

March 1, 2023

Access to the Home



PRESENTERS



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ACCESSIBILITY CONSULTING

Services for residential and commercial environments

AGRICULTURE

Assisting farm workers with disabilities

ALTERNATIVE FINANCING

Adaptive Equipment Loan Program

CAREGIVER SERVICES

Personal care attendant services and more

COMMUNITY

Linking people together through peer services

DRIVING

Adaptive Driver Evaluation

GRANTS

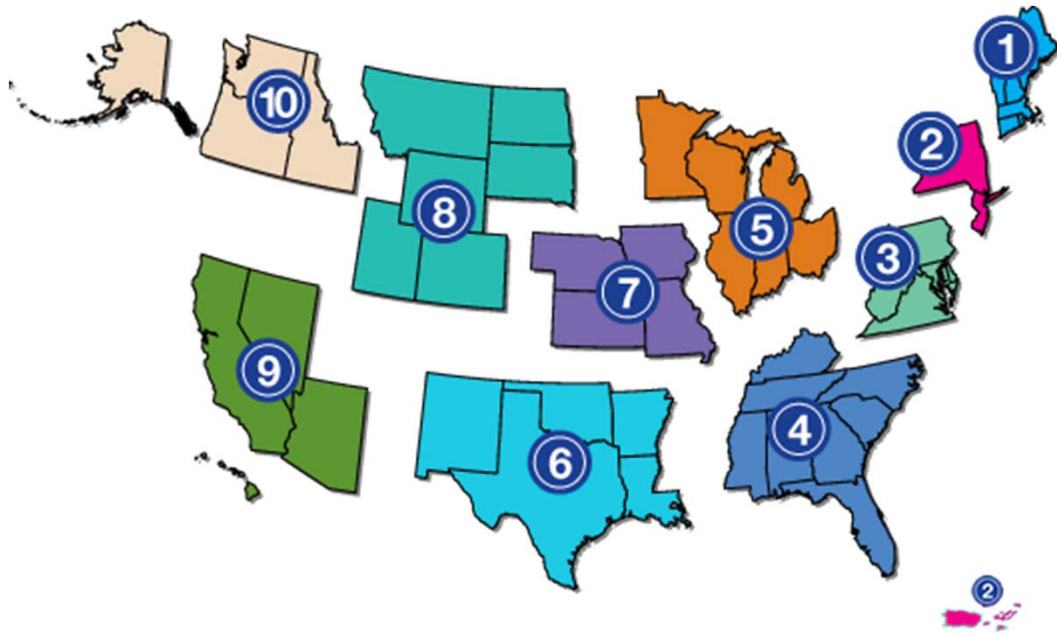
Funding for ramps, home modifications, equipment, and technology

INFORMATION + REFERAL

Information, resources, and referrals

YOUTH

Powering Education Scholarship



TECHNICAL ASSISTANCE

FREE ADA

Technical Assistance

Funded by the National Institute on
Disability and Rehabilitation Research

1.800.949.4232

voice/tty

adata.org

Alpha One is the Maine affiliate of the New England ADA Center



Entrances

Vertical Access

Bathrooms

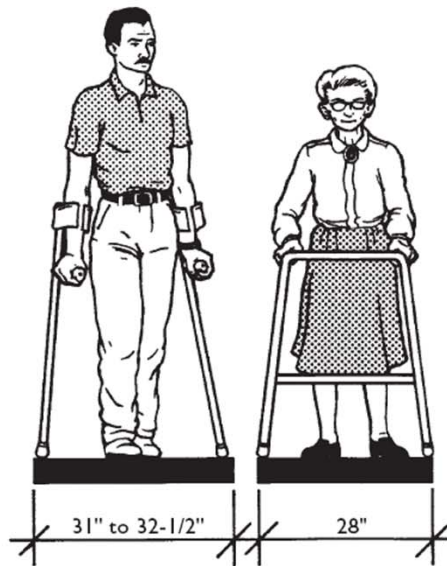
Bedrooms

Kitchens

Every family is different - Every home is different

Team Effort

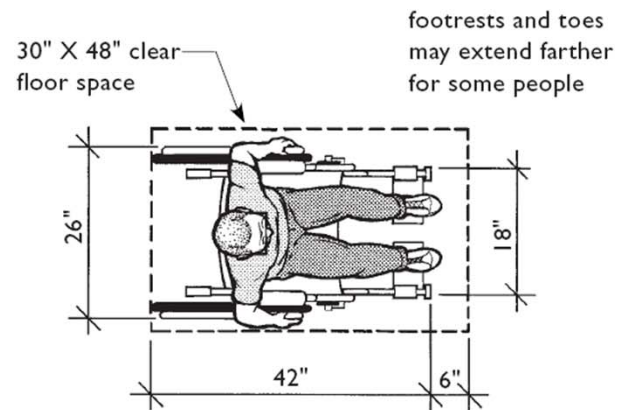
DESIGN FOR PEOPLE



Space Necessary for Adults Using Crutches or Walker



Minimum Space Necessary for Person with a Service Animal



Space Allowances and Approximate Dimensions of Adult-Sized Wheelchairs

Drawings: Fair Housing Act Design Manual



UNIVERSAL DESIGN



flexible, impartial, safe, and simple.

“Bad design disables, Good design enables.”

The design of environments and products to be usable by all, to the greatest extent possible, without the need for adaptation or specialized design.

Universally designed structures grant flexibility and reduce the need to make accommodations as an individual naturally ages, or if some unforeseen injury/illness affects their normal mobility.

Inclusive homes apply the principles of UNIVERSAL DESIGN



- Equitable use
- Flexibility in use
- Tolerance for Error
- Simple, intuitive use
- Perceptible information
- Size and shape for approach in use
- Low physical effort



RENOVATE VS. MOVE

Every time we build a home without even basic access needs like level entry access, we are burdening future generations with more economic costs.

Every family is different

Every home is different

Some homes are more challenging than others to make accessible (“tower”)

RAMPS



- Safety
- Length of ramp vs. Energy need to travel on a large ramp
- Maintenance (Snow)
- Surface treatment





RAMPS

1 inch height =
12 inches of length





RAMPS

Garage entrances:

+: Maine Weather

-: Emergency Exit Plan?



TEMPORARY RAMPS

Metal ramps



VERTICAL PLATFORM LIFTS

- When do not have space for ramp
- When the height of the ramp exceeds 4 feet



SLOPED WALKWAYS

- Landscape walkways in place of traditional ramps
- Opportunity to incorporate garden beds
- Enables everyone to take the same route including carts, strollers, wagons



A 17-foot-long brick ramp, flanked by 16-inch-tall brick planters, leads up to the door of the Southeast Raleigh home. J.LEONARD@NEWSERVER.COM — JULIE LEONARD



SLOPED WALKWAYS

1 inch height =
20 inches of length



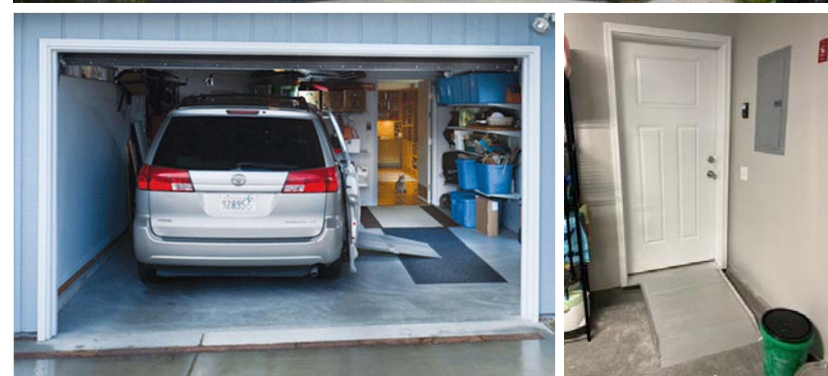
ENTRANCES

The logic that unless you can get into the home, traverse through it, and have sufficient maneuvering space in each room or area, then everything that follows is meaningless.

Garage entrances:

+: Maine Weather

-: Emergency Exit Plan?



ENTRANCES

- New: Low profile door thresholds
- Existing: Threshold ramps with tapered edges or edge protection.



ENTRANCES

- Provide weather protection at exterior doors with no threshold for rain and snow.
- Consider providing small grating at exterior door to keep snow and dirt outside.
- Provide a shelf or bench to set items down outside of the door.
- Well lit, outdoor lighting with sensor



HANDRAILS

- Graspable handrails on both sides
- Returned extensions at top and bottom
- Contrasting stair edges
- 36+ inches wide
- 7:11 minimum closed treads





CHAIR LIFTS

- Chair lift require multiple transfers = energy and safety
- Not a safe long-term solution for everyone
- Safer option is inclined platform lift; however, most homes do not have space to install one.

STORM DOORS

Lever hardware

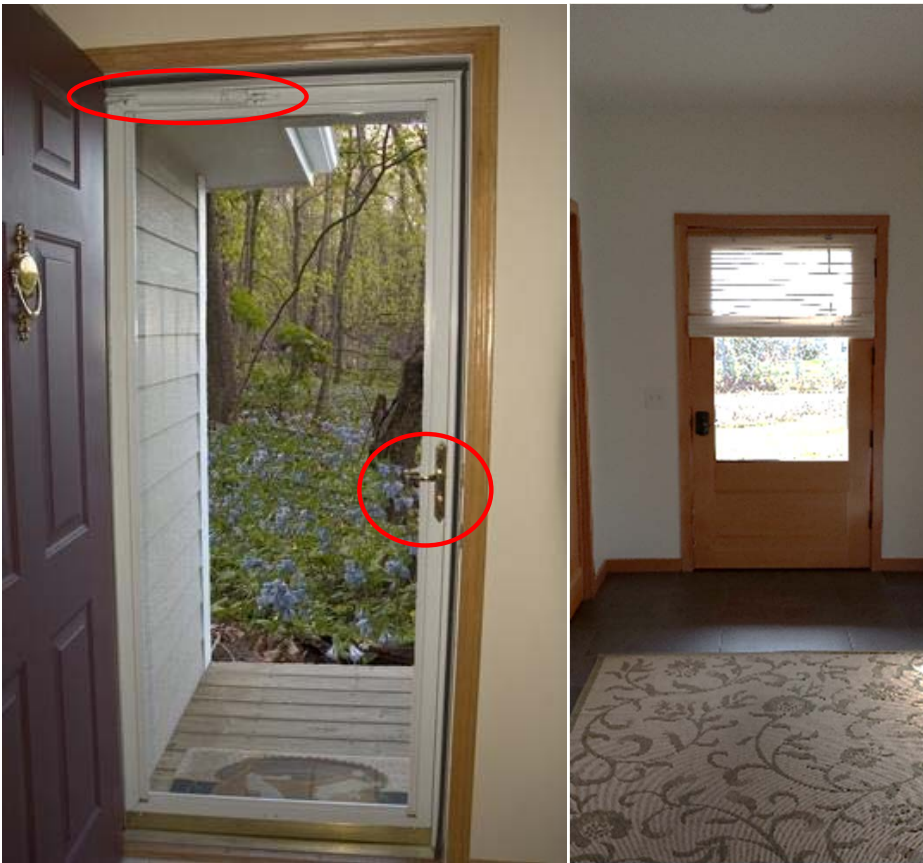
Closer location:

- High: Above reach range
- Low: obstructs clear width

Opening <90 degrees

Alternative:

Insulated door with glazing



DOORS

Wide Doors: 36+ inches *40 inches *

Lever Hardware or be operable with one hand and

No interior door thresholds

No tight grasping,

No pinching,

No twisting of the wrist

Top: Accessible pocket door pulls (Trimco)

Bottom: Offset hinges or swing away hinges

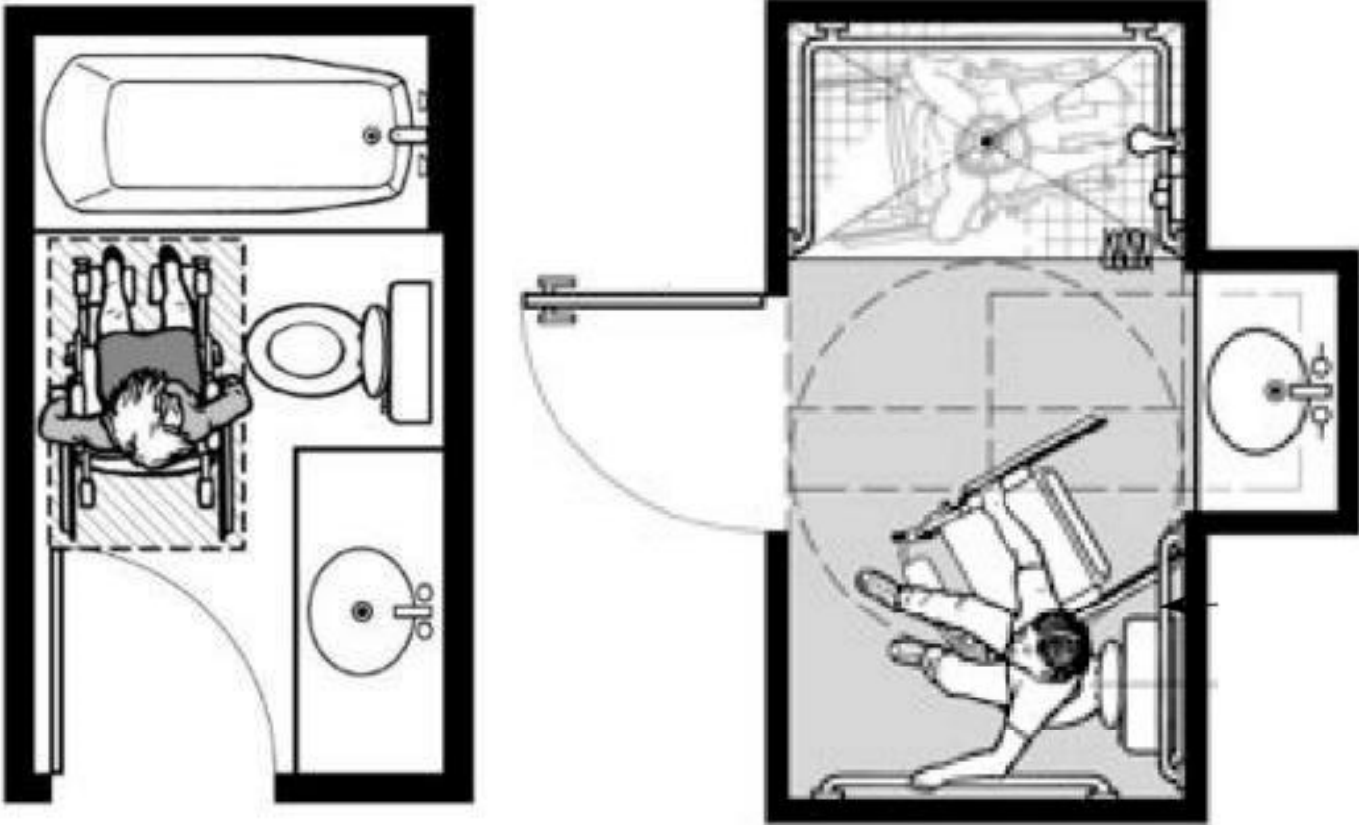


BATHROOMS

- Full bathroom on main floor
- Reinforcement in walls for grab bars
- Open floor space around one side of toilet
- Slip resistant flooring
- Lighting over shower/toilet/sink
- Contrasting colors
- Low or full height mirror



“Usable” vs. ACTUALLY USABLE



From FHA Design Guide and Center for Universal Design

TOILETS

- Bidet Seats for toilets
- Comfort height toilets
- Back Support
- Extra clearance for transfers or assistance from a care partner.



EXISTING BATHROOMS

With limited space:

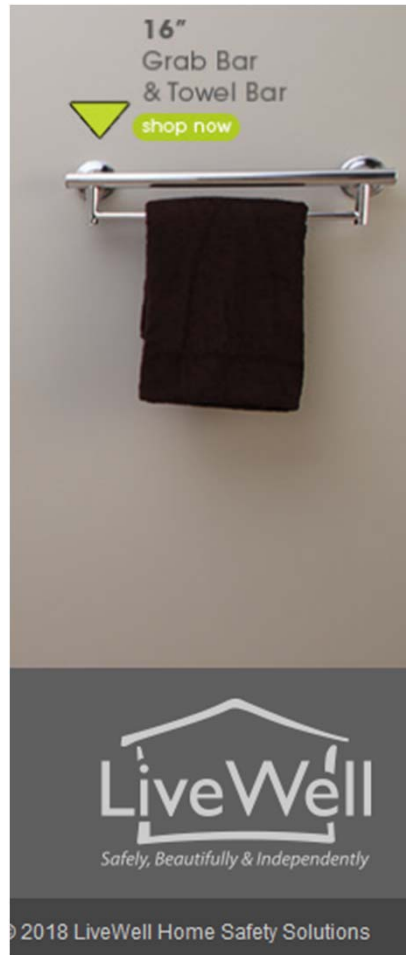
- “Wet room”
- Recess sink
- Maximize space at toilet



GRAB BARS

- Blocking in walls around shower and toilet
- Replace towel bars with grab bar with towel bar
- 250 lbs. minimum support

Life Safety Code 2018:
vertical grab bars required at ALL
NEW tubs and showers with
thresholds ½+ inch



GRAB BARS

Existing Bathrooms

- Blocking from behind the wall
- Flip up Grab bars





SHOWER/SEATS

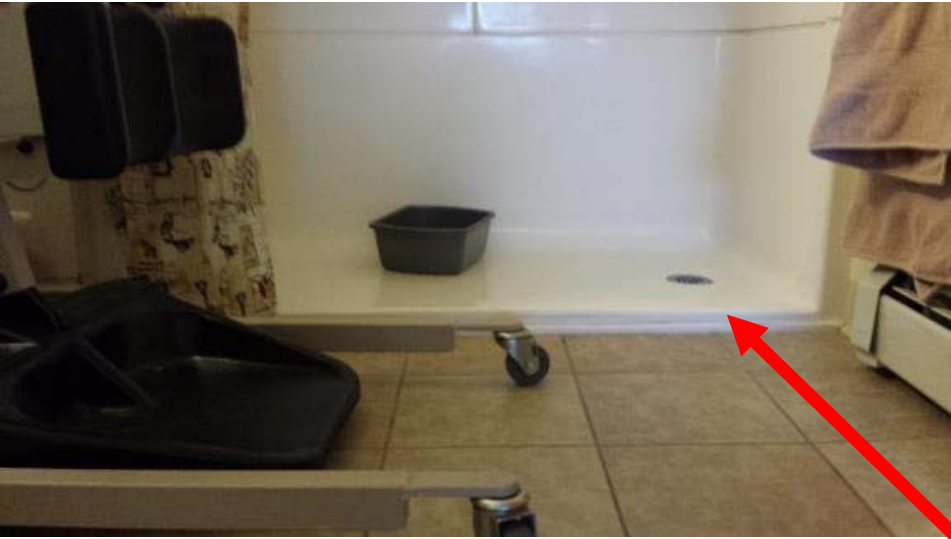
- No seat offers more flexibility
- Open below seat if provided



ROLL-IN SHOWER

Comfort
Suite/Spa
Flat walls





EXISTING SHOWERS

Roll-in Showers:
Threshold ramps



SHOWER CONTROLS

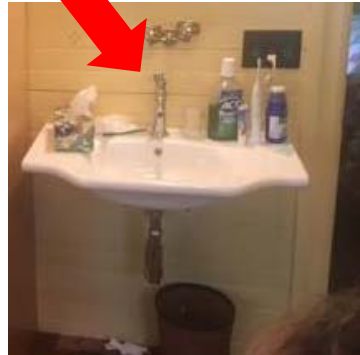
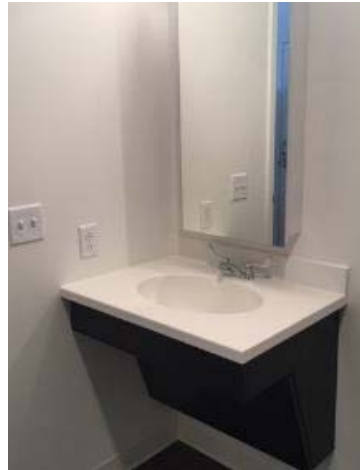
- Fixed and handheld with on/off control
- Location is comfortable to reach



BATHROOM SINKS

Not a public restroom, it is YOUR home that YOU use everyday

- Mirror height (kid height)
(Medicine cabinet on side)
- Lighting
- Single lever faucet to help provide more counter space.

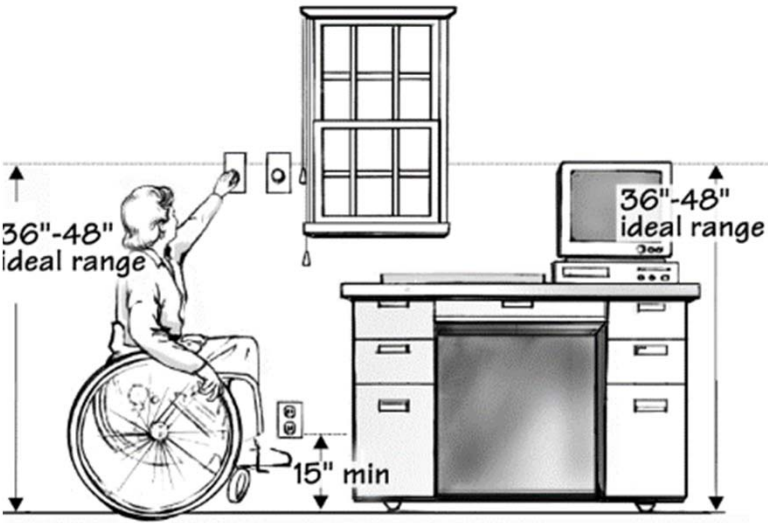




BATHROOM SINKS

- Knee/stool space
- Variety of Heights
- Offset or rear drains

STORAGE REACH RANGES



ELECTRICAL

- 24-48 inches
- Rocker Switches (illuminated)
- Switches located within easy reach at entrance to each room
- Thermostat with large backlit display and easy to operate



TOGGLE SWITCH



ROCKER SWITCH



KITCHEN

- Pot fillers
- Controls at the front or side
- No microwaves above cooktop
- Open knee space
- Work surface height



IKEA Desk sit/stand manual

STORAGE KITCHEN



- Open, visible, and flexible
- Drawers
- Pullout shelves
- Panty height
- D or loop shaped pulls

APPLIANCES

Elevated appliances
24-48 inches



First floor
washer/dryer

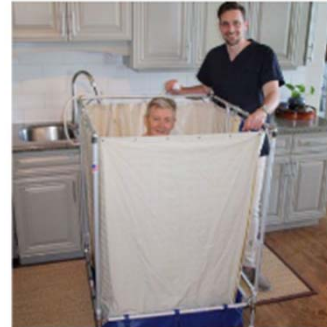


Home Assessment

- Certified Aging in Place Specialist (CAPS)
- Home Checklists: more flexibility in your home than the ADA
- Resources to help contractors



Construction



- Access during construction
- “Handicap” vs. “update”
- Cost 0-5% add new construction*
- Schedule: plan ahead + start now

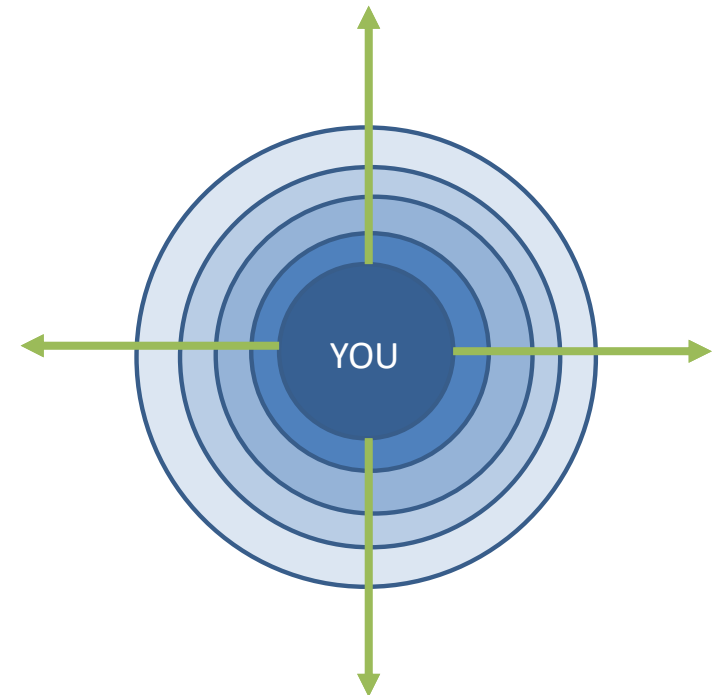
*Better Living Design

How do you start?

Attitude: Polite, Persistent, Resourceful
(multiple funding sources)

Network: start close to you and work outward

- Family
- Friends, neighbors
- Community organizations
- State and federal organizations



Family and friends

- Skills
- Access to materials
 - Local materials suppliers
- “I know a guy who knows a guy”
 - Familiar with ADA guidelines?



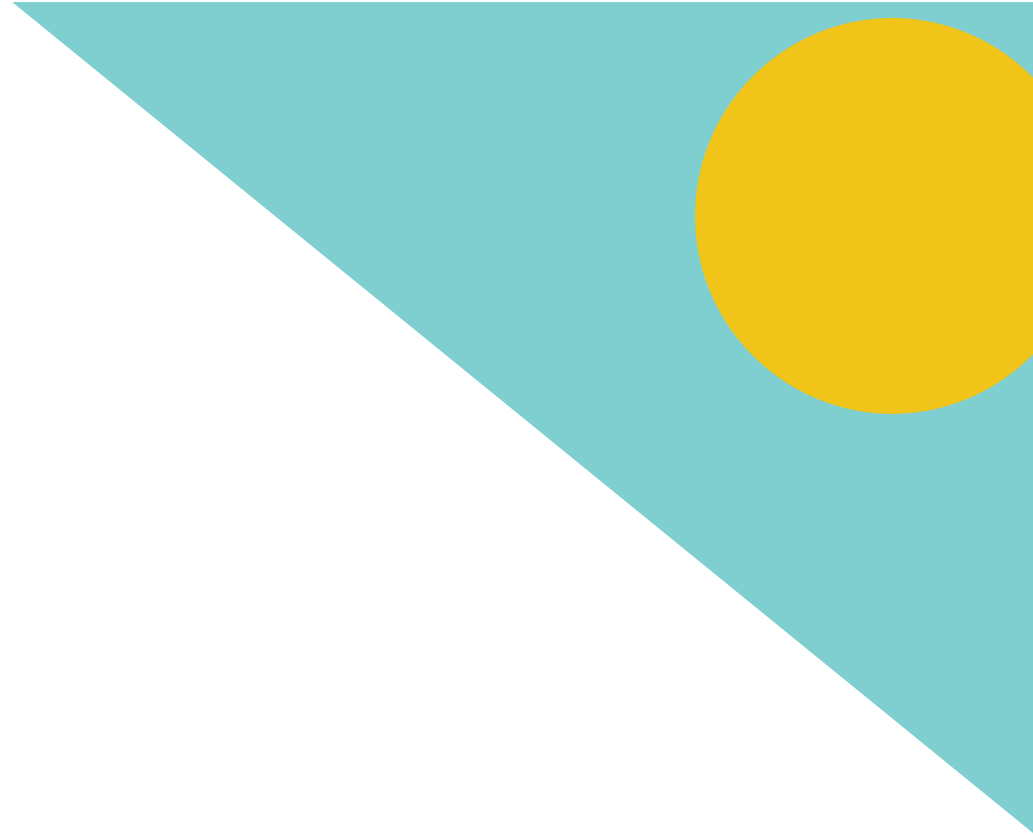
Local organizations

- Town office
- Age-friendly communities
- Service organizations
 - Elks
 - Lions
 - Rotary
 - Veterans of Foreign Wars
 - American Legion
 - 4H groups
 - Boy scout/girl scout



Regional organizations

- Area Agencies on Aging
- Community Action Programs
- Habitat for Humanity
- Rebuilding Together
 - Lewiston-Auburn
 - Lincoln County



State and federal organizations

- Alpha One, Maine's Center for Independent Living
 - Grants
 - Cash loans
- Medicaid waivers (next slide)
- Maine Housing—many programs are through the CAPs
- Maine Veteran's Administration
- USDA Rural Development



State Funding: Waivers

	Section 18 – BI Waiver	Section 19 – Elderly & AWD	Section 20 – ORC Waiver	Section 21 – ID & Autism	Section 29 – Community Supports
AT Services:	Yes	Yes	Yes	Yes	Yes
a. Assessment	Yes	No	Yes	Yes	Yes
b. Coordination of Therapies	Yes	No	Yes	Yes	Yes
c. Training for member	Yes	No	Yes	Yes	Yes
d. Training for supports	Yes	No	Yes	Yes	Yes
e. Acquisition of AT	Yes	Yes	Yes	Yes	Yes
f. Selection, customization, maintenance	Yes	Yes	Yes	Yes	Yes
Limits:	\$6,000 yr / 8hrs service/year	\$1,000 yr – Cost part of cap	\$6,000/yr	\$6,000 yr/ 8hrs service/yr	\$6,000 yr/ 8hrs service/yr
Transmission rates	\$50 /mo.	\$50 / mo.	Per invoice	\$50 / mo.	\$50 / mo.
Home Accessibility:	No	Yes	Yes	Yes	Yes
Limit: (*In Sect 19 called Environmental Mods)	N/A	\$3,000 per yr – Not included in cap	\$3,000 / yr	\$10,000 over 5yrs; \$300/yr for repair or maintenance	\$10,000 over 5yrs; \$300/yr for repair or maintenance
Communication Aids:	No	No	Yes	Yes	No
Limit:	N/A	N/A	\$6,000 / yr	None	N/A
Specialized Medical Equipment & Supplies	No	No	Yes	Yes	No
Vehicle Modifications	No	No	No	Yes	No



Section 18



Section 19



Section 20



Section 21



Section 29



QUESTIONS?

HAVE A GREAT DAY

www.alphaonenow.org

CONTACT US WITH QUESTIONS

ON THE WEB

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