Productive Aging and Home Modifications

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Productive Aging and Home Modifications

Herbert

- Independent with all activities of daily living (ADLs).
- Helps with meal preparation, laundry, and cleaning around the home. Has difficulty with turning on and off lights due to arthritis in the hands.
- Limited range of motion (ROM) in left side.

Low Cost Modifications

- Use lever door handles for easy access.
- Install lever kitchen and bathroom faucets for easy use.
- Recessed light switches for easy access.
- Rearrange furniture to accommodate walker or wheelchair.

High Cost Modifications

- Remodeling:
  - Installing pull-out/pull-down drawers in pantry, countertops, and lower cabinets.
  - Reinstall electrical outlets at 27” above floor.

Occupational Therapy’s Role in Home Modifications

- Evaluate clients’ home safety and identify needed modifications.
- Provide basic safety recommendations.
- Educate clients on universal design.

Do’s and Don’t’s

- DO:
  - Install hand rails in cloot for easy access.
  - Lower clothing rods in closet for easy access.

- DON’T:
  - Install pull-out/pull-down drawers in pantry.
  - Install electrical outlets at 27” above floor.

Occupational Therapy’s Role with Stroke

- Recommend adaptations for home.
- Fabricate customized splints.
- Provide training for daily task completion.
- Build physical endurance and strength.
- Provide activities that help build confidence and self-esteem.