



# Home Adaptations

With

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What impact do adaptations (and other housing solutions) have on health and well-being?



## What impact do home adaptations have on health and well-being?

- Improves, restores, maintains functional independence
- Reduces impact ageing and long term conditions
- Reduces/prevents accidents/falls
- Prevents hospital admission
- Facilitates hospital discharge
- Delays/prevent admission into residential care
- Facilitate family life
- Restore and maintain dignity
- Self efficacy/confidence
- Access to play (development)
- Provides access to paid employment
- Provides access to education
- Provides access to community care services
- Provides access to the outdoor space
- Reduces social isolation and loneliness
- Improve working environment for informal and formal carers (reduce work related injuries)

## The Home Adaptations Process

Is an interdisciplinary approach to health and well-being that involves a number of services/professionals – so unlike other areas of health and social care the impact of the intervention involves **collaboration across the building, housing, health and social care sectors.**







It can be a  
complex and  
intrusive process



Meaningless

...





# ...into the meaningful

- Leisure
- Personal Care Tasks
- Play
- Development
- Domestic Tasks/Role
- Ritual/habits
- Cultural



## Adaptations without delay

*-a guide to planning and delivering home adaptations differently*





## Adaptations without delay : purpose

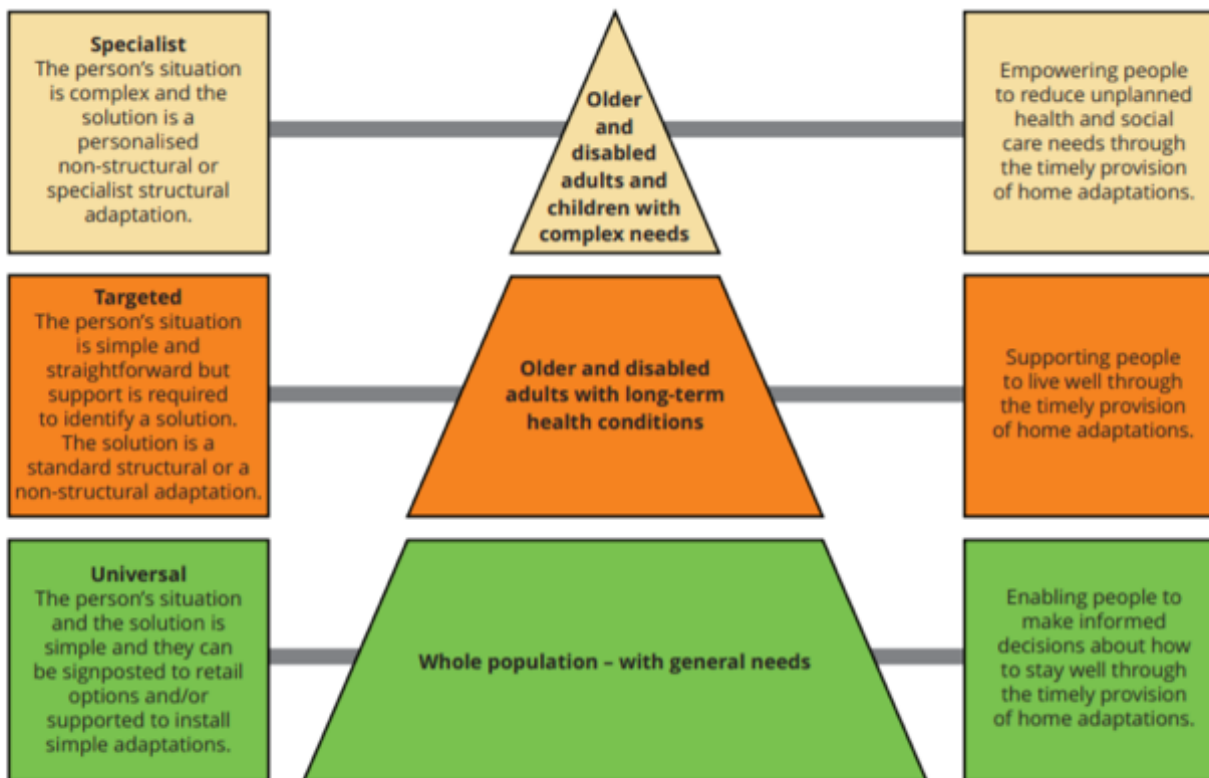
- Ensure a more responsive service to those needing adaptations
- Reduce demand on occupational therapy services
- Improve efficiency in response to uplifts in funding
- A rationale for key stakeholders on when an occupational therapist is not needed
- Make best use of the expertise of occupational therapists in complex situations
- Being applicable in all four UK nations



## TYPE OF INTERVENTION

## CARE AND SUPPORT NEEDS

## OUTCOMES







# What we all find challenging

- Reaching
- Bending
  - Cupboards
  - Sockets
  - Electric/Gas meters
  - Fire/heating systems
  - Curtains
  - Windows (kitchen windows)



# What we all find challenging

- Change in levels
  - Internal stairs
  - External steps
  - Uneven surface
  - Steep drives
  - Baths



# What we all find challenging

- Rising from low surface
  - Toilets
  - Chairs
  - Baths
  - Beds
  - Floors (cleaning)



# What we all find challenging

- Forces (push/pull/twist)
  - Doors
  - Cupboards
  - Taps





# What we all find challenging

- Controlling the environment
  - Heating
  - Lighting
  - Ventilation
  - Moisture
  - Noise



# What we all find challenging

- Repairs and home maintenance

# Adapting using – Inclusive Design Principles

[http://www.ncsu.edu/ncsu/design/cud/about\\_ud/udprinciples.htm](http://www.ncsu.edu/ncsu/design/cud/about_ud/udprinciples.htm)

- Equitable use
- Flexibility of use
- Simple and intuitive
- Perceptible information
- Tolerance for Error
- Low physical error
- Size and Space for approach and use