

MAKING THE HOME AND COMMUNITY ACCESSIBLE

Date: 2/08

(1 HOUR)

- OBJECTIVES:**
1. Participants will learn how to make adaptations in their homes so they are more accessible for people with disabilities.
 2. Participants will learn how to make adaptation in their community so it is more accessible.

OVERVIEW FOR TRAINERS: This lesson is one of a series of lessons about people with disabilities. The material is adapted from *Disabled Village Children* from Hesperian Foundation, as well as other sources. See also the children’s lessons and stories about disabilities.

METHOD	TIME	KNOWLEDGE
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Illustration:

Show the drawing, *Life in our Community*. What have they done to make their community more accessible to people with disabilities?

10”

----SHOWD questions----

- S = What do you See?
- H = What is Happening?
- O = Does this happen in Our place?
- W = Why does this happen?
- D = What will we Do about it?

- I. Adapting the community
 - A. Think about the community where you live. What barriers are there for people with disabilities as they try to do normal daily activities? Discuss in large group.

20”

- I. Adapting the Community
 - A. Think about your community
 1. Some doorways are too narrow to enter with a wheelchair.
 2. The aisles in the grocery store are too narrow.
 3. It is hard to get up the stairs, or to the second floor.
 4. Bathrooms are hard to use.
 5. People who are blind struggle to cross the street.
 6. People who are deaf can’t hear the car horns.
 7. The roads and walkways are uneven and hard to walk on.
 8. (Give your own examples.)

- B. **Demonstration**
Use a skateboard (if available). Have one person from the group sit on the skateboard and try to propel himself across a smooth floor (concrete, tile, wood, or packed dirt). Then try it on an uneven, bumpy surface (such as a bumpy path or an uneven floor). What did you find out?
- C. How could you work together to make your community more accessible? Divide into

- C. Working together to make the community more accessible
 1. Build ramps to enter stores and public buildings (schools,

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<p>small groups to discuss.</p>		<p>churches, health centers, etc.)</p> <ol style="list-style-type: none"> 2. Make sure the ramps have a gentle slope. 3. Widen the doorways and aisles so a wheelchair can pass. 4. Improve the walkways and paths so they are smooth and hard-packed. 5. Place handrails or ropes along steep paths. This helps people who are blind or who have poor balance.
<p>II. Adapting the home Note: These adaptations will depend on your customs, living style, and local needs.</p> <p>A. What are some basic things you can do to make your own home more accessible to people with disabilities?</p> <p style="padding-left: 40px;">Give out the handout, <i>Adapting your Home</i>. (These are only examples. Your situation will vary.)</p> <p>B. Now think about specific areas of your home—the kitchen, the bathroom, the bedroom, the washing area. How could you adapt these areas for someone with disabilities? Divide into small groups and report back.</p>	20"	<p>II. <u>Adapting the Home</u></p> <p>A. Making your home accessible</p> <ol style="list-style-type: none"> 1. Make a ramp to the entrance of the home. 2. Make a “lift” with a system of pulleys. 3. Make sure the floor is smooth and firm. 4. Place handrails to give extra support for people who have difficulty with walking or balancing. 5. Place straw mats or rugs on the floor for children who crawl. 6. Make doorways extra wide with low latches. <p>B. Specific areas in your home</p> <ol style="list-style-type: none"> 1. The kitchen: <ul style="list-style-type: none"> - Low shelves, easy to reach - Raise the table to fit a wheelchair - Raise the oven - Other: 2. The bathroom or outhouse: <ul style="list-style-type: none"> - Hand rails - Toilet seat at same height as wheelchair - Wide doorways - Bathing stool - Shower curtain, not a door - Low towel racks - Other: 3. The sleeping area or bedroom: <ul style="list-style-type: none"> - Adjust height of bed or cot to same height as the wheelchair

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<p>C. Give out the handout, <i>Adapting Different Areas of your Home</i>. These are examples of what has been done in other homes to make them more accessible. (Your needs and plans will be different from this.) Does that give you any more ideas?</p>		<ul style="list-style-type: none"> - Hanging bars to help with transfer - Hand rails - Other: <p>4. The washing area:</p> <ul style="list-style-type: none"> - Adjust the height of the washstand to fit the wheelchair - Adjust height of tables - Adjust height of clothesline - Other: <p>5. The living area:</p> <ul style="list-style-type: none"> - Mats on floor - Low light switch - Low door handle - Door handle easy to turn - Keep water jug at a level that is easy to reach.
<p>III. Practical Plans Work in large group</p> <p>A. Why is it important to make these changes? What difference will it make?</p>	10"	<p>C. More ideas</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. <p>III. <u>Practical Plans</u></p> <p>A. Why is this important</p> <ol style="list-style-type: none"> 1. People with disabilities can take an active part in their home. 2. They can take care of many of their own needs. 3. They can cook and help with cleaning and washing. 4. They can help take care of children. 5. They can also be actively involved in their community. 6. They can go shopping. 7. They can go to school. 8. They can go to work.

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B. Think again about your community. What can you do? How can you work together to make your community more accessible?		B. What can you do in your community? 1. 2. 3. 4.
C. Now think about your own home. What specific changes are you planning to make so your home is more accessible?		C. What can you do in your home? 1. 2. 3. 4.
D. How can people with disabilities be involved in making these changes?		D. How can they be involved? 1. They can show what is needed. 2. They can help plan the changes 3. They can help carry it out—making the handrails and helping to build the ramps, for example.
E. We will continue to talk about opening up our homes and our community to people with disabilities.		E. Becoming more open

References:

Werner, D. 1987, 1999. *Disabled Village Children*. Berkeley, CA: The Hesperian Foundation. Available from <http://www.dinf.ne.jp/doc/english/global/david/dwe002/dwe00201.htm#contents>

ATTITUDE: Participants will desire to involve people with disabilities in more activities in their home and community.

SKILL: Participants will know how to make their community and homes more accessible to people with disabilities.

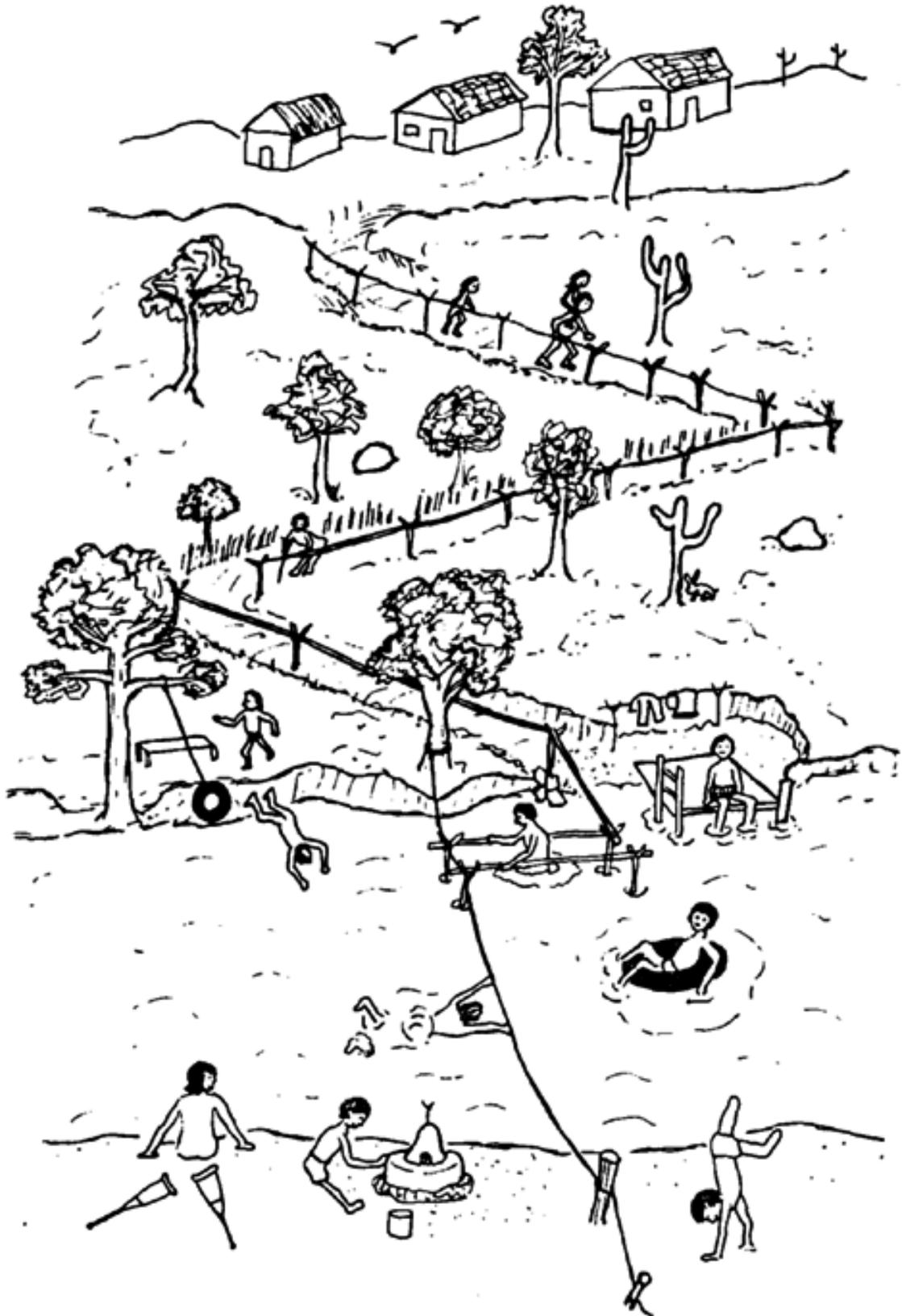
EVALUATION: Facilitators will know the participants have learned the content of this lesson when they work together to make their homes and their community more accessible.

MATERIALS:

- Newsprint, markers, masking tape
- Life in our Community* handout
- Skateboard (if available)
- Adapting your Home* handout
- Adapting Different Areas of your Home* handout

This lesson is used in: Disabilities

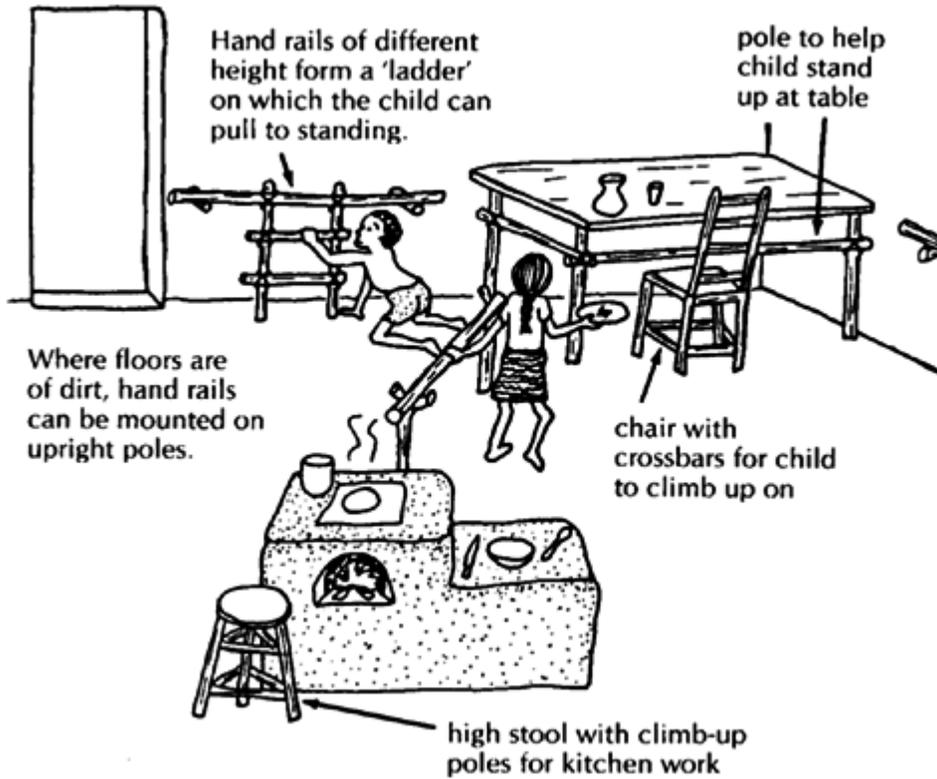
LIFE IN OUR COMMUNITY



ADAPTING YOUR HOME



Ramp can be made of wood or of dirt or rocks, perhaps covered with a thin layer of cement.



Hand rails of different height form a 'ladder' on which the child can pull to standing.

pole to help child stand up at table

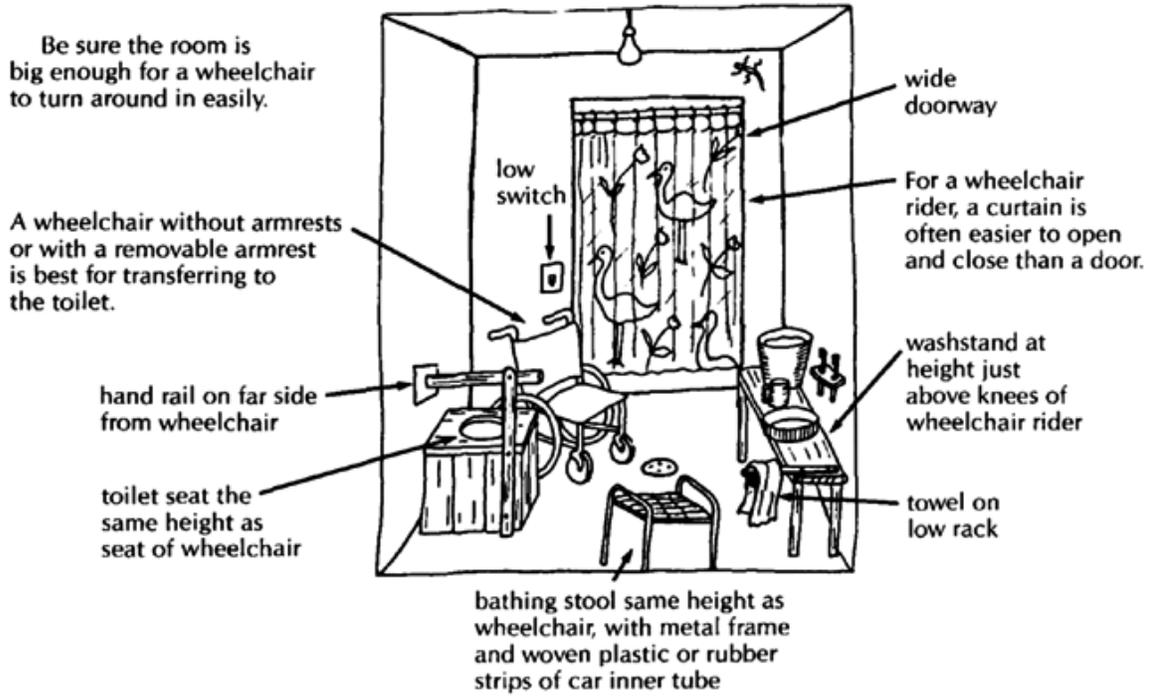
Where floors are of dirt, hand rails can be mounted on upright poles.

chair with crossbars for child to climb up on

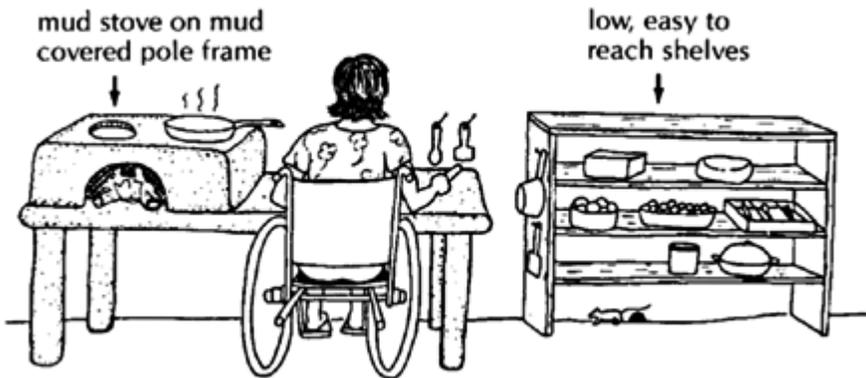
high stool with climb-up poles for kitchen work

ADAPTING DIFFERENT AREAS OF YOUR HOME

Bathroom or outhouse



Kitchen

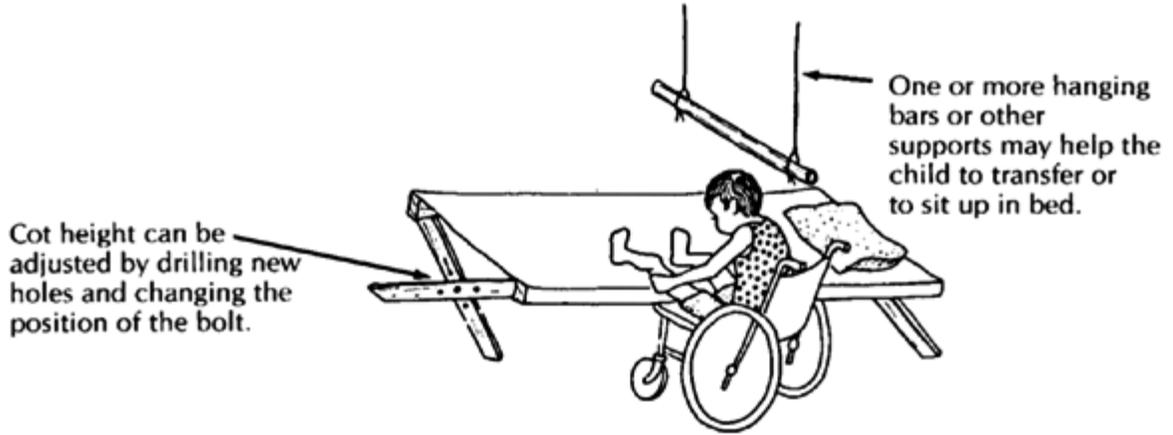


You may need to raise the tables or the oven if the wheelchair has high armrests.



ADAPTING DIFFERENT AREAS OF YOUR HOME

Sleeping Area



Washing Area



Living Area

