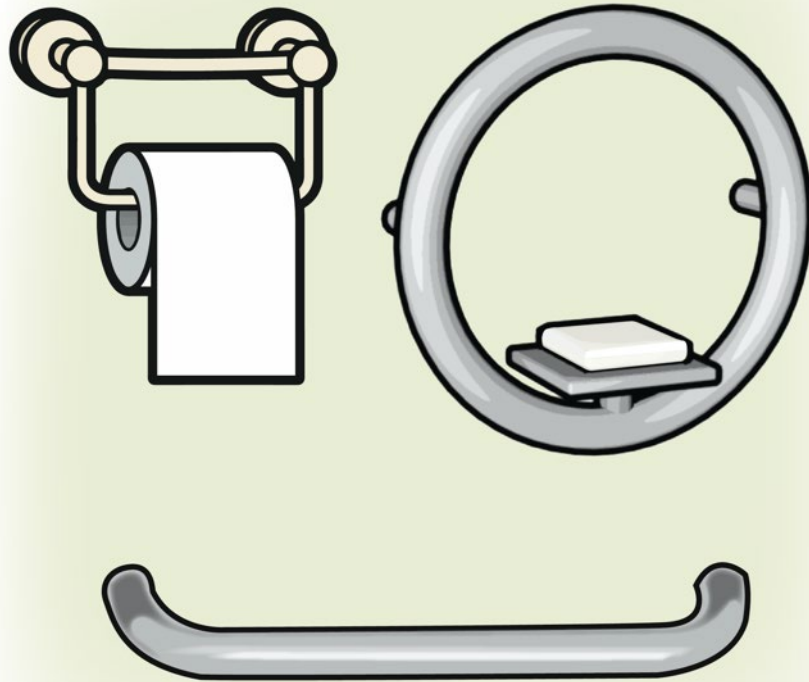
BIDET TOILET SEAT





Sliding transfer





The Bathroom: Grab or Assist Bars



PHOTO CREDIT - TRICIA MILLER



PHOTO- TRICIA MILLER



The Bedroom: Space, Access, Clothing Storage





PHOTO-ASHLEY PORTON



PHOTO-ASHLEY PORTON

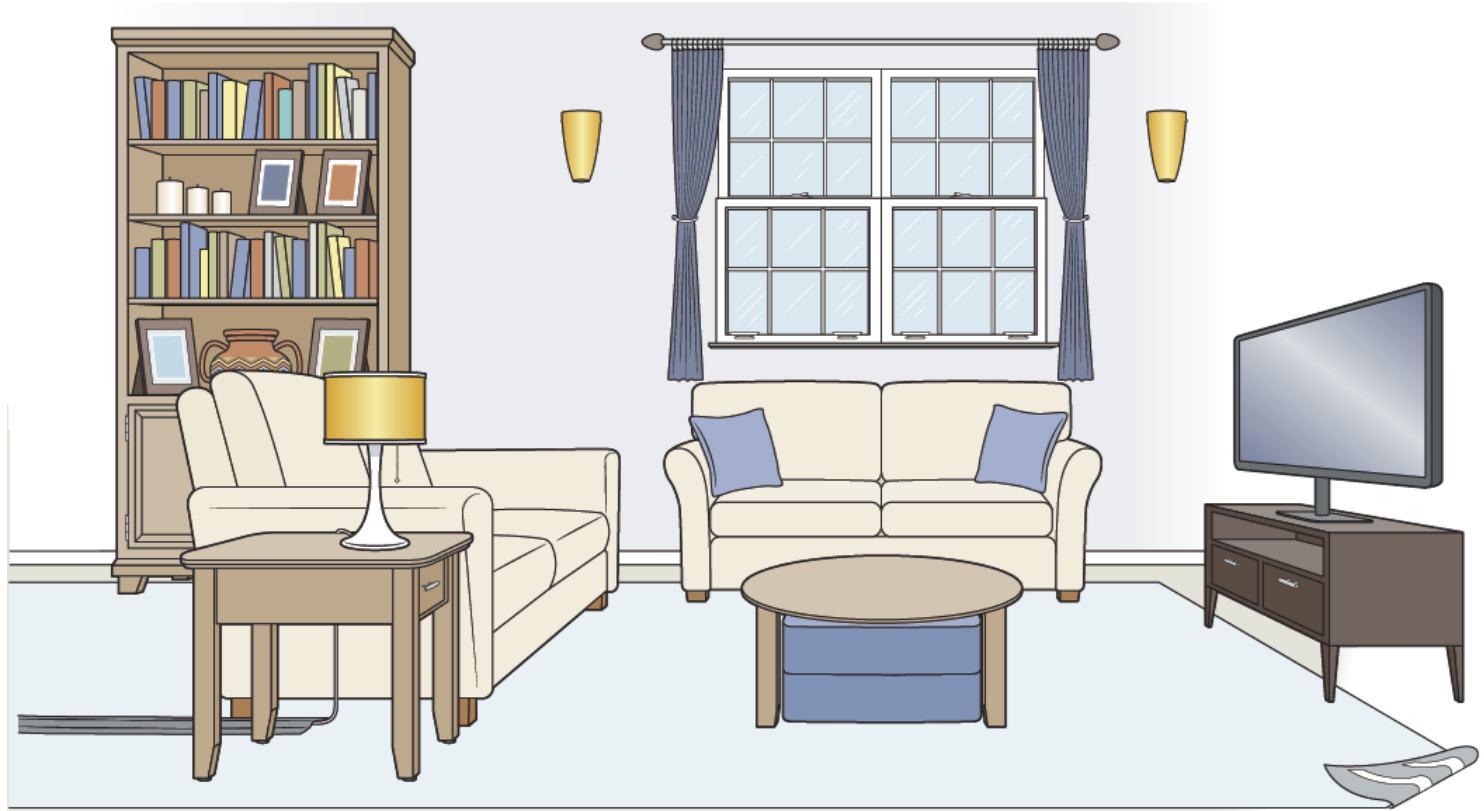


Living Spaces

Incorporating Modern Conveniences and
Universal Design

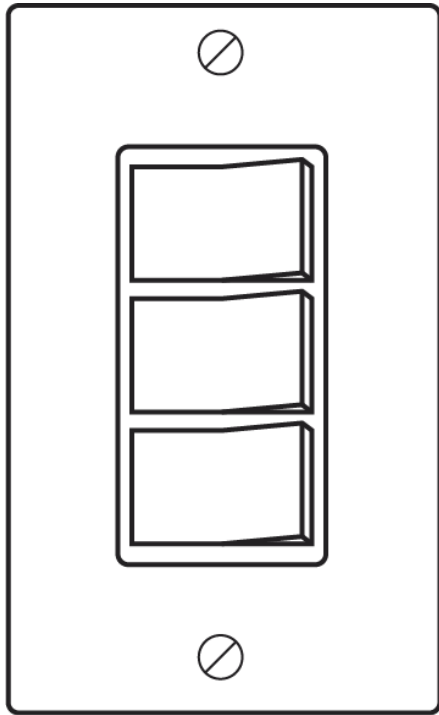


Living Spaces: Safety Considerations





Living Spaces: Lighting and Electrical



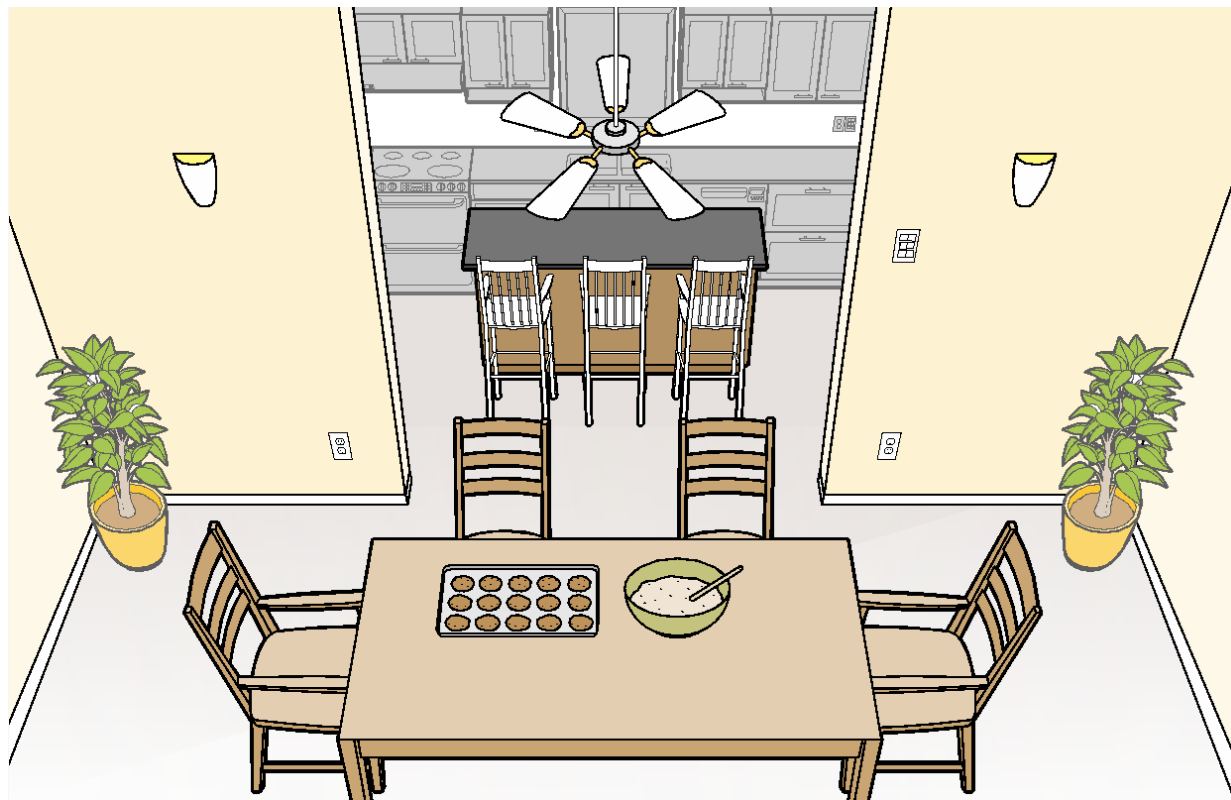
- Using natural light
- Night lights and motion-sensor lighting
- Rocker-style switches and ideal switch placement
- Glow-in the dark light switches
- Wall sconces in the bedroom
- Light switches installed between 36” and 44” from the floor
- Electrical outlets placed between 18” to 24” from floor

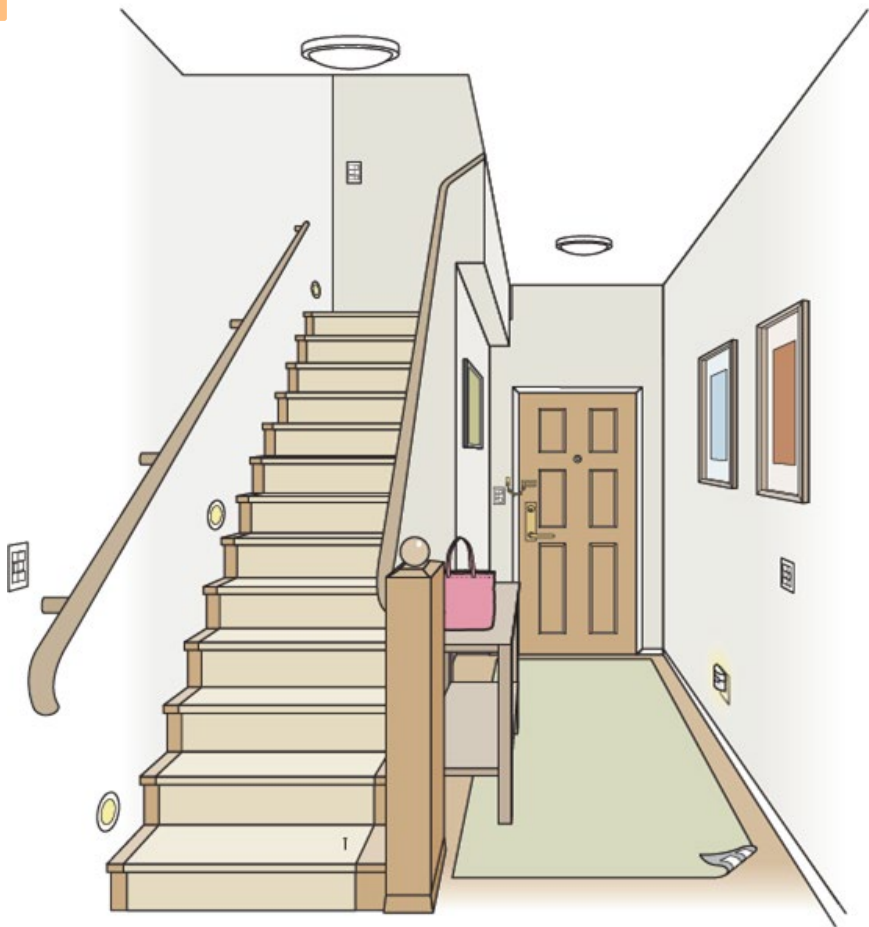


PHOTO-ASHLEY PORTON

Living Spaces: Dining Areas

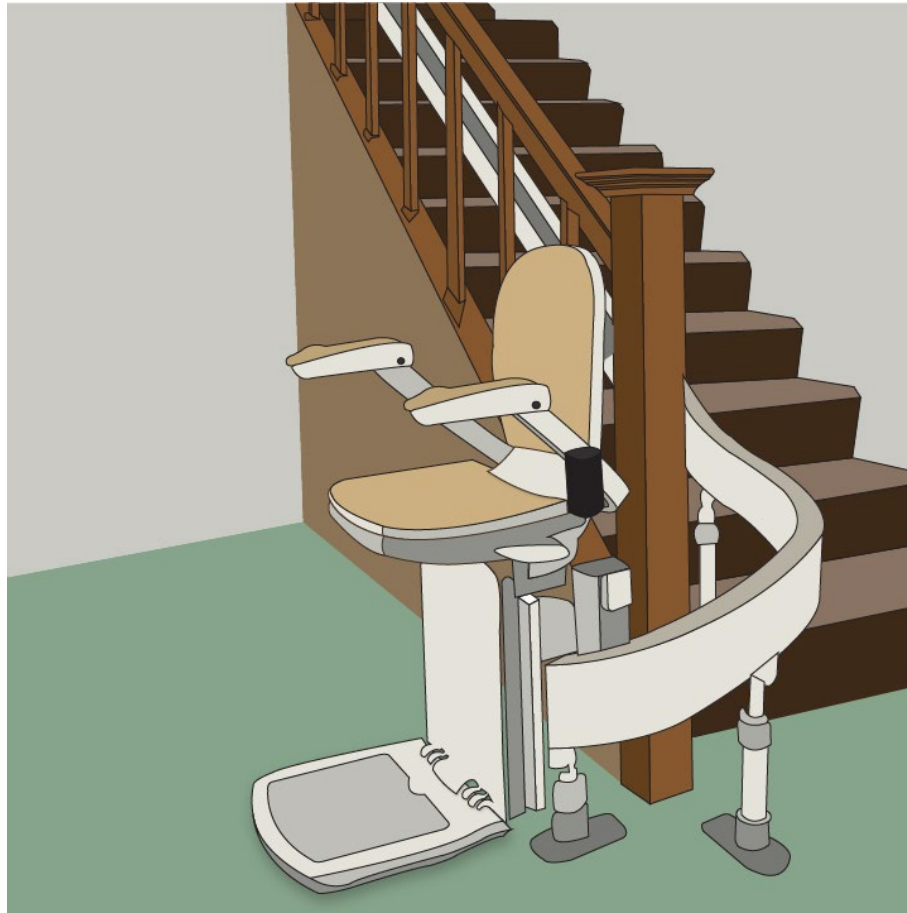
- Furnishing recommendations
- Safety and convenience





Living Spaces: Hallways and Stairways

- Clearances
- Handrails
- Carpeting
- Motion-sensor night-lights
- Treads
- Runners
- Riser covers



Living Spaces: Stair Lifts

- An alternative solution for two-story dwellings



The Laundry Room

Adaptations and Best Practices



The Smart Home

Using Technology to Improve Lifestyle



Smart home technology

Emergency communication

Security, health care, convenience...





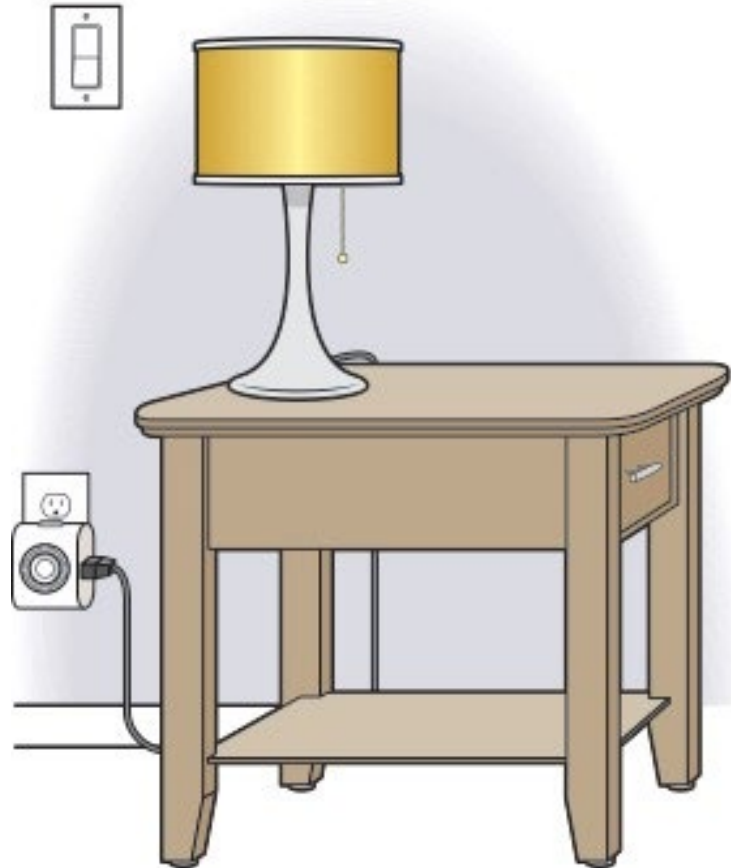
Smart Home: The Virtual Home Assistant

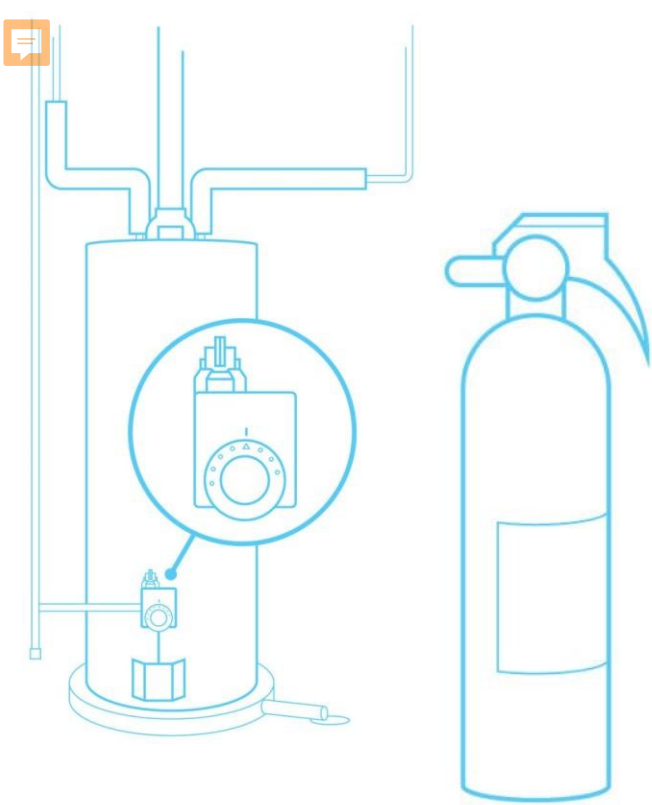
A virtual home assistant can:

- Turn the TV on and off
- Dial into video calls and online meetings
- Play music and podcasts
- Control lights and appliances
- Do online research
- Adjust thermostats
- Lock and unlock doors
- Make shopping lists
- Place telephone calls
- Provide reminders

The Smart Home: Lighting and Electrical

- Program lights time of day
- Light timers
- Motion activation
- Light bulb choice
- Adequate and even lighting throughout home
- Other considerations are household tasks, consider LED for longevity



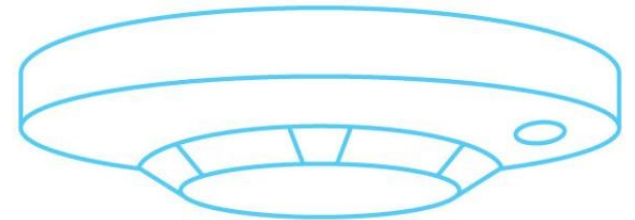


How to stay safe throughout your home:

Set water heater temperature

Fire extinguisher/exit plans

Smoke and carbon monoxide detectors





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Funding Sources

- Tribal Nation Funding
- Rebuilding Together www.rebuildingtogetherokc.org
- Advantage Waiver <http://www.okhca.org/>
- Respite Care <http://www.okhca.org/>
- Living Choice <http://www.okhca.org/>

Funding Sources

- City Grants (CDBG), Rural Repair and Rehabilitation Grants
- Veterans Programs: SAH Grants, SHA Grants, and HISA Grants
- Improvement Loans, such as:
 - Homestyle Renovation Loan
 - VA Renovation Loan
 - FHA 203K Rehabilitation Loan

CARING FOR CAREGIVERS TAX CREDIT



- Oklahoma is the first state in the nation to adopt an expansive tax credit for family caregivers.
- Passed during the 2023 legislative session, The Caring for Caregivers Act became effective January 1, 2024.
 - Available for 2024 returns, fileable in 2025

About the Tax Credit

The Caring for Caregivers tax credit is for out-of-pocket costs incurred by the unpaid family caregiver for a limited set of services.

- The expenses must be directly related to assisting the family caregiver in providing care to an eligible family member.
- The tax credit is capped at **\$2,000** per year for most participants.
- Individuals caring for veterans or those with a dementia-related diagnosis will receive **up to \$3,000**.

Examples of Covered Expenditures

The tax credit helps offset the purchase or lease of equipment necessary to assist an eligible family member in carrying out one or more activities of adult daily living (ADL).

- The purchase or lease of equipment necessary to assist an eligible family member in carrying out one or more activities of adult daily living (ADL) qualify for the tax credit.
 - Wheelchairs, lift chairs
 - Walkers
 - Adult diapers
 - Durable medical equipment
- Improvements to the family caregiver's primary residence qualifies if it allows the eligible family member to live in the residence and remain mobile, safe and independent.

What type of care qualifies as an eligible expense?

Types of eligible expenditures paid or incurred by the family caregiver providing care to an eligible family member are eligible:

Home care aide, Respite care, Adult day care, Personal care attendant

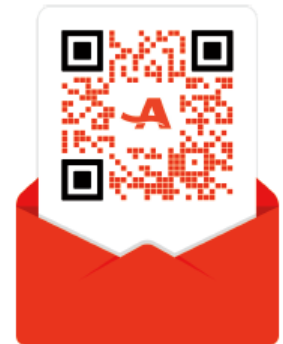
What is not covered?

- Prescription or over-the-counter drugs
- Medical supplies: many are considered either medications (insulin) or medical devices (pumps/glucose monitors, etc.)
- Expenditures of general household maintenance activities such as painting, plumbing, electrical repairs or exterior maintenance.

Staying Up-To-Date

- Dedicated webpage with answers to frequently asked questions
 - Downloadable document to keep information at your fingertips
- Updates from the Oklahoma Tax Commission and forms as they become available
- Links to other AARP caregiving resources

Visit www.aarp.org/OKCaregiverTaxCredit or scan the





www.aarp.org/OK

(866) 295-7277 toll-free or (405) 757-8600

okaarp@aarp.org

Thank

for Joining

You

Us!