

# Exploring Home Safety for Elderly with Intellectual Disabilities

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# Objectives

- Define Intellectual Disability (ID) and identify specific disease processes and their related symptomatology associated with the Aging population
- Identify safety concerns related to the physical environment of home, community and provide recommendations to assess and address those safety issues
- Discuss other safety concerns related to medical, emotional, and social changes experienced by an aging person with ID
- Discuss the safety concerns of a fall related injury and how to briefly assess fall potential

# Objectives

- Identify home safety modifications for the physical environment, behavioral and performance concerns
- Identify resources available for the utilization of home safety implementation

# Definition of Intellectual Disability

- A Disability characterized by significant limitations both in intellectual functioning ( reasoning, learning, problem solving ) and in adaptive behavior, which covers a range of everyday social and practical skills.  
-originates before the age of 18

# ID Diagnoses

- Autism
- Mental Retardation
- Dyslexia
- Learning Disabilities
- Fetal Alcohol Syndrome
- Down Syndrome
- Fragile-X Syndrome
- Seizure Disorder

# Aging Process

- Reduced Hearing
- Reduced Mobility
- Reduced Sight
- Slowed Reactions
- Balance Impairment
- Loss of Strength
- Loss of Appetite
- Cognitive deficits
- Increased Co-morbidity
- Reduced Socialization
- Anxiety
- Depression
- Highest Suicide (males)
- High incidence of loss
- Loss of Bone Density

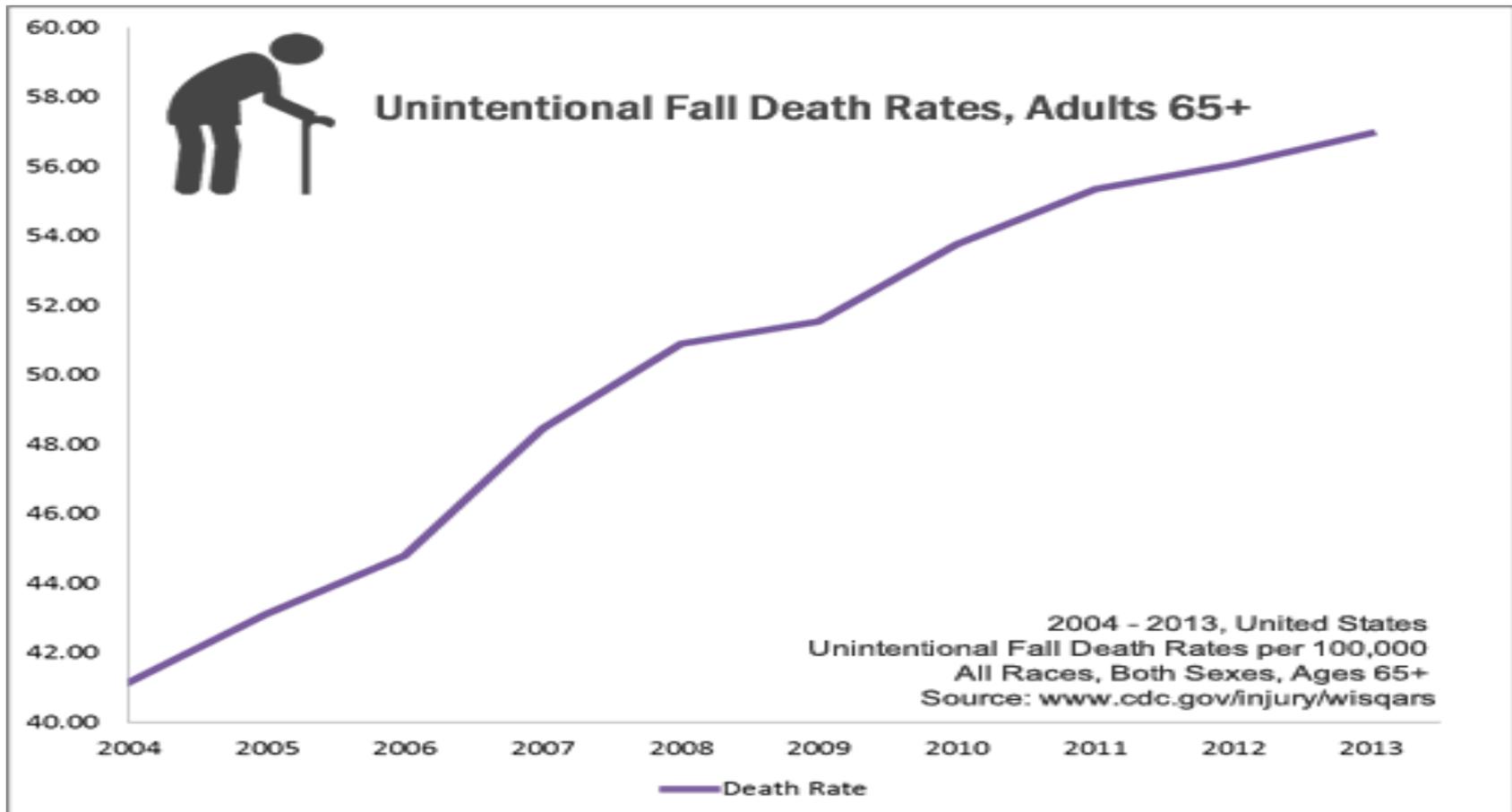
# Safety Concerns

- Transfers/ Transitions
- Uneven surfaces
- Poor lighting
- Medication changes
- Dehydration
- Showering
- Stairs
- Falls
- Skin Care- DM
- Stove / heat sources
- Home bound
- Clutter / hoarding
- Electrical cords
- Nutrition
- Looking up / around
- Moving too fast
- Footwear
- Toileting

# Physical Conditions -> Fall

- Low vision
- Urinary Urgency
- Medication changes
- Depression
- Foot pain/ poor footwear
- Balance disturbance
- Vitamin D deficiency
- Cluttered environment
- Sedatives
- Confusion
- Sundowning
- PTSD
- Lower extremity weakness
- Mobility devices

# Fall Statistics



# Falls- CDC statistics

- One out of five falls causes a serious injury such as broken bones or a head injury.<sup>1,2</sup>
- Each year, 2.5 million older people are treated in emergency departments for fall injuries.<sup>3</sup>
- More than 95% of hip fractures are caused by falling,<sup>6</sup> usually by falling sideways.<sup>7</sup>
- Over 700,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.<sup>3</sup>

# Fall Assessment- FRT

## Functional Reach Test

- Client stand and reach out.
- Measure distance of Reach.
- > 10 " unlikely to fall
- 6"-9" 2 x more likely
- 1"-6" 4 x more likely
- Unwilling to reach- 28x more likely to fall

# Fall Assessment- TUG

- Timed Get Up and Go
- Client sits in chair- stands up and walks 3 meters, ( 10 feet ) turns and walks back and sits down in chair.
- Normal- no signs of LOB or hesitancy
- Intermediate- slowness, hesitancy, staggering
- Severely abnormal- LOB or appears to fall

# Home Safely - Entrance

- Evaluate most common entrance
- Hand rails – bilateral
- Intact steps- size, stability
- Lighting
- Weather
- Ramp- 1":12" minimum

# Home Safety- Bathroom

- Shower Chair vs Shower Bench
- Placement of Grab bars
- Hand Held showers
- Temperature regulation
- Soap /shampoo location
- Non-skid mat
- Door conversion to curtain
- Flush Sensor / lighted toilet seats

# Home Safety- Bathroom

- Dual –Purpose Commode- Spider Commode
- Raised seat toilets
- Intercom
- Bidets
- Grab bar placement
- Transfers
- Lighting
- Pictures and equipment sign or label
- Disable locks
- Mirrors - add confusion

# Home Safety- Bedroom

- Consider Client's scenario- problem list
- Lighting
- Rugs, carpet, flooring
- Assistive devices
- DME- bedside
- Intercom / alert system
- Overall Risk Assessment

# Home Safety- Kitchen

- Location of stove knob accessibility - type
- Labeling all frequent used items
- Scissors vs knives
- Lists of frequent used meal components
- Telecommunication
- Cupboard handles
- Install pressure-balanced –temp regulated lever faucets

# Home Safety – Living Space

- Pet care
- Removal of extra furniture
- Telephone accessibility
- Life Alert system
- Fire Alarms / Exit Plan
- Enlarge Switches
- Raise surfaces securely

# Home Safety – Living Space

- Touch control lamps/ lighting
- Consider color contrasts for low vision-stairs
- Door handles and/or open door alerts
- Window handles
- Low vision sound warnings
- Hearing impaired – flashing lights
- Peephole and/or intercom

# Home Safety- Dressing

- Simply clothing – organize into bins or labeled drawers ( let client choose – 2 clothing kits)
- Lay clothing out in order of donning –consider contrast
- Have chair or bench to dress – feet on floor
- Stick to routine- toilet-> wash-> dress
- Consider weather- client unable to express needs

# Resources- Peaceful Living

- Harleysville based organization- Joe Landis
- Residential services, day programs, in-home respite and habilitation, autism services, creative gifts program, and friendship connection program.
- Non-profit, faith based organization
- [www.peacefulliving.org](http://www.peacefulliving.org)

# Resources- ARC

- ARC- founded in 1950. 700 state and local chapters. All ages and over 100 different Dx's. Excellent resource for self advocacy efforts, health care, referral sources, employment programs, individual advocacy, and family support

[www.thearc.org](http://www.thearc.org)

# IBeacons

- Small smart devices that give phone or tablet information about environment
- Proximity sensing – dog collar, backpack
- Bright labels beacons in bathroom to remind about handwashing, teethbrushing etc
- Extend them in other parts of house for memory prompts
- Used for navigation home

# IBeacons cont.

- Temperature warnings – stoves
- Personal temperature regulation
- Attach to mobility device- senses fall
- Place on refrigerator door- check if opened

# (IR) Infrared Light Transmitters

- Opening doors, lights, bed positions, TV, radio
- Simple to complex designs- programmable
- Control Omni
- Progress Star
- [www.zygo.com](http://www.zygo.com)

# Memory / forgetfulness

- Reminder Rosie - voice activated device for time management [WWW.perkinsproducts](http://WWW.perkinsproducts)
- Digital recording device for memory
- Locator devices- tag keys or wallet
- Motion Sensors (look doors, oven off)
- Telikin- video chat, photo sharing
- TelyHD- high definition Skype video calls

# Daily Living

Simple Universal Remote

Power Tel 765 Amplified corded Emergency  
phone / vibrating wrist band

Bluetooth- Apps for memory and alarms

Close-uses sensors- caregivers monitor

andCare System- dedicated internet  
connection

MediSafe- medication management – Internet

# Tips for buying equipment

- If you are thinking of buying equipment, it may help to ask yourself the following questions:
- Is it easy to use?
- Is it fit for purpose (ie, does it do what it says it does)?
- Are spare parts easily obtainable? Are they expensive?
- Does the equipment need regular servicing? Who pays for this?
- Think Long term- forecast into future

# QUESTIONS