

WELCOME !

February 28, 2022



The ALS Association

National Office-Care Services

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Equipment and Modifications to Safely Enter and Exit your Home

Guest Speaker:

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Assistive Technology Specialist

ALS Association-Greater Philadelphia Chapter

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The ALS Association

ALS[®]

ASSOCIATION

Making a Home Accessible and Safe for a Person with ALS

Alisa Brownlee, ATP, CLIPP, CAPS, WSP

Assistive Technology Specialist

National Office and Greater Philadelphia Chapter

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Welcome

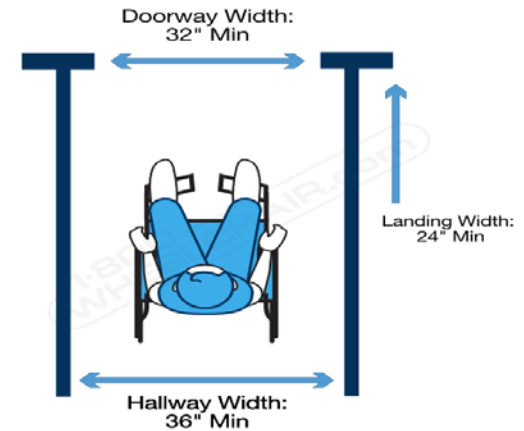
- I have no actual or potential conflict of interest in relation to this program/presentation
- I have no financial interest regarding any product I am including in this presentation
- I will share my slides – email me
 - alisa.brownlee@als.org

About me

- Assistive Technology Professional
 - Specialty areas are communication, computer access, environmental controls, home modifications
 - Credentialed Assistive Technology Professional (ATP) through RESNA (Rehabilitation Engineering and Assistive Technology Society of North America)
 - Certified Living in Place Professional (CLIPP) through the Living in Place Institute
 - Certified Aging in Place (CAPS) through the National Association of Home Builders
 - Credentialed Wheelchair Service Provider (WSP) through the International Society of Wheelchair Professionals
 - Current RESNA Board Member
 - Current RESNA Faculty
- 25 years with the ALS Association
 - Greater Philadelphia Chapter
 - National Office

Virtual Visit Home Assessment – free service provided by the ALS Association

- Contact me if you are interested in a virtual home assessment
- Can be completed via Zoom, Facetime, Duo, or WhatsApp, Skype
- Have as many family members on the call as possible
- Initial discussion to address area of concern about the home
 - Virtual walk through of home
 - Have caregiver come to meeting prepared with a measuring tape and use it to measure doorways and hall width
- Important due to cost and psychological element of modifying home



Cost of modifying a home



\$3,000-
\$5,000



\$10,000-
\$20,000



\$10,000+



\$20,000-
\$25,000



\$40,000-
\$70,000



\$8,000-
\$12,000



\$30,000-
\$60,000



\$300+



\$300.00-
\$500.00



\$2,000-\$20,000



\$12,000-
\$25,000



\$3,000-
\$6,000



\$300.00-
\$1,000.00



\$25,000+

Decision Making

- Housing worldwide has not been designed or constructed to accommodate the needs of disabled people in terms of accessibility, safety, independence, and location
 - Less than 3.5% of current single-family homes have three of the most critical accessibility features
 - Zero step entrances, single floor living, wide hallways and doors
- Home Modifications
 - Is my house accessible?
 - Do I make permanent or temporary adaptations?
 - Am I SAFE with these adaptations? Is my caregiver SAFE?
 - Can I afford it?
 - The VA is the only organization that will reliably fund renovations
 - Out of pocket expense can be thousands
 - Will modifications raise my homeowners insurance?
 - Will modifications increase or decrease my home value?
 - Should I move?
- The person with ALS and their medical decisions are crucial when discussing home modifications
 - Financial decisions
 - Cost of modifications versus in home care

Most common obstacles

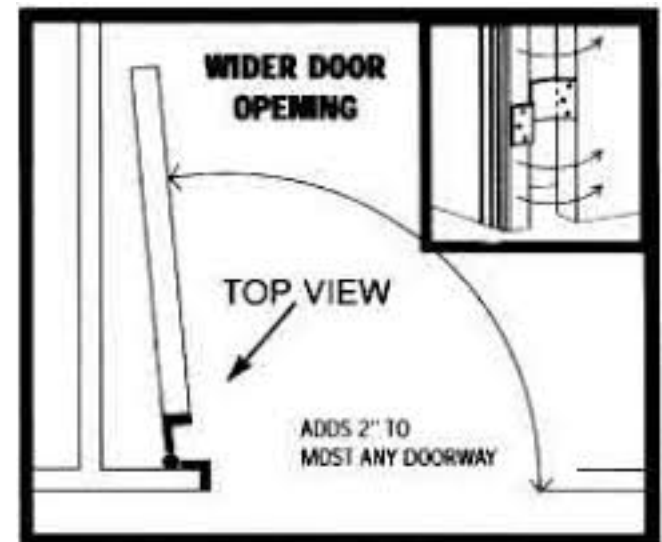
- Most common home obstacles are getting in/out of home and bathroom accessibility
- Other issues
 - Width of doors
 - Thresholds
 - Stairs
 - Rugs
 - Maneuvering Space



Entering and Exiting a Residence

Doors

- Minimum door width is 32 inches
- Swing away hinges can give up to 1 ½ - 2 inches
- Depending on configuration, switching door swing may allow better access



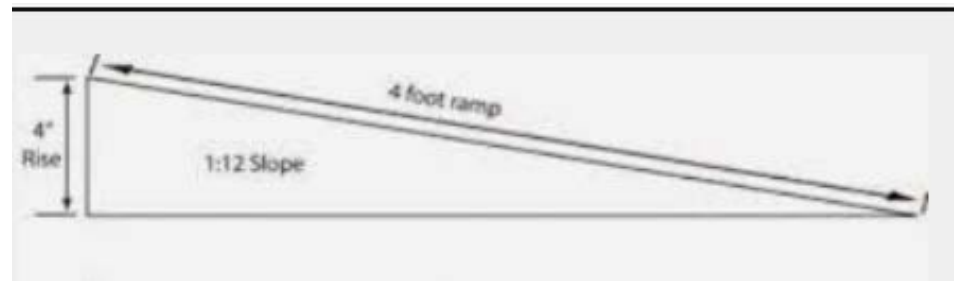
Offset (or swing away) hinges



Not every house is able to accommodate a ramp



Ramps



- Is my house rampable?
- For all ramps, whether permanent or temporary, the legal requirement is 1 to 12
 - For every inch of height in grad change, 12 inches of ramp length is required
 - Some areas in the US are allowing 1 to 7
- Ramp length should not exceed 30 feet of landings
- Ramp should not rise more than 30 inches
- Minimum width of a ramp is 36 inches
- Landings at top and bottom need to be as wide as the ramp (36")
- Need level/steady surface for exit of ramps

Wood versus Steel/Aluminum ramps

- Wood ramps are permanent
 - Can be more costly than steel/aluminum
 - Need a permit
 - Can reduce value of home
- Steel/Aluminum
 - Temporary
 - Can be easily removed





HOW TO

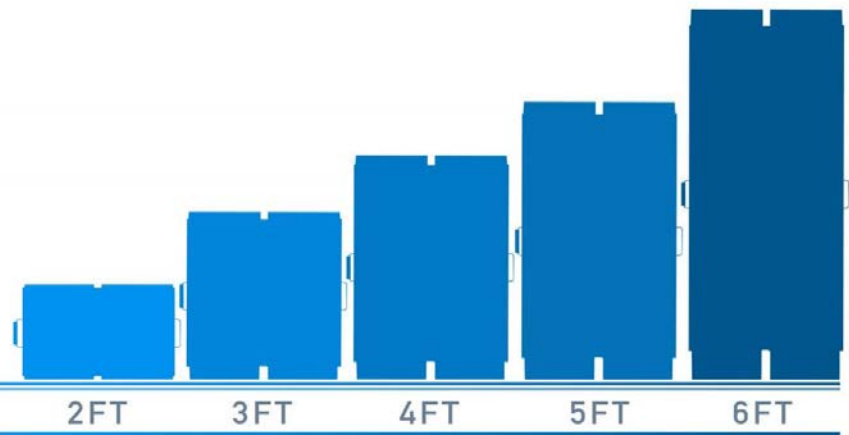
CHOOSE A SCOOTER OR WHEELCHAIR RAMP



Suitcase and Roll Up Ramps



• SUITCASE AS SIZE CHART •



6FT (AVG MALE)

2FT

3FT

4FT

5FT

6FT



Threshold Ramps



External Porch Lift





External Vertical Lifts





VistaVator
THE ELEVATOR WITH A VIEW

866.610.5438

Stair Climber



MOBILE STAIRLIFT

Instructional Video

Approximately
\$1,000.00



Assisted Wheelchair Climber



Approximately \$2,100

Emergency Evacuation Aide



Emergency Evacuation Chair



<https://evac-chair.com>

Approximately \$1,000





Stair Glides—Inside

- Are only SAFE when someone has trunk support

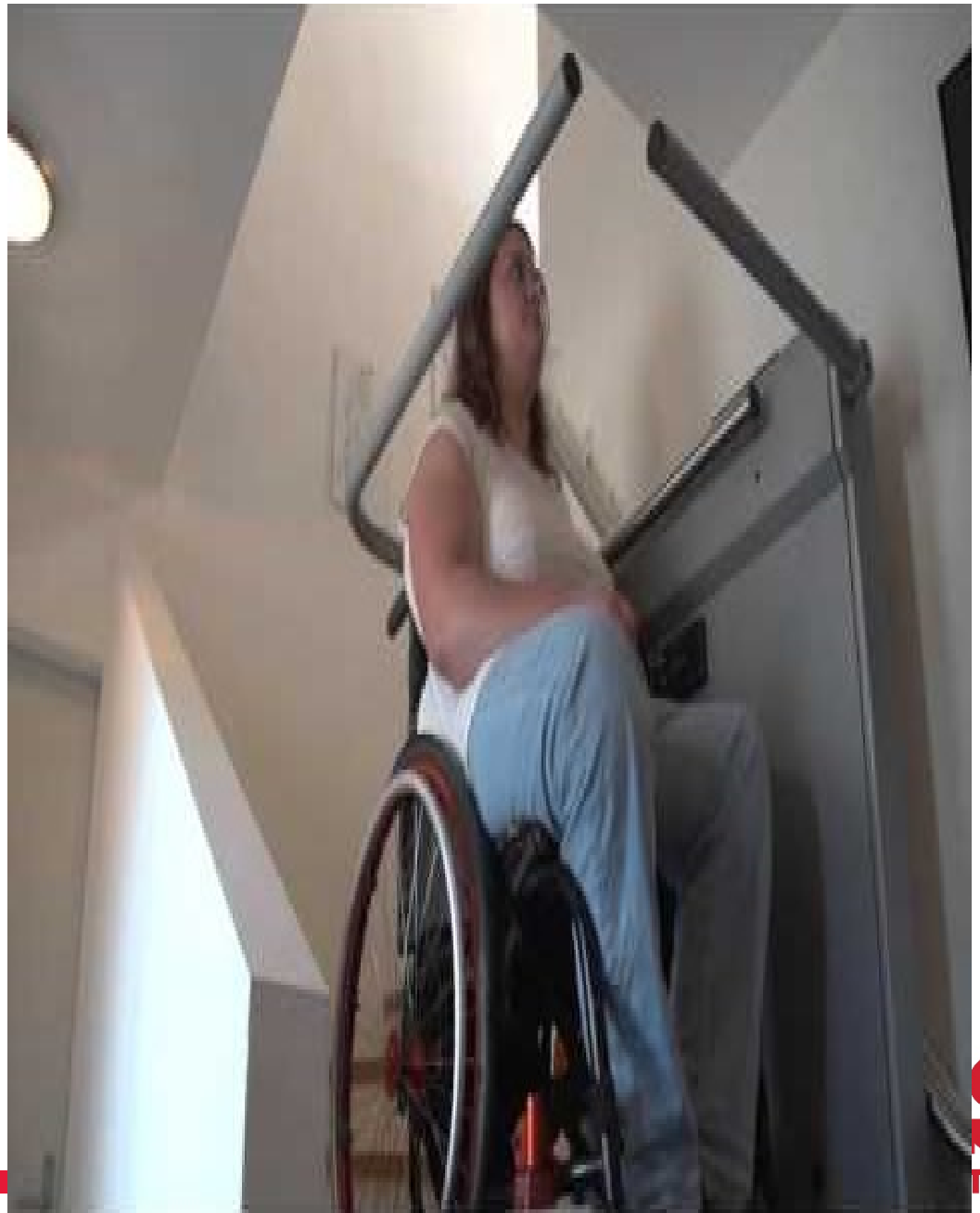


Curved stairs require a custom stairglide -- start price of \$8,000



Straight shot stairs start at \$3,000

Interior Stair Lifts



Elevators



Go Bag



Content suggestions

- Copy of your Medical Insurance Cards
- Medical Card with ALS specific information
- Written list of phone numbers: doctors, pharmacy, and family contacts
- Written list of medications
- 7 days worth of medication
- Written directions on how to communicate with the person with ALS
- Letterboard
- Enteral Nutrition (for those with feeding tubes)
- Advance Directive
- Style/Serial number of medical devices
- Water
- Hand Sanitizer
- Wipes
- Sanitary Products
- Adult Diapers/Urinals
- Phone Charger / Ear Buds
- Socks
- Energy Bars
- Pen and paper
- Cash

Resources

- National ALS Association
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