

# WEBINAR & TELELEARNING SERIES



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

**June 14, 2017**



**Genentech | Mallinckrodt Pharmaceuticals | Teva Pharmaceuticals | Acorda Therapeutics**



**National  
Multiple Sclerosis  
Society**



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

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# 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)).



<http://electronics.howstuffworks.com/gadgets/home/unlock-front-door-remotely.htm>



# 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.....



<https://improveability.wordpress.com/2012/03/29/toilet-access-basics/>

## Modify your environment:

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



<https://www.lowes.com/pd/BLUE-BIDET-White-Toilet-Mounted-Bidet/999899875>



<https://www.activeforever.com/carex-elongated-raised-toilet-seat-with-handles>

# Bathrooms: Toilet Troubles.....

## Adapt your technique:

(Sit to stand BSC video)

(Forward transfer video)



[https://s3.amazonaws.com/lowres.cartoonstock.com/education-teaching-bathroom-public\\_bathroom-public\\_toilet-pee-urination-awhn364\\_low.jpg](https://s3.amazonaws.com/lowres.cartoonstock.com/education-teaching-bathroom-public_bathroom-public_toilet-pee-urination-awhn364_low.jpg)

# Bathrooms: Toilet Troubles

## Strength/Skills:

- Triceps Strength
- Sit to/from Strength



<http://www.health.harvard.edu/pain/neckpain-core-exercises-can-help>

- Core Strength/Wipe Weightshifting
- VIDEO



# 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://www.walmart.com/ip/BENCH-TRANSFER-BACK-KNOCK-DOWN-MB/37617767>



<http://royalmedsolutions.com/product/avivo-shower-sandal-foot-scrubber/>



<http://www.arthritisupplies.com/shower-chair-with-arms-back-and-replaceable-cut-out-seat.html>



[https://homesforlife.tumblr.com/post/122373974664/ease-of-use-idea-16-curb-less-showers?is\\_related\\_post=1](https://homesforlife.tumblr.com/post/122373974664/ease-of-use-idea-16-curb-less-showers?is_related_post=1)



<http://www.wrightstuff.biz/assets/images/shaidshttr.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)



<http://i591.photobucket.com/albums/ss357/mikeyj319/Calvin-and-Hobbes-Comic-Strip-calvi.gif>

# Bathrooms: Tub Troubles

## Strength/Skills:

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



[www.AlieExpress.com](http://www.AlieExpress.com)

\*\*\*\*\* Tubs/Showers are NOT the place to practice or develop new strength/skills:

**SAFETY is the PRIORITY!**

# Kitchen: Cooking Quandaries

## Modify your environment:

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



[http://www.cabinetparts.com/p/revashelf-organizers-kitchen-organizers-RV5PD24CR?gclid=CjwKEAajw387JBRDPtJePvOej8kASJADkV9TLzj5Dil3PqWOqgc80Ntv6zVbLg11OUkU9PMPFtSFNnxoCyEHw\\_wcB#](http://www.cabinetparts.com/p/revashelf-organizers-kitchen-organizers-RV5PD24CR?gclid=CjwKEAajw387JBRDPtJePvOej8kASJADkV9TLzj5Dil3PqWOqgc80Ntv6zVbLg11OUkU9PMPFtSFNnxoCyEHw_wcB#)



<https://www.amazon.com/Oven-Rack-Guards-Touch-Extra/dp/B001QGIPG8>



[https://www.amazon.com/Ironwood-Gourmet-28149-Oven-Acacia/dp/B000YJBIJE/ref=sr\\_1\\_2?s=home-garden&ie=UTF8&qid=1496625007&sr=1-2&keywords=oven+pull](https://www.amazon.com/Ironwood-Gourmet-28149-Oven-Acacia/dp/B000YJBIJE/ref=sr_1_2?s=home-garden&ie=UTF8&qid=1496625007&sr=1-2&keywords=oven+pull)



<http://www.ezcaremedical.com/store/images/SammonsPreston/3209.JPG>



# 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>



[https://images-na.ssl-images-amazon.com/images/I/916VmZChU6L.\\_SL1500\\_.jpg](https://images-na.ssl-images-amazon.com/images/I/916VmZChU6L._SL1500_.jpg)



<http://www.aloneeagle.com/wheelchair-friendly-cabinet-installer-in-harrisburg-pa/>

# 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.



[http://www.tsquareco.com/hs-fs/hub/84989/file-400010779-jpg/gallery/album/2730/ada\\_kitchen\\_6.jpg?t=1493760238116](http://www.tsquareco.com/hs-fs/hub/84989/file-400010779-jpg/gallery/album/2730/ada_kitchen_6.jpg?t=1493760238116)



<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/>



<https://www.wayfair.com/Andover-Mills%C2%AE-Jeanne-Kitchen-Cart-AND08009.html>

# Kitchen: Cooking Quandaries

## Strength/Skills

- Balance
- Reaching
- Multi-tasking
- Arm Strengthening

\*\*\*Exercise sprinkled through the day

\*\*\*Cooling Products: Cool Cooking!

## VIDEO



[www.polarproducts.com](http://www.polarproducts.com)

# 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!



<https://s-media-cache-ak0.pinimg.com/736x/ca/ba/52/caba525c52fc2d4796253930925a6946.jpg>



<http://4.bp.blogspot.com/-5e5ofpaBnpM/TdGt5gQIDHl/AAAAAAAAAJE/k8Q1EauTGhA/s1600/DSCN0710.JPG>



<https://s-media-cache-ak0.pinimg.com/originals/83/73/9d/83739d0a025492c2b4b4f557592ba59c.jpg>

# 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)



[https://i5.walmartimages.com/asr/30beadcd-4a2a-4f2e-a19d-5f25eb92f984\\_1.2c90154a75aadb1bae3ca27d372bf336.jpeg](https://i5.walmartimages.com/asr/30beadcd-4a2a-4f2e-a19d-5f25eb92f984_1.2c90154a75aadb1bae3ca27d372bf336.jpeg)



[http://www.4men1lady.com/wp-content/uploads/2014/11/IMG\\_3322.jpg](http://www.4men1lady.com/wp-content/uploads/2014/11/IMG_3322.jpg)



# 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



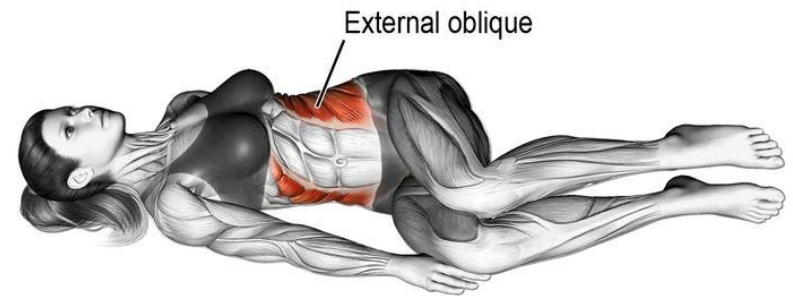
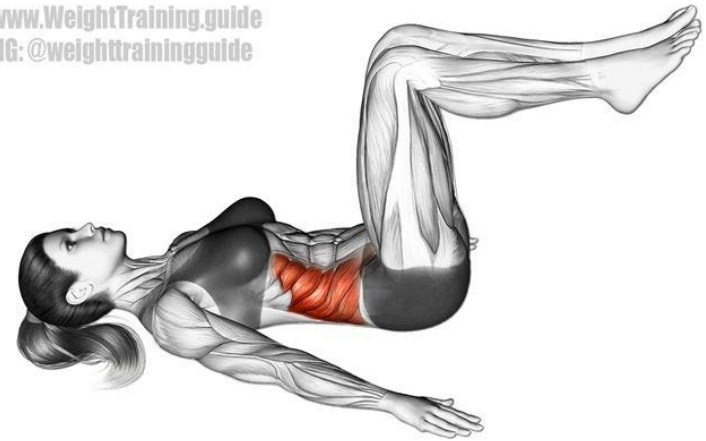
<https://s-media-cache-ak0.pinimg.com/236x/aa/45/26/aa4526dd8dc09d977dcd226e78e21fae.jpg>

# Bedroom Tiresome transfers...

## Strength/skill:

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

www.WeightTraining.guide  
IG: @weighttrainingguide



www.pinterest.com

VIDEO

# Stairs

## Step by step...

### Modify your environment:

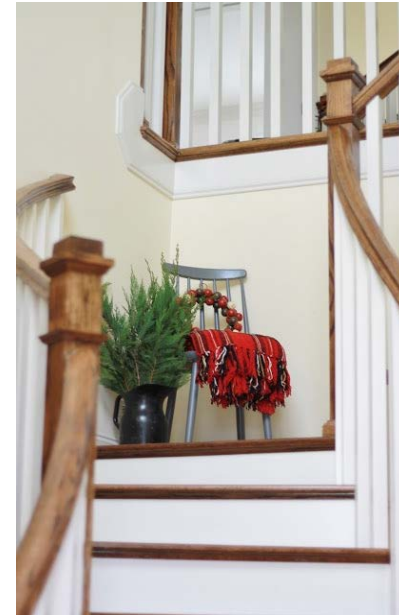
- Consider stair lifts inside
- Install ramps outside
- Install extra railings
- Provide areas to rest mid way (chairs on landings)
- Keep a second wheelchair upstairs so support partners don't have to carry them up and down



<http://www.accessiblemed.com/wp-content/uploads/2014/08/Elan.jpg>



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



<https://s-media-cache-ak0.pinimg.com/736x/db/c7/6b/dbc76bff8345b97b005927a9bfee05ae.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



[http://www.auto-handcontrols.com/knob\\_ford\\_lg.gif](http://www.auto-handcontrols.com/knob_ford_lg.gif)



<http://www.superiorvan.com/uploads/turn-signal-cross-over.jpg>



[https://cdn.shopify.com/s/files/1/0543/4293/products/Car\\_Cane\\_Round\\_1\\_cacfc4b-b91a-4a89-815f-d8860d2fbcabc\\_grande.jpg?v=1484839196](https://cdn.shopify.com/s/files/1/0543/4293/products/Car_Cane_Round_1_cacfc4b-b91a-4a89-815f-d8860d2fbcabc_grande.jpg?v=1484839196)



# Vehicles and Driving

## Modify your environment:

- Ramp vs lift WC access



<https://www.ride-away.com/wp-content/home/uploads/cvSE.4.jpg>



<http://www.wheelchairvanaccessories.com/wp-content/uploads/2013/09/lifts.jpg>



<https://www.ride-away.com/media/uploads/transit-connect.jpg>



# 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)

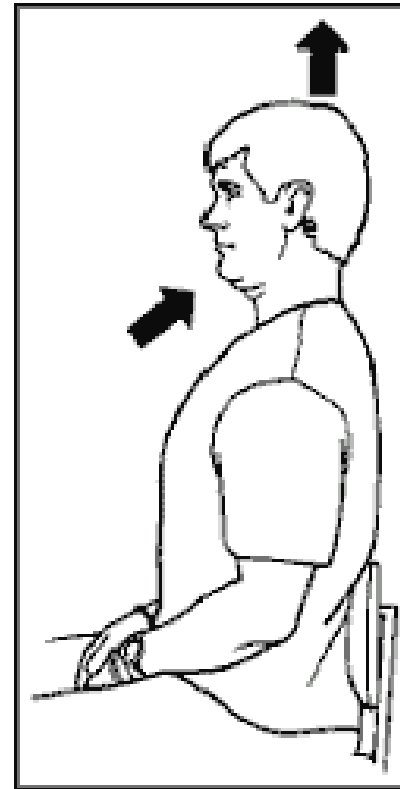


# Vehicles and Driving

## 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?

