

Home Usability to support Community Living

Results and Next Steps
from the PICL project

“It’s life changing!”

–Consumer participant



Introductions and workshop overview

RTC: Rural and The Ability Center

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The Research and Training Center on
Promoting Interventions for Community Living



The Ability Center

This workshop

- Background and overview of the PICL/Home Usability Project
- Evidence and results from the evaluation of the project
- Real world examples of Home Usability projects from the Ability Center
- How the Ability Center plans on continuing the program beyond the research program
- Strategies and resources for funding/starting a home usability program at your CIL

The PICL Project

- Promoting Interventions for Community Living
- A collaborative project between the Universities of Kansas and Montana and six different CILs
 - Phase one: Summit Independent Living (Missoula, MT) and The Whole Person (Kansas City, MO)
 - Phase Two: The Ability Center (Toledo, OH), Voices for Independence (Washington, PA), disABILITY LINK (Tucker, GA), accessABILITY (Indianapolis, IN)
- Testing the efficacy of two different interventions, Home Usability and Out and About.
 - Focusing on home usability in this presentation

Poll 1

What kind of housing programs do you offer at your center?

- a) In house home modification program (ie. CIL provides funding)
- b) Support consumers in home modifications but do not provide funding (e.g. via waiver services or other funding streams)
- c) Referrals for consumers to other home modification programs
- d) Home modification/housing support connected to transition only
- e) Support consumers in finding accessible affordable housing
- f) Community level housing advocacy

The Home Usability Program

- Usability vs Accessibility
- Low cost modifications, AT, supports
 - \$350 per consumer
- Consumer driven
- Our research question: Does participation in a consumer directed home usability intervention increase community participation for consumers with mobility disability?
- Outcome data collected:
 - Community participation-trips and activities in the community
 - Levels of pain and exertion
 - Health

HUP Methods and Implementation

- Program content developed with a team of 5 CIL specialists from 5 different centers as part of previous funding
- Consumers work closely with CIL staff to work through intervention online or with printed manuals
- Consumers complete a home usability plan throughout the process
 - Home usability quiz
 - Home usability self assessment-AARP Home Fit Guide
 - Resources (social and financial)
 - Included a home visit by CIL staff when feasible
- Results presented here from phase one in 2017-2019
- 195 consumers participated in a random control trial across two CILs
 - 81 completed the Home Usability Program

Home Usability Projects

- **Bathing and grooming:** Grab bars, shower chairs, non-slip mats
- **Cleaning:** Robot vacuums, long handled dusters, storage
- **Mobility:** Mobility devices such as walkers and canes
- **General safety:** Fire extinguishers, medical alert device
- **Entrancing:** Hand railings, video doorbells, threshold ramps
- **Cooking:** Adaptive cooking equipment
- **Sleeping:** New mattress
- **Moving:** Moved to a more accessible space
- **Dressing:** Assistive equipment
- **Furniture:** lift recliners, accessible desk
- **Assistive equipment:** Reacher tool

Results

- Consumer directed home usability changes positively impacted participation in social and recreational activities
- Program participants reported a 39.5% ($p < .05$) increase in social and recreational activities immediately following the intervention relative to the control group after controlling for health status and month
- Bathroom, safety and sleeping changes seem to have the greatest impact

Question break

HUP in action at The Ability Center: Success story 1

- Consumer is a 65 year old female
- Back injury that limits her mobility
- Used HUP funds for ADA height toilet
- “Thank you for my new toilet! Such a blessing. I will start working on other things needed and slowly everything will come together.”

HUP in action at The Ability Center: Success story 2

- Consumer is a 62 year old female
- Multiple Sclerosis
- Had worked with ACT in the past for an assistance dog
- Identified need for bathroom improvements:
 - Complete bathroom make over!
- The shower replacement was long overdue. As my disability progressed washing my hair and showering became increasingly difficult. I would often need my husband to help me exit the shower. Now I can shower without any assistance and anxiety. Participating in PICL motivated me to address the shower safety and accessibility issues.

HUP in action at The Ability Center: Success story 3

- Consumer is a 34 year old female
- Cerebral Palsy
- University student and mother
- Home safety in entry way and Meal preparation
- I just wanted to let you know we got the door handle installed and working fully on Sunday and it works amazingly! I also got to use the new chopper today for a recipe that would take me more than twice as long to prepare in the past. It made the process much easier and saved time and energy. I just wanted to let you know how thankful I am to you and the ability center for helping me with those tasks!
- Consumer went on to receive ACT Auxiliary scholarship and also is featured in their annual style show fundraiser!

Continuing HUP beyond the research program

- HUP as a compliment to other ACT programs
- ACT is expanding programs to incorporate home usability because of the impact of this program
 - Current program include home accessibility, AT/DME gifting program, IL application (internal grant)
 - New programs include emergency preparedness, expansion of IL application, and expansion of AT loan closet

Assistive Technology/ Medical Equipment

Disability-related equipment is available to loan or gift free of charge. All items are cleaned and sanitized before lending.

Contact us to inquire about specific equipment needs. Donations of durable medical equipment are accepted.

EQUIPMENT GENERALLY AVAILABLE:

- Commodes
- Raised toilet seats
- Shower chairs
- Transfer benches
- Wheelchairs

Assistive Technology

The Assistive Technology (AT) Program is designed to temporarily equip youth and adults with disabilities assistive technology for short term accommodation purposes, trial use, evaluation, to make an informed purchase, or participate in virtual programming offered by The Ability Center and other community organizations.

The assistive technology loan closet can be found on abilitycenter.org



Home Accessibility

Home modification projects are completed to ensure safety in the home. We strive to keep people independent and thriving in their community.

PROJECTS INCLUDE:

- Grab bars
- Handrails (exterior and interior)
- Low-rise steps
- Wooden and aluminum ramps
- Stair lifts



Adult Services

Services are offered to adults to support independent living goals through best practices and partnerships with service agencies, and community organizations.

Staff will engage adults in goal development and activities that align with their skills and interests in the areas of opportunity:

- Healthcare
- Housing
- Socialization
- Education
- Access to public spaces (including recreation)
- Transportation
- Employment



Adult Services

Current Special Projects at The Ability Center:

- Promoting Interventions for Community Living (PICL)
 - Out and About Program
 - Home Usability Program
- OSILC Emergency Preparation Grant
 - Adults with Paralysis
 - Develop an emergency plan
 - Receive an emergency kit (~\$100 value)
 - Informational sessions



What is Disability Friendly?

It is a community that values and welcomes the potential and participation of each of its citizens and visitors – including those who live differently.

Our vision is to make the Toledo region the most disability-friendly community in the country!

Funding Home Usability

- What innovation or non-traditional strategies have you used at your CIL to support consumers in their community living/housing goals?

Funding home usability

- Community relationships
 - Furniture stores and durable medical equipment providers
 - Hardware stores, contractors/handyman
 - Habitat ReStores, Home Depot foundation grants,
 - National/local nonprofit organizations
 - Thrift/resale stores (vouchers and discounts)
- Amazon wish lists
- AT loan closets

**Thank you!
Questions!?**

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Home Usability Website: www.UseAbleHome.com