

GUARANTEEING THE BEST CONDITIONS FOR REST AND SLEEP

Sleeping and resting in a peaceful place transforms a physiological need into a pleasure

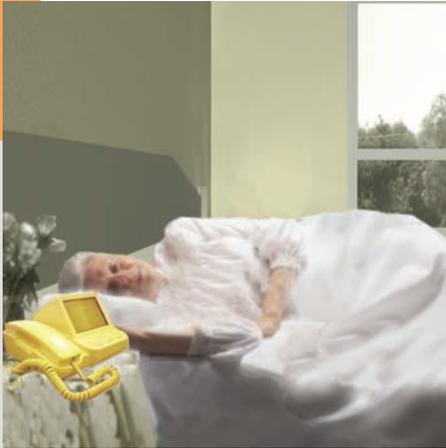
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- a provide an independent bedroom (many people do not like bed-sits)
- b the bedroom should be large enough to accommodate a bed (single or double) and a wardrobe, whilst allowing space for accessibility
- c provide for the possibility of lateral transfer to the bed from a wheelchair
- d the wardrobe should have shelves and drawers not below 60cm from the floor (if higher an electronic or mechanical remote controlled device is necessary)
- e the wardrobe clothes rail should not be above 140cm from the floor (where this is higher an electric or mechanical remote controlled device is necessary)
- f the wardrobe should have sliding doors or some other means of easy access
- g ensure good sound insulation so that the bedroom is restful
- h provide people to choose the type of bed they prefer
- i place the bed surface at a height of between 40 and 45 cm from the floor
- j avoid using beds which have an overtly hospital appearance



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k in the bedroom provide at least two electric sockets per bed place, as well as a telephone socket and a television socket

◀ **l** in the bedroom provide a video-entry phone on the bedside table

m make it possible to switch the light on and off directly from the likely bed position

n the distance between the bed and the bedside table must be minimised to be able to use any equipment or to reach any objects

TAKING CARE OF ONES OWN BODY

5

the home

indispensable needs

Feeling completely autonomous and safe in taking care of one's own bodies increases the sense of self-esteem

- a assure easy access to the bathroom for wheelchair users



- b make sure that the bathroom door is wide enough to allow a wheelchair to pass (minimum 80 cm)*
(* national regulations which require more space must be respected)



- c favour a bathroom door which opens outwardly or is sliding. Should someone fall ill it is easier for them to receive aid



- d give the bathroom door a simple opening and handling system

TAKING CARE OF ONES OWN BODY

Feeling completely autonomous and safe in taking care of one's own bodies increases the sense of self-esteem



- ◀ e give the bathroom door a handle which is easily usable even for people with limited manual ability; Combine with d



- ◀ f make the bathroom large enough so as to allow the complete rotation of a wheelchair (minimum radius 150 cm)



- ◀ g install a toilet bowl which is easily reached by lateral transfer

- ◀ h make sure that the longitudinal distance of the toilet bowl from the wall and the flush handle is such that it is easy to get up and sit down, using the hand easily (advised distance 40 cm min)*

(* national regulations which require more space must be respected)

TAKING CARE OF ONES OWN BODY

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Feeling completely autonomous and safe in taking care of one's own bodies increases the sense of self-esteem

- i** choose toilet bowls which can be raised or lowered to allow for an autonomous use by everyone
- j** ensure walls are strong enough to support safety bars on both sides of the toilet bowl to facilitate its use (it is advisable to place a fixed rail on the side wall)
- k** install toilet flushing buttons which can be activated using the whole hand and which require little force,
- l** a shower should be installed in the bathroom, bathtubs should be avoided completely
- m** among the different types of shower choose those furnished with tip-up seats, with perforated seats and lateral protection



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TAKING CARE OF ONES OWN BODY

Feeling completely autonomous and safe in taking care of one's own bodies increases the sense of self-esteem



- ◀ **n** ensure walls are strong enough to support safety bars inside the shower to make them easier and safer to use



- ◀ **o** provide the shower with taps of a 'cross' type or "handle" and easy to use for people with limited hand movement

- p** provide flush entry shower floors

- q** in the case of shower curtains their length must be such as not to touch the floor, in order to avoid tripping



- ◀ **r** provide a washbasin which is easily accessible; pedestal basins should be avoided

- ◀ **s** install a mirror at a height so as to allow a seated person to see himself/herself easily and without dazzle

TAKING CARE OF ONES OWN BODY

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Feeling completely autonomous and safe in taking care of one's own bodies increases the sense of self-esteem

- f** provide the washbasin with taps of a 'large cross' type or "handle" usable by people with impaired dexterity
- u** choose good illumination for the bathroom to facilitate body care activities
- v** furnish the bathroom with an easily accessible cupboard for medicines (maximum shelf height from the floor, 140cm)
- w** provide a revolving chair to be able to sit comfortably both inside and outside the shower
- x** provide a clothes hook for undressing and dressing immediately after cleaning oneself. (maximum height from the floor, 140cm)



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PREPARING MEALS

Preparing one's meals is proof of self-sufficiency and enhances personal self-esteem



- ◀ a equip the home with a kitchen area, independent or intergrated such as a "kitchenette", when possible physically separate it from other areas of the home



- ◀ b provide a kitchen/cooking area sufficiently large enough to contain a fridge with a freezer compartment, a sink, a cooking surface with at least two rings and an oven

- c the food and drinks cupboard must be easily accessible for everyone

- d make kitchens with work areas in one incorporated block



- ◀ e provide kitchens with cooking and working surfaces variable in height

PREPARING MEALS

6

Preparing one's meals is proof of self-sufficiency and enhances personal self-esteem

f Set out the kitchen area to suit people with limited mobility or strength:

-a sufficiently large work area, easily accessible, organised so as to reduce lateral movement, with rounded corners, smooth coatings (but not slippery), sufficiently solid to lean on and lowerable by electronic command;

-the oven with an extractable or lowerable shelf and a handle at a height of between 90 and 120 cm from the floor and lateral opening;

-a sink placed on the same level as the work surface with easily useable taps;

-drawers not too deep or too heavy and slide easily (on rollers);

-the drawers must have handles at least 60cm above floor level;

-the presence of a microwave oven placed in an easily reachable position is desirable;

-the kitchen must not appear like one would expect in a hospital or healthcare facility;

-illuminated indicators should be provided to indicate when ovens or electro-domestic equipment are on;

shelves at a height not over 140 cm from the floor or lowerable by an electronically controlled system with lighting below



6

PREPARING MEALS

Preparing one's meals is proof of self-sufficiency and enhances personal self-esteem



◀ **g** favour kitchens which are easy to manage and comfortable to use for people with disabilities

◀ **h** make the kitchen area wide enough so as to allow a wheelchair user to turn (min 150 cm)



◀ **i** assure people the pleasure of preparing meals in the way they find most congenial



◀ **j** assure a dependent person the possibility of continuing to prepare main meals in their own home, even if helped by a family member or an assistant

k assure a space in the kitchen so that the elderly person can involve friends and relations in the preparation of meals

EATING MEALS

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Being able to prepare meals in a pleasant context and in company makes the moment gratifying and not just a necessity

- a allow space for a table and chairs in the living area
- b design the home in such a way as to be able to eat the various daily meals in a comfortable position, close to the television and other parts of living area
- c design the home in such a way as to be able to eat the various daily meals close to the preparation area
- d design the home in such a way as to be able to look out the window whilst eating
- e design the home in such a way as to be able to eat outside. (balconies and verandas protected from the sun and cold winds)



7

EATING MEALS

Being able to prepare meals in a pleasant context and in company makes the moment gratifying and not just a necessity



◀ f assure for the possibility of eating meals in bed

RECEIVING TREATMENT AND CARE

Being able to receive help without disturbing one's routine too much contributes to maintaining a person's dignity even in difficult moments

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the home

- a assure space to add an extra bed or a sofa bed for possible assistance
- b choose beds which are easily integrable with technical aids when a long stay in bed necessary
- c among the different systems of technical aid, choose those which are least invasive and which have the least clinical appearance
- d assure for the possibility of moving the bed heads to different walls in the bedroom so as to permit lateral assistance from both sides and an external view (see requirements 4b, 4c, Section A)
- e ensure that the route to the bathroom is short and without obstacles (e.g. steps)
- f install a wired or wireless help system with tactile, audio and luminous controls
- g install a wired or wireless system for the future use of a telemedical system
- h the assistant's bed must be placed so as to be aware of the resident moving around at night
- i install a shower enclosure large enough to allow for the presence of an assistant (see images 5x, Section A)
- j assure a space of at least 60 cm around the sides of a washbasin to accommodate a helper



indispensable needs

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FEELING AT HOME IN ONE'S OWN HOUSE

Taking control of one's own home helps maintain a good level of self-esteem



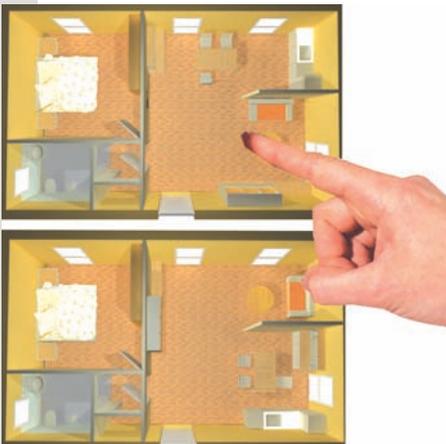
◀ **a** assure the use of the resident's own furniture. (bearing in mind fire resistance requirements)

b the resident should be allowed to choose the finishing materials of the home



◀ **c** encourage residents to furnish the interior spaces to their own taste

d involve the resident in choosing the decor inside the home, avoiding clinical colours or visually distracting finishes (e.g. highly polished metal)



◀ **e** invite the resident to choose the layout of the home from the range of possible options

f assure for sufficient space inside the home for storage of personal objects not being used

MAKING ONE'S OWN HOUSE COMFORTABLE

10

Spaces and furnishings share in improving the quality of life when their fruition is easy and comfortable

- a the size of the house must be proportionate to the daily needs of the user (excessively large houses can be difficult to manage)
- b position the fuse box in a visible place and at a height of not more than 140 cm from the floor
- c make the day area large enough to contain a table and chairs, a sitting area with comfortable chairs near the telephone and television
- d ensure that the bathroom is adjoining the bedroom (see image 8e, section A)
- e ensure that the screen of the video entry phone is in an easily visible position (not more than 140 cm from the floor)
- f position a possible 'eye hole' in the front door (at a height of between 120 and 140 cm from the floor)



MAKING ONE'S OWN HOUSE COMFORTABLE

Spaces and furnishings share in improving the quality of life when their fruition is easy and comfortable



- ◀ **g** place electric and television sockets at a height not less than 60 cm from the floor, so as to avoid excessive bending



- ◀ **h** place light switches at a height not less than 90 cm and not more than 110 cm

- i** ensure the bathroom is easily accessible both from the bedroom and the day zone



- ◀ **j** use illuminated light switches

- k** all kitchen controls must be provided with tactile, vocal and luminous systems

MAKING ONE'S OWN HOUSE COMFORTABLE

10

Spaces and furnishings share in improving the quality of life when their fruition is easy and comfortable

- l** avoid placing sockets and switches in the bathroom. When present install earthed automatic circuit breakers. switches must be placed at height not less than 90 cm and not more than 110 cm
- m** place any climate control systems in an easily visible position and at a height from the floor of between 120 e 140 cm
- n** provide a fixed hair dryer in the bathroom close to the mirror
- o** ensure that any climate control systems are easy to use and handle by people with limited dexterity
- p** among the climate control systems available on the market , choose those which have only a few basic functions, with easily readable writing and a good chromatic contrast between the numbers and the background
- q** provide the home with several television and telephone sockets at least in the day area and in the bedroom
- r** place the alarm pull cord in the bathroom at a height easily reached by someone lying down. The alarm system must be connected to a reset button



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INCREASING VISIBILITY BETWEEN SOME ROOMS IN THE HOME

Being able to see from one room to another increases the sense of personal security



- a insert transparent and break resistant glass in doors and/or internal walls to better visibility between the various areas of the day zone. Clear visual manifestation of the glass is essential to guarantee safety
- ◀ b place the front door of the home in such a way that it is easily visible from the day zone and when possible the bedroom
- c ensure that the bed can be put in a position that allows a view, when required, of the day zone in the home

RECEIVING PEOPLE / SOCIALIZING

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Living in a cosy and hospitable apartment stimulates socialization

- a provide internal areas in the home which allow for guests
- b assure space for a spare bed or a sofa bed for temporary guests and/or for conversing comfortably sitting down
- c provide chairs with armrests as they are easier to rise from
- d provide a closed circuit video system for conversations outside the home
- e provide a video entry phone so as to be able to communicate with someone outside or the caretaker
- f provide balconies or verandas sheltered from the elements and large enough to hold a table and at least two chairs



LOOKING AFTER PETS

Looking after pets is an opportunity to offer responsibility as well as them being companions



- ◀ a provide a specific space for keeping small pets such as parrots, dogs, cats, fish and turtles



- ◀ b provide a small corner for feeding animals

- ◀ c provide a small space for keeping food and the equipment for the transport and daily care of pets



- d provide a separate rubbish collection system for animal feces

- ◀ e provide a small space for cleaning the animals

LOOKING AFTER PLANTS AND FLOWERS

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the home

Cultivating plants and flowers allows one to have a hobby and to decorate and adorn one's own home

- a assure for the placing of plants and flowers inside the home



- b assure for terraces large enough for flower boxes or plant pots and a cupboard for the tools and materials necessary for the cultivation of plants



- c design terraces with flower pots or boxes easily used by people with limited mobility



- d provide the terrace with a tap for watering and cleaning operations



- e provide a simple automatic watering system controlled by an electric valve and a timer



complimentary needs

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LOOKING AFTER PLANTS AND FLOWERS

Cultivating plants and flowers allows one to have a hooby and to decorate and adorn one's own home



◀ **f** plan terraces with shaded areas for hot countries



◀ **g** plan terraces with walls to protect from winds in cold countries

h provide the possibility for realizing a small greenhouse to shelter plants during the winter period

DOING RECREATIONAL ACTIVITIES

15

Providing favourable conditions for practising hobbies stimulates a variety of interests and individual activities

- a ensure homes are sufficiently flexible to satisfy the different and changing needs of their occupants
- b assure a space in homes capable of being equipped for recreational activities
- c provide adequate free space for physical exercise
- d provide good acoustic insulation, to allow people to carry out recreational activities without annoying their neighbours



15

DOING RECREATIONAL ACTIVITIES

Providing favourable conditions for practising hobbies stimulates a variety of interests and individual activities



◀ **e** enable the watching of television from a safe and comfortable position, and one which permits a person to see if there are any callers

f design homes with good natural illumination throughout the whole day



◀ **g** provide wiring in the home for the domestic use of the internet

h place extra electric sockets in those places used for recreational activities (day and night zones)

CLEANING AREAS IN THE HOME

16

Being able to carry out cleaning activities autonomously helps to maintain a good level of personal self-esteem

- a choose easily washable floor materials treated with anti-slip materials to avoid the risk of falls (for example wood is an easily cleanable material that remains comfortable throughout the various seasons)
- b choose easily washable internal kitchen wall and bathroom finishes
- c choose skirting boards which are easy to clean (without a deep grain)
- d install sanitary fittings which facilitate the cleaning of the bathroom, e.g. toilet bowls, bidets and washbasins without bases and fixed directly to the wall



16

CLEANING AREAS IN THE HOME

Being able to carry out cleaning activities autonomously in one's own home helps to maintain a good level of personal self-esteem



◀ **e** ensure that lights in the home can be easily cleaned and replaced without having to use ladders or any other dangerous systems

f avoid using transparent glass materials on floors



◀ **g** furnish the home in such a way as to leave the greatest amount of clear floor space (avoid loose carpets because of the risk of tripping)

h provide a cupboard for cleaning materials and tools to reduce the risk of falls



◀ **i** if possible, provide the home with centralised vacuum system

CARRYING OUT HOUSEWORK

17

Carrying out one's own housework autonomously helps to keep a good level of personal self esteem

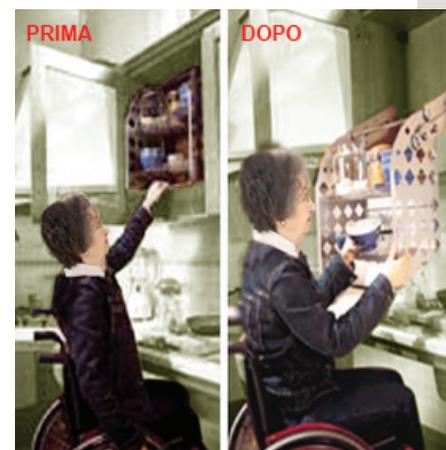
- a assure adequate space in the home for a dishwasher



- b give preference to dishwashers which have few but essential functions, with controls placed on the top edge of the door, easy to handle and with clear writing



- c place the draining board in a comfortable position, easily reached by a seated person (not in the corner)



CARRYING OUT HOUSEWORK

Carrying out one's own housework autonomously helps to keep a good level of personal self esteem



- ◀ **d** create an area for separate recycling bins



- ◀ **e** assure adequate space in the home for a washing machine



- ◀ **f** assure a space for piling dirty clothes
- ◀ **g** give preference to types of washing machine with vertical loading, few basic functions, writing suitable for elderly people and programmes for spin drying and hot air drying

CARRYING OUT HOUSEWORK

17

Carrying out one's own housework autonomously helps to keep a good level of personal self esteem

h assure adequate space for hanging and ironing clothes (the iron should have an automatic cut out timer)



i organize the furniture in such a way that it is possible to carry out the most of the housework sitting down



j use objects with good ergonomics, which make it easier for people to accomplish domestic tasks



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GUARANTEEING PERSONAL SAFETY

The reality and also the perception of personal safety are the basis of wellbeing in every daily activity



- ◀ a for homes on the ground floor it is necessary to install safety systems on all external doors and windows. For homes on the higher floors it is necessary to install safety systems (or alarms) on windows and any balcony doors

- b avoid installing glazed front doors unless some safety system exists



- ◀ c install a video system for tele-assistance or a personal alarm system which allows for remote warning (caretaker, relatives, external services, etc.)



- ◀ d provide an external system which guarantees quick response should a personal alarm system be activated (caretaker etc.)



GUARANTEEING PERSONAL SAFETY

18

The reality and also the perception of personal safety are the basis of wellbeing in every daily activity

e provide an illuminated front doorbell push



f provide the telephone with a light indicator, easily visible and audible within the home



g furnish all alarm and security systems with a reset button



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GUARANTEEING SAFETY IN THE HOME

The design of places and equipment must preclude any risk of domestic accidents or incidents



- ◀ a install burglar proof front doors



- ◀ b install anti-intrusion systems in the home with visible and audible alarms and connected to a remote response service



- c do not position windows too low to avoid the danger of falling out (opening inwards)



- ◀ d for windows sills at a height of less than 100cm from the floor install an anti-fall bar*

* in any case national regulations which require more space must be respected



- ◀ e for French windows on a higher floor, install a transparent parapet at least 100 cm from the floor*

* in any case national regulations which require more space must be respected