WELCOME!

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Guest Speaker:
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Equipment and Modifications to Safely Enter and Exit your Home

The ALS Association
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Making a Home Accessible and Safe for a Person with ALS

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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
- $8,000-$12,000
- $12,000-$25,000
- $10,000-$20,000
- $30,000-$60,000
- $3,000-$6,000
- $10,000+$25,000
- $20,000-$70,000
- $300+$30,000
- $500+$500.00
- $300+$1,000.00
- $10,000+$20,000
- $25,000+$25,000
- $2,000-$20,000
- $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**

- 2FT
- 3FT
- 4FT
- 5FT
- 6FT (AVG MALE)
Threshold Ramps
External Porch Lift
External Vertical Lifts
Stair Climber

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
  - www.als.org

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