



# THE BALING WIRE

Summer 2004 Edition

## Everyday Solutions

*Did you know* that approximately 13% to 20% of Coloradoans have difficulty completing every day tasks because of the affects of injury or disease? All areas of life can be affected including self-care, our jobs, and leisure activities. It also makes life more challenging for families and caregivers too. Impairments come in a wide variety of forms and often in combinations. They can affect any or all of our senses, our mobility, strength, balance or even cognition. Making the home and work site more “user friendly” can allow a person to function more independently, improve their safety and the safety of their families as well. Many people continue to live active, productive lives. Here at AgrAbility we try to assist our clients in achieving that goal. We have listed a few ideas in the following pages for simple, do-it-yourself home modifications we hope you will find useful.

### For the bathroom:

- ◇ Grab bars installed in tub or shower area to reduce risk of falls
- ◇ Non-skid strips on tub or shower floor
- ◇ Single-handed water faucet controls
- ◇ Hand held shower hose



(Continued on page 2)

### **Colorado AgrAbility Works!**

**Promoting  
success in  
agriculture for  
people with  
disabilities.**

**Providing  
“on the farm”  
visits at no  
charge to the  
family.**

**Making assistive  
technology  
recommendations  
to live and  
work more  
productively.**

**Providing  
information and  
resources for peer  
support.**



## New Faces

Hi! My name is Donna Schroeder and I am a new Rural Rehabilitation Specialist at the Colorado AgrAbility Project. Agriculture is new to me but I am excited to learn all I can about it and start using my Occupational Therapy skills to help our clients.

A bit about my background...I have been a Certified Occupational Therapy Assistant for about nine years, working in sub acute rehabilitation. I grew up in Wyoming, went to O.T. school in Missouri and now live in Denver with my husband and two daughters. I am looking forward to meeting and working with all of you.



**Donna Schroeder**

# AgrAbility Baling Wire

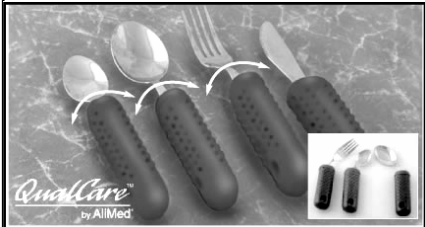
(Continued from page 1)

- ◇ ADA type toilet or toilet riser
- ◇ Use of liquid soap instead of bar soap that easily slips out of the hand
- ◇ Stool to sit on while using the sink for grooming tasks
- ◇ Use of tub bench in tub or shower to reduce risk of fall and conserve energy



## **For sensory loss:**

- ◇ Use tools and utensils with

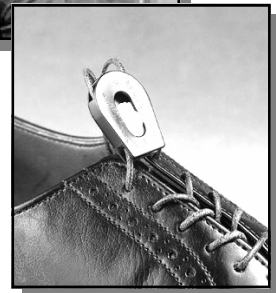


built up handles to increase ability to grip



- ◇ Automatic lid remover

- ◇ Anti-scald devices installed to prevent burns
- ◇ Lower water heater temperature
- ◇ Levered handles and doorknobs
- ◇ Attach holders to keys



- ◇ Large numbered clocks, calendars, and phones
- ◇ Lace locks for shoes
- ◇ Stair edges clearly marked and distinguishable
- ◇ Amplifying device for phone or use of TDD (Telecommunications Device for the Deaf)
- ◇ Flashing lights for doorbell signals and smoke alarms

## **For decreased strength and mobility:**

- ◇ Handrails for steps and stairways
- ◇ Low rise stairs or use of ramp
- ◇ Clear pathways throughout the house
- ◇ Remove all clutter
- ◇ Remove throw rugs to prevent tripping
- ◇ Replace high thresholds with low or beveled ones
- ◇ Keep electrical cords out of the traffic pathway
- ◇ Move hard to reach items from top shelves to lower shelves
- ◇ Install pull out shelves
- ◇ Lazy Susan in corner cabinets and refrigerator

# AgrAbility Baling Wire



- ◇ Use rolling cart to transport household items
- ◇ Move closet rods down or install second lower rod
- ◇ Always carry a cordless phone in case of emergency and to prevent not moving quickly to answer the phone
- ◇ Remote control for TV
- ◇ Use of front-loading washing machine and dryer
- ◇ Light switches and telephone easily accessible from bed
- ◇ Provide adequate lighting throughout house
- ◇ Install smoke and carbon monoxide detectors

## **In case of emergency:**

- ◇ Post emergency phone numbers near phone
- ◇ Establish and practice an evacuation route and plan
- ◇ Use smoke alarms with auditory and visual signals

Making some simple home modifications may allow people to remain in their homes. Use of adaptive equipment may improve safety and function in the home or work environment. These strategies can also increase independence and confidence to the individual and family members.

## **Resources for obtaining adaptive equipment and home modifications:**

- ◇ Local medical supply stores
- ◇ Home Depot
- ◇ Lowes
- ◇ Ace Hardware
- ◇ Senior Resource Centers
- ◇ Local area Agency on Aging
- ◇ State Department of Aging

## **Sammons Preston**

(800) 323-5547

4 Sammons Court, Bolingbrook, IL 60440

Website: <http://www.sammonspreston.com/>

## **North Coast Medical**

(800) 821-9319

18305 Sutter Boulevard, Morgan Hill, CA 95037-2845

Website: <http://www.blvd.com/northcoast/>

## **Home Health Depot**

(800) 811-2257

2154-A Pacific Coast Highway, Lomita, CA 90717-2503

Website: <http://www.homehealthdepot.com/>

## **Independent Living Products**

(800) 377-8033

6227 N. 22nd Drive, Phoenix, AZ 85015-1955

Website: [www.activeforever.com](http://www.activeforever.com)

## **Dynamic Living Inc.**

(888) 940-0605

428 Hayden Station Rd., Windsor, CT 06095

Website: [www.dynamic-living.com](http://www.dynamic-living.com)

## **On the web:**

- ◇ [www.homemods.org](http://www.homemods.org)
- ◇ [www.disabilityresources.org](http://www.disabilityresources.org)
- ◇ [www.promedproducts.com](http://www.promedproducts.com) 1-800-542-9297

—By Donna Schroeder, Colorado AgrAbility





NON-PROFIT ORG.  
U.S. POSTAGE PAID  
DENVER, CO.  
Permit Number 1153

***Creating solutions, changing lives.***

Easter Seals Colorado  
5755 W. Alameda Ave.  
Lakewood, CO 80226

Phone: 303-937-7713  
Fax: 303-233-1028



[www.eastersealsco.org/agrability](http://www.eastersealsco.org/agrability)



The AgrAbility Project is administered by the U.S. Department of Agriculture - CSREES. Funding for this document was provided under project

## Equipment Corner

We have a few items in our loan closet here at Easter Seals which you may benefit from or someone you know. Please call us at 1-800-335-2598 x224 and ask for Jason if you are interested in any item listed below.

- **1 manual wheelchair**
- **3 walkers**
- **1 support bath rail**
- **3 bed support rails**
- **Walker bags**
- **Crutches**
- **Canes**

We are always looking for items in good condition such as shower/bath bench seats and other durable medical equipment. Let us know if you would like to donate.

