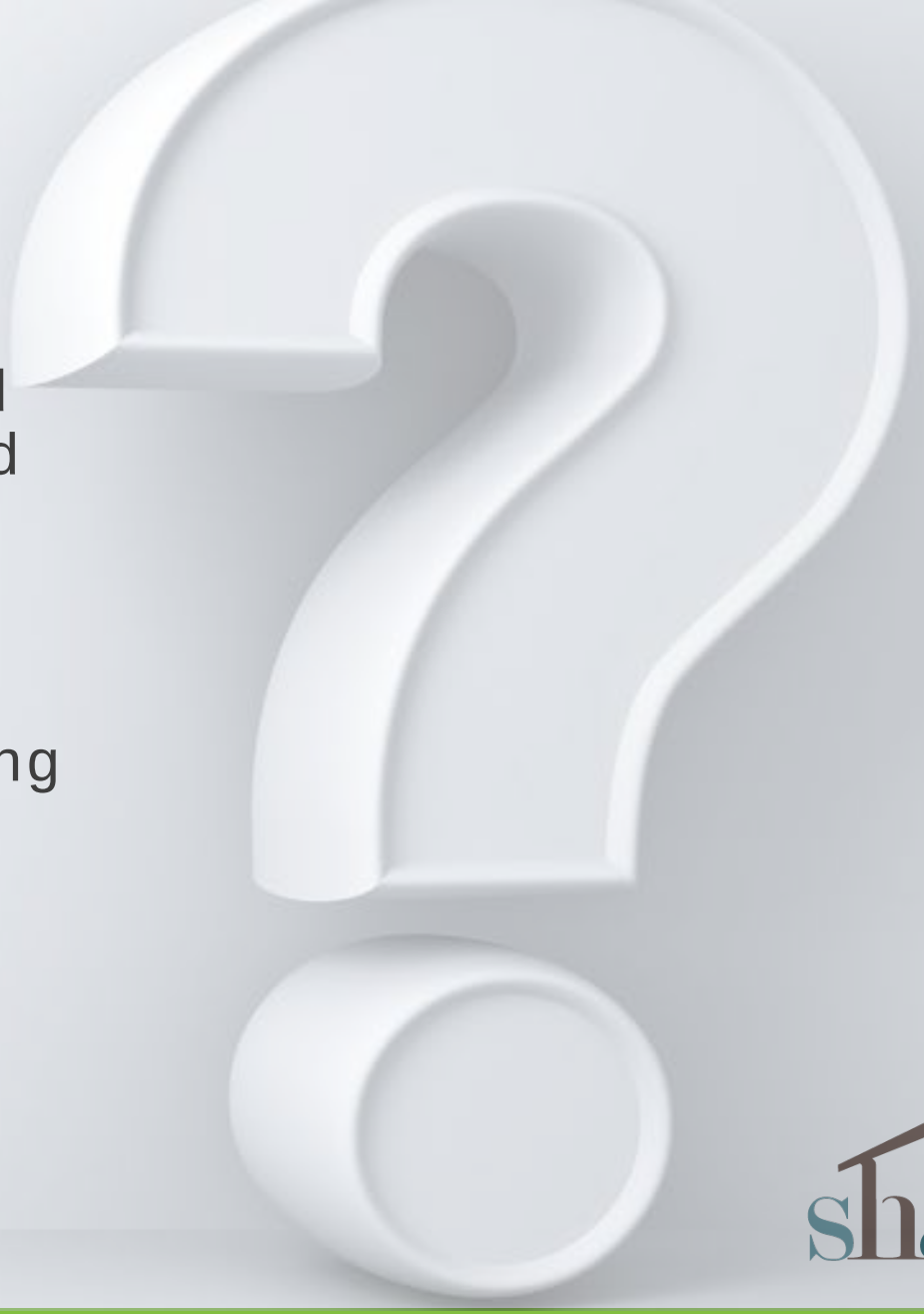


MY “HIP”

HOME IMPROVEMENT PLAN

The “So What?”

- Falls are the leading cause of injury-related deaths and non-fatal injuries in adults aged 65 and over.
- 6/10 falls happen at home.
- 50% of all older adult households lack the modifications needed to support functioning and aging in place.
- Changing your environment can help increase self-confidence, safety, ease of use, independence, and reduce the need to relocate.



What kind of community support would you need as you get older?



What kind of changes to your home would support you as you get older?



How do you use your space?



How can you make your home as safe and as comfortable as possible for you?



In less than an hour from now, you'll know:

How to modify your home for your everyday activities

How to identify simple fixes or updates you can do

How to use resources to help update your home



JEOPARDY

the HIP version

FLOORS

BATHROOM

KITCHEN

BEDROOM & LIVING ROOM

STAYING INDEPENDENT



FLOORS	BATHROOM	BEDROOM & LIVING ROOM	KITCHEN	STAYING INDEPENDENT
$100	$100	$100	$100	$100
$200	$200	$200	$200	$200
$300	$300	$300	$300	$300
$400	$400	$400	$400	$400

Do you have to navigate around furniture to walk through each room?





Ask someone to move the furniture so that your path is clear.



Keep walkways free of cords, clutter, and other obstacles.

Have a 36-inch-wide accessible route throughout your unit to support mobility and health care needs.

Do you have rugs on the floor?



Remove the rugs.

Rugs are cute and they can tie a room together, but they are the "banana peel" of home décor.

If you keep your rugs, use double-sided tape or a non-slip backing to keep rugs in place.



Do you have spills or objects on the floor and walkways?



Always keep objects off the floor.

Don’t “leave it for later”. Take care of spills and dropped objects promptly.

Use a grip and grab reach tool to help you pick up items without bending over.

Coil or tape cords and wires next to the wall so you can’t trip over them.

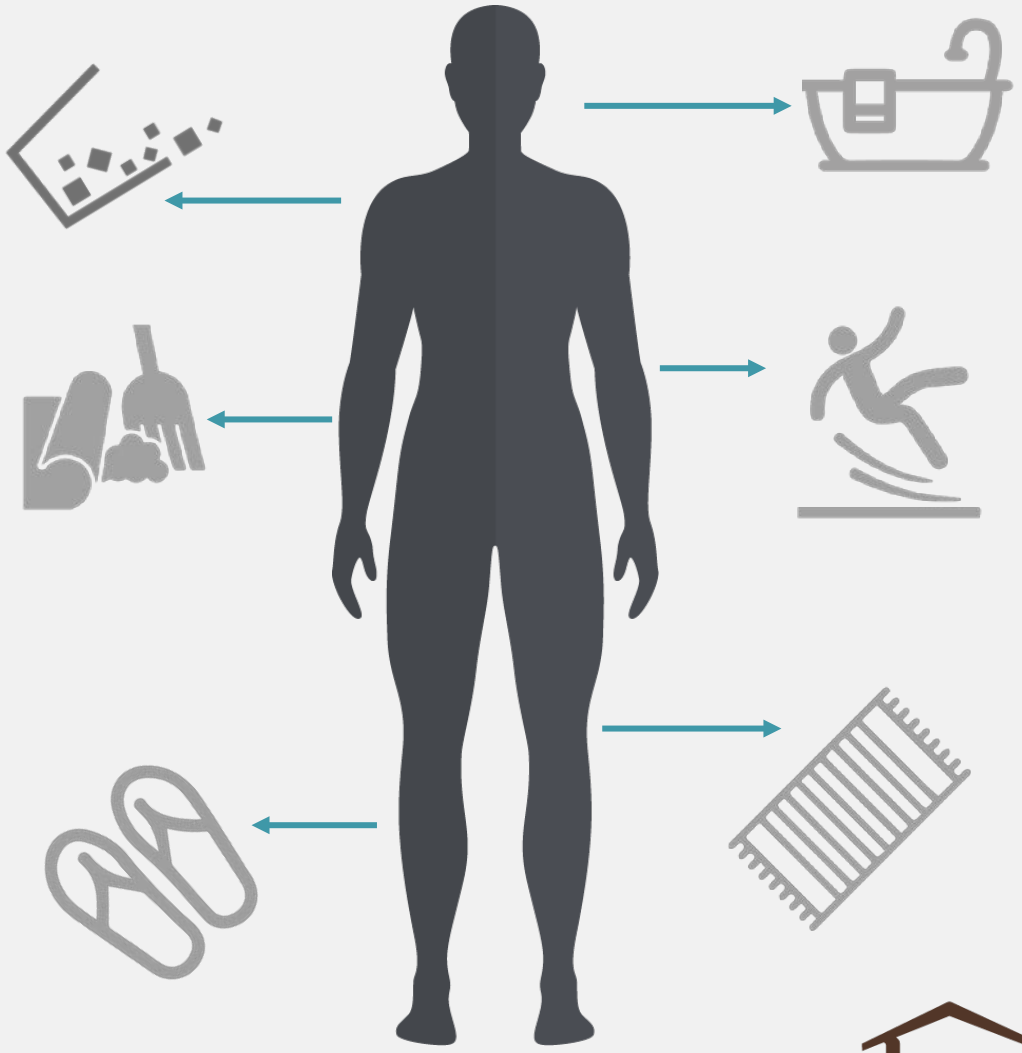


Do you notice that your carpet has come loose or is wrinkled up?



Make sure carpet is firmly attached to the floor and is in good condition.

Contact your manager to request carpet stretching or repair services to restore the safety and quality of your carpet.



Is the tub or shower floor slippery?





Put a non-slip mat or non-slip adhesive strips in the shower or tub.

Clean up any wet area immediately, and keep the bathroom floor dry.



Do you need support when standing to take a shower, when you get in and out of the tub, or when you get up from the toilet?



Put grab bars by the toilet and in the shower or tub to give you extra support.

Purchase a shower seat that makes it easier to bathe while providing an increased level of safety.



Can you reach your toilet paper holder from a comfortable and safe position?



Make sure that the toilet paper holder can be reached from a sitting position.

Consider using a raised toilet seat (with or without a handbar to help when rising or sitting).



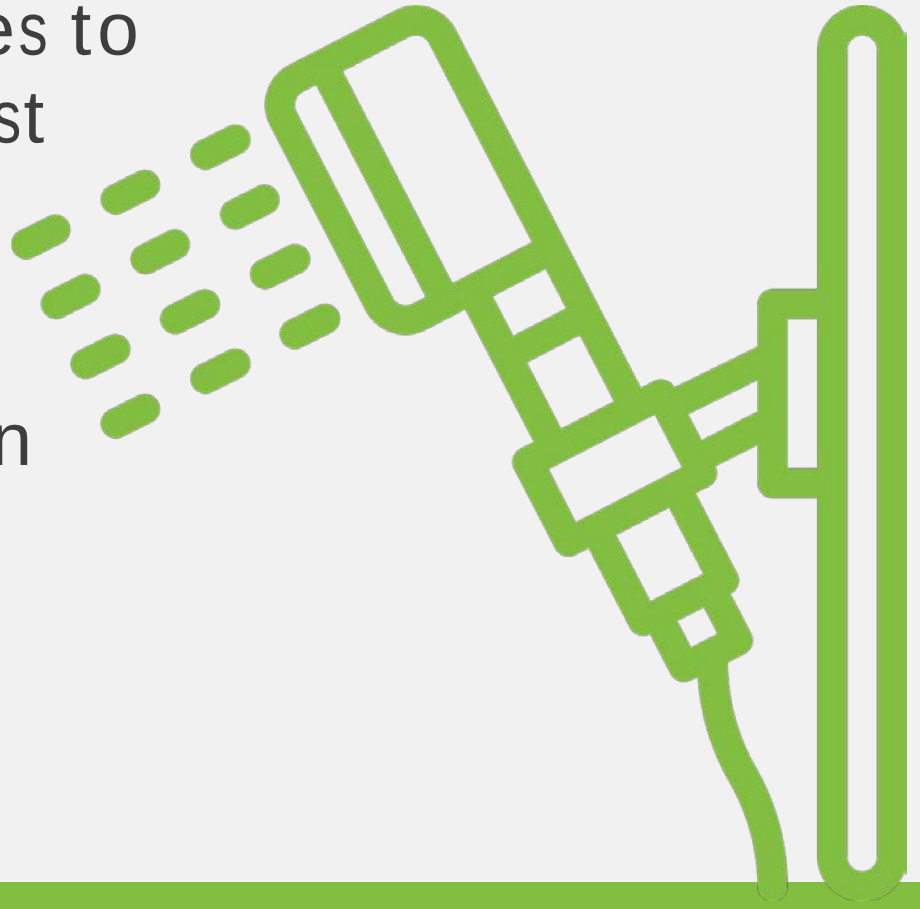
Is your shower head adjustable or do you have a hand-held shower head?





Consider an adjustable shower head which moves to suit the height and position most comfortable for you.

Combine it with a hand-held shower head to create an even more functional experience.



Is the light near your bed hard to reach?



Place a lamp close to the bed where it is easy to reach.

Keep flashlights throughout your unit, one in each room, and check the batteries regularly.



Is the path from your bed to the bathroom dark?



Put in a night-light so you can see where you're walking (between your bedroom and bathroom).



Is there a chair in the room where you dress?



A sturdy chair with arms where you can sit to dress can increase safety.

If you don't have room for a chair, is your bed low enough for you to sit on?

Check to make sure your closet is easily accessible and contents are easily reached.



Is your furniture and bed at a height that allows you to get up easily?



Make sure your furniture is easy for you to get in and out of (knee height or higher is easiest).



Grip sit-stand grab bar, sofa assist



Couch/chair risers

Are the things you use often on high shelves?



Move items in your cabinets. Keep heavy things lower.

Keep things you use often on the lower shelves within comfortable reach (about waist high).

Don’t store things on or above the stove (fire-safety).



Is your step stool steady?





Get a steady step stool with a handlebar on the back.

*Do **not*** use a chair as a step stool.



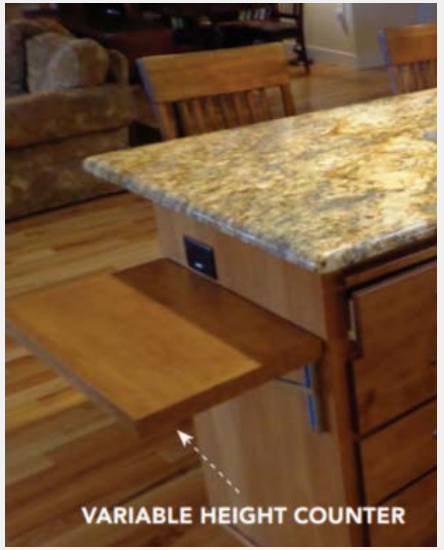
Is there a surface where a person can work while seated?





A low counter can serve various purposes, such as a place to eat or work while seated.





Photos from AARP Homefit guide (http://www.aarp.org/content/dam/aarp/livable-communities/documents-2015/HomeFit2015/AARP%20HomeFit%20Guide%202015.pdf)

Is there suitable lighting above the sink, stove, and other work areas in your kitchen?



Make sure your space is well-lit.

Add task lighting to help you see better.

Use coding schemes, colored labels, and backlight to enhance visibility.



Battery operated tap lights under cabinets

Do you usually exercise less than two days a week?





Exercise makes you ***stronger*** and improves your ***balance*** and ***coordination***.

Try to exercise at least 3x per week to be “home-fit”.



Do you hold your leash with your wrist?





Hold leashes with your fingers, **not** your wrist



It is easier to let go if your pet pulls or bolts.

Be aware of where your pets are when you are walking. Look behind you; they are sneaky.

If your pet is in your way, make him or her move so you can pass. You don't want to risk falling by going around or stepping over your pet.

Do you have a list of emergency phone numbers that you can access easily?





Keep emergency numbers in large print near each phone.

Keep your cell phone current and charged.

Add emergency numbers to your cell phone or speed dial.

Keep a medication list with you.

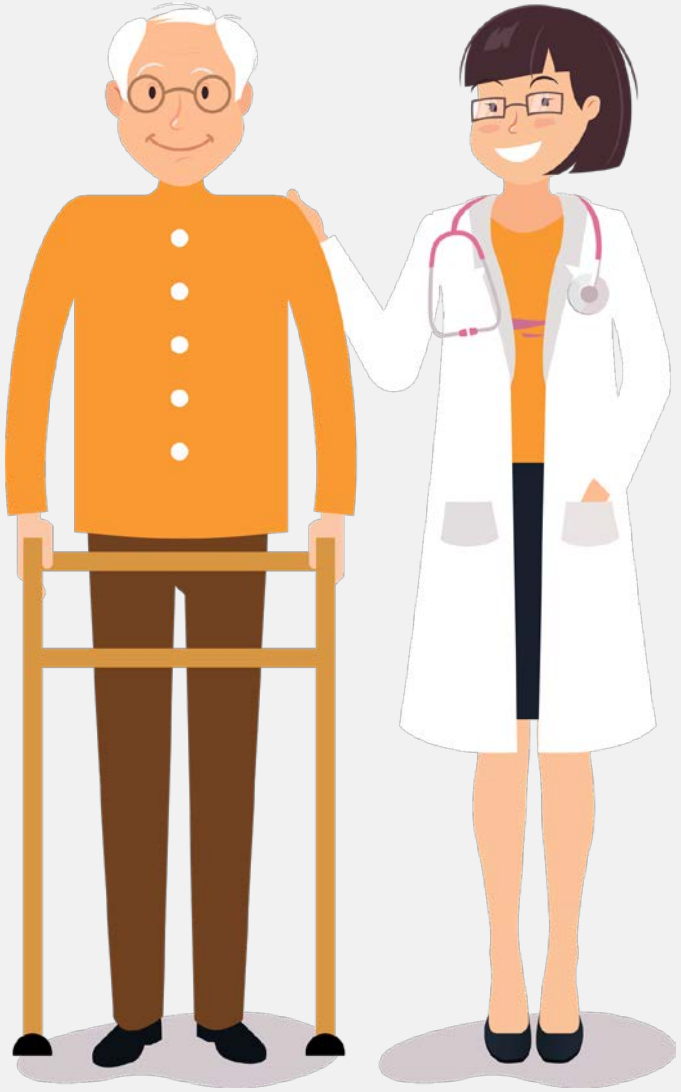
Get a medical alert system.

Put a phone/whistle/alarm near the floor or on a low table within reach in case you fall and can't get up.



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Has it been more than a year since your last eye exam?



Have your vision checked at least once a year by an eye doctor.

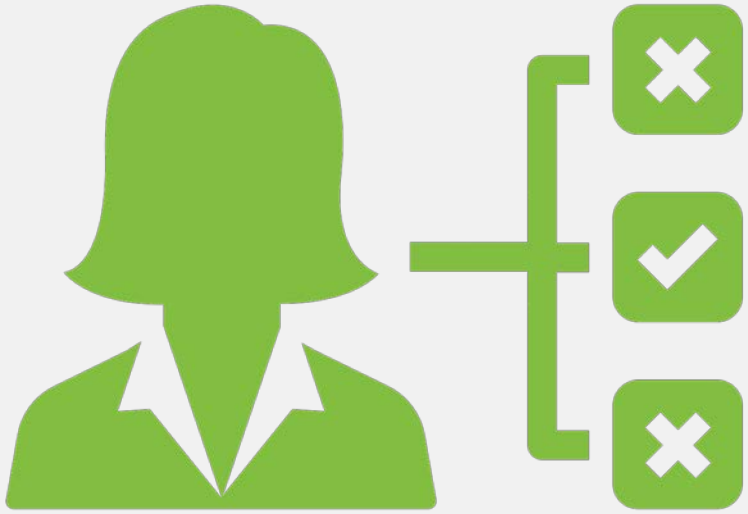


Poor vision can increase your risk of falling in your home.

Regular exams can ensure your prescription is up-to-date and also provide early detection and treatment of any developing eye health problems.

“FINAL JEOPARDY”

Takeaway / Action Plan



Community Resources

King County Emergency Medical Services "One Step Ahead" Fall Prevention Program — Provides free in-home safety walk through of your home by a therapist. Home safety devices may be provided free of charge, for people ages 50+ and living independently. Call 206-263-8544.

They also have a fall prevention web-site with educational videos:

www.kingcounty.gov/health services/health/ems/community/falls

Local Senior Services Agency — A wealth of information and resources for getting skilled help and/or financial assistance for home modifications and other needs. (Sound Generations for King County, 206-448-3110 http://soundgenerations.org)

Harborview Fall Prevention Clinic — A specialty clinic that provides fall/mobility assessments and fall prevention services to people over 65. Call 206-744-4191

AARP — An educational resource and a personalized toolkit to make your home fit you. Visit http://www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html

www.stopfalls.org — Provides information about fall prevention programs, balance and mobility training, medical management and environmental modifications.

Assistive Devices — Can help make everyday tasks easier to do. MaxiAids at https://www.maxiaids.com or Sammons Preston Company (800) 323-5547) for a free catalog.

Notes:

Organization name: _____
Notes _____
_____
_____

Organization _____
Notes _____
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Organization _____
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Some helpful questions to consider or to ask each resource over the phone:

- What does your service provide?
- How do I qualify? Are there deadlines?
- Are there free or low cost options?
- What do you recommend for (your concerns/question)?
- Anything else I should know?



MY (HIP)

HOME IMPROVEMENT PLAN & COMMUNITY RESOURCES

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Where your **friends** live.

Identify key areas that can be modified or updated

Your responses below will help you identify ways to make your home more comfortable, safe, and a great fit!

Green = great Orange= take a closer look Blue= needs modification

O O O The walkways throughout my unit are clear of furniture, throw rugs, electrical cords, or anything that could cause me to trip.

O O O My indoor and outdoor lighting allows me to see where I'm going. My light switches are within reach.

O O O The wattage rating on my lamps and light fixtures are as bright as possible.

O O O My furniture and bed are at a height that fits my needs.

O O O I have a night-light in the bathroom and well lit hallways.

O O O I do not have throw rugs in the bathroom or kitchen and common areas. If I do, they are secured to prevent injuries.

O O O I store the materials and food that I use the most on lower shelves, so that I don't need to climb or reach for them.

O O O I can easily reach a telephone in any room that contains one.

O O O If needed, I have grab bars in my shower, bath tub, and/or near the toilet.

O O O My floors are not slippery (use non-slip mat or adhesive strips in shower or tub). I clean up any wet area immediately.

O O O I use my home to reduce stress. (Examples: add a small fountain that produces the relaxing sound of running water, keep relaxing music playing in background, have fresh flowers, use natural lighting, hang art and photos of happy moments)

O O O I have a safety plan for myself in the event of an emergency or a health crisis.

"HIP" Tips!

Find ways to reward yourself when you reach a home improvement goal.

Make a SMART action plan. Choose something you want or decide to do that is Specific, Measurable, Achievable, Realistic/relevant, and have a time frame. **Example:** I will have maintenance replace the burnt out bathroom light bulb this week.

My HIP Plan:

_____
_____
_____
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Consider getting free to low-cost independent living aids to help support your needs. Such as: a pick-up reacher/grabber, door knob grip or shower/bath bench.

shag

Where your **friends** live.

shag

Home Assessment Checklist



Identify key areas that can be modified or updated

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Where your **friends** live.

shag

Community Resources



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- Anything else I should know?

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Questions and Survey





Thank you.