

Preparing Your Home for Special Needs

What you can do after an emergency to stay comfortable and secure in your own home

The purpose of this guide is to provide information and resources for those who need to modify their homes due to an emergency situation, either temporarily or with permanent adaptations to maximize personal independence and wellbeing.

A medical emergency can be disorienting. There are many things to consider as you begin, or help a loved one through, the process of recovery. For those returning home from a hospital or care facility for the first time, one question that will arise is how well the layout and design of the home suits current physical abilities. There is help available in Charlottesville, and the surrounding counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson.

Ask yourself, or a loved one, the following questions to assess immediate needs:

First Response Local Resources

The Livable for a Lifetime Home Modification website offers a comprehensive list of modifications, assistance, and funding sources in our region:

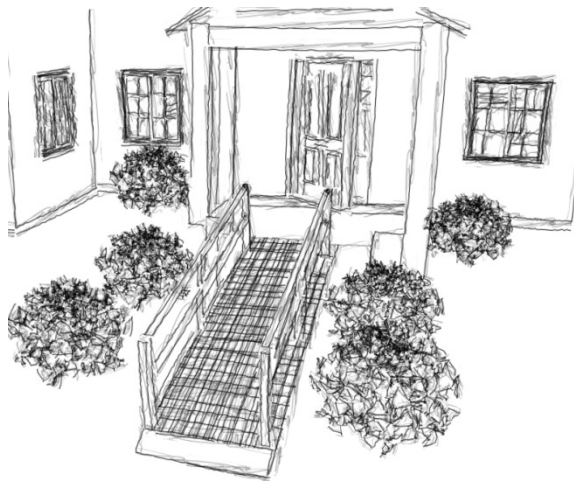
<http://www.livableforalifetime.org/Mods.htm>

The Independence Resource Center assists individuals with disabilities:

(434) 971-9629

Programs are available for people with income constraints.

More information on the back ...



1

Can I Enter my Home by Myself?

For homes that are not equipped with zero-step entrances, a temporary ramp may allow access to anyone in a wheelchair or with mobility impairments. These can be installed within days or weeks, and are available either for rent or purchase.

2

Do I Have Access to All of the Rooms I Need?

Multiple floors or narrow hallways and doorframes can limit movement within a home. For immediate use, an accessible, ground-floor room can be converted into a bedroom. It may also be possible to remove doors or add a swing-away door hinge for some extra clearance. For a longer-term solution, doorframes can be widened and chairlifts or elevators can be installed.

>32" clearance



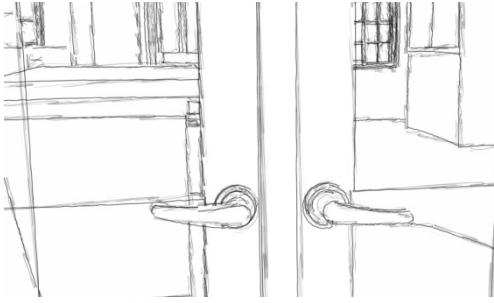
3

Can I Use my Bathroom and Kitchen?

Problems you may encounter: steps to enter shower or bath, height of toilet seat, height of counters, lack of grab bars in bathroom to prevent falling, slippery surfaces, inaccessible appliances, shelves that are out of reach. First the bathroom and, secondly, the kitchen are priorities for a fully functional home.

4

Can Small Changes Make my Home More Livable?



Little details can be big impediments that need to be addressed. Doorknobs can be exchanged for easy-to-use levers. Rugs can be removed or attached to the floor to avoid tripping. Motion-sensors can be installed to trigger faucets or lighting. Night lights allow navigation in darkness. Outlets and switches can be rerouted to a convenient location or operated with a remote device

Finding Help ...

For Owners: Certified Aging in Place Specialists (CAPS) are builders who specialize in helping homeowners modify their house to meet their special needs.

A regional directory is available on the National Association of Homebuilders website (www.nahb.org)

For Renters: Landlords must allow reasonable accommodations for a disability under the Virginia Fair Housing Act. The Virginia Housing Development Authority (VHDA) can help certain tenants with costs. Please visit the Home Modification website listed on the front for more information on available funding.

Local Housing Foundations Can Assist Income-Qualified Households with Emergency Modifications

Greene	Skyline Community Action Partnership 434-985-6066
Charlottesville	Albemarle Housing Improve Program 434-817-2447
Albemarle	Fluvanna/Louisa Housing Foundation 540- 967-3483
Louisa	
Fluvanna	
Nelson	Nelson County Community Development Foundation 434- 263-8074



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Livable for a Lifetime

www.livableforalifetime.org

Created for: **The Jefferson Area Disability Services Board (JADSB)**

Stimulate public awareness + foster coalitions of committed and educated advocates + enhance local government interest in disability issues.