

Occupation-based Home Assessment

Client Name: Mia and David Beveridge

Date of

Assessment: 9/10/2013

Type of Housing: house _____ apartment X mobile/motor home _____
Other _____

Residents in home: Two older adults ages 65 and 60 yrs old

Area outside and immediately surrounding the home: There isn't an area outside of the apartment. They live on the second floor and there are 10 steps with stair way leading into the apartment.

What occupations, if any, take place in the area immediately surrounding the home and/or inside the garage? There is a parking space right in front of the apartment, walking outside to the mail box, walking outside to take out the trash, walking outside with bikes to go on a bike ride.

Terrain: **Incline** **Grass** **Pavement** Other – steps

Porch/Patio/Balcony/N.A.

Surface material: cement surface on the outside on the ground, the surround is made up of stucco.

Number of stairs: There are no stairs; it is on the same level.

Height of stairs: There are no stairs.

Railing present (location, height, ease of use):

There is a railing about 20 feet out once you come out of the apartment. It is stucco wraps around the porch and then there are railing on top of the stucco opposite side of the sliding glass door.

Type and width of door to area: The type of door that goes out into the patio is a sliding glass door. The width of door is 4 inches.

Type of furniture/ease of use: There is a small table with one lawn chair. The chair is small and not ergonomical or seems comfortable.

Plugs/switches (location, height, ease of use): There is an overhead light outside on the patio and the lighting is dim.

Yard

Maintenance required: The sprinkles are automatic, there are flowers that need watering, there is walk way for racking leaves and sweeping dust and rocks off the walkway.

How maintenance is completed currently: Sweeping the sidewalk will be completed by tenants. Watering the flowers are watered by tenants on a daily basis.

Equipment/activities present (play, hobby, work, machinery): backpacks walking down the stairs and walking on side walk to get to parking lot to get the car. Tenants frequently go on walks and bike rides outside or they walk to the gym nearby making them walk in the yard frequently. They usually aren't there most of the day.

Ease/efficiency of use of equipment:

Heavy back packs having to carry computers to work or school.

Garage/workshop

How many cars: There are 2 cars, but there isn't a garage. One of the cars has an overhead roof and its own designated parking spot that is paid for and the other car parks in free parking space for residents only.

Proximity of cars to entrance: The distance from the apartment to the cars are about 6 feet.

Number and height of steps from garage to entrance: 15 steps.

Railing present (location, height, ease of use): There is a railing on the left side of the steps, the ease of use is good and at the right height.

Storage systems: There aren't any storage systems in the garage, no garage. There is a storage closet that contains a lot of the tools that would be in a garage. The storage room contains un-organized boxes and bins in the closet. The tools itself are organized, but the way the workshop closet isn't organized very well. It is hard to get into the closet and reach for all the items needed in the closet.

Ease/efficiency of use of tools/equipment: The ease of use of the tools are far away and heavy to carry if the tenants want to repair the car.

Ways to improve occupational performance, improve mobility, and/or improve safety in area immediately surrounding the home? The tenants could use a carrying device when repairing the car with the specific tools they need. That way they don't have to keep going back up again and taking the tools individually every time they are done with one tool. Client could obtain a tool belt to help with ease of use. They could move the table on the porch further down, so it isn't so close to the sliding glass door and replace the chairs with better height and table height. The yard doesn't have

Front Entrance

Number and height of steps: 15 and 7 inches

Railing present (location, height, ease of use):

Surfaces: cement for the floor, wood for the door, floor mat

Types of knobs/locks: lever knobs

Width of door: 5 inches

Back Entrance

Number and height of steps: No back entrance

Railing present (location, height, ease of use): No back entrance

Surfaces: no back entrance

Types of knobs/locks: no entrance

Width of door: no entrance

Any concerns with safety/ease/convenience of entering the home? There aren't any concerns with safety. The mat in front of the door could cause someone to trip who isn't cognitively aware. The tenants are cognitively aware and wouldn't affect their ability to move around.

Kitchen

List all occupations that take place in the kitchen and the primary users of this space: Meal preparation, making coffee, putting away dishes and cleaning dishes.

Width of doorway into kitchen: 45"

Height of kitchen dining table: 28 ½"

Height of countertops 35"

Continuous surfaces for sliding objects: there are continuous surfaces for sliding objects and there is plenty of room for sliding objects.

Type of stove: Standard electric range (whirlpool stove)

Types and location of controls on stove/burners: The location of the controls on the stove are against the wall and the burners sit in 2 rows of 2 and 2 columns of 2.

Types of controls on oven: knob like controls from 1 low heat to 9 high heat

Height of oven: 35"

Effort needed to open/close oven: The effort needed is minimal to open the oven door.

Are pots/pans too heavy or do they get too hot? There are variety of pots and pans in the counter.

Type of refrigerator: A 2 door refrigerator (whirlpool)

Height of handles and refrigerator shelves: 38" to 43"

Depth of shelves: 11"

Dishwasher controls: light wash, normal wash, rinse, off, dry, rinse and hold

Ease of loading/unloading: You have to move the trash can away to unload the dishwasher. This requires it effort the obstruction.

Ease of transporting items: The sink is right next to the dishwasher and it is easy to move the items because it is close.

Plugs/switches: height, ease of use: 46" of height , so the light switch is at the right height, but it could be moved to the side of the wall easier use.

Storage (ability to reach, handles, organization, amount): The top shelf is harder to access, but the kitchen is small and easy to reach for items that are lower unless it the item is heavy. There need to be a better organization system for the cabinets, counter and underneath the sink. Counters or bins that might help organization.

DME typically used in this area: N/A

Ways to improve occupational performance, improve mobility, and/or improve safety in kitchen area?

The organization of the kitchen could make the environment could improve safety and mobility around the dishwasher. The trash could be moved to a different place or the trash could be consolidated and be put under the sink to help with organization.

Bathroom

Occupations that take place in the master bath: Occupations that take place are dressing, packing for vacations, laundry assortment and reading.

Width of doorway: 28"

Flooring: Tile floor with a non-slip mat before the bathroom tub.

Types of faucets at sink: regular faucet at sink

Types of faucets in tub/shower: pull out knob and then to utilize the shower you pull out lever

Non-skid surface in tub/shower: There aren't any non-skid surfaces in the tub/ shower.

Height of step into tub/shower: There are no steps going into the tub/shower.

Height of toilet: The height of the toilet is 15 1/5"

Type of lever to flush: American standard toilet tank lever.

Location of toilet paper: Toilet paper is located on the right hand side and it is hooked to the wall.

Plugs/switches: There are several plugs in the house and one switch when entering the bathroom on the wall to the right.

Height of mirror: There is a large mirror in the bathroom on the wall. There is another mirror on the make-up door to the left.

Cupboards (height, type of handle, organization): The organization of the bathroom is good because it is open. The height of toilet could be higher and the toilet paper roll could be located higher.

DME typically used in this area: No DME used in this area

Ways to improve occupational performance, improve mobility, and/or improve safety in bath area?

Non-skid surfaces could be utilized in the tub/shower.

Bedroom

Occupations that take place in the bedroom area:

Doorway width: 28"

Type of door/knob to access closet: lever

Height of closet rod: 65"

Type of handles, ease of use of Dresser drawers: No handles on dresser drawers

Organization of storage/ease of finding items: More hangers and another small drawer for the other closet or clothe container.

Height and type of Lighting: Lightning is good in the bedroom and there is an overhead light and the lighting in the closet is good too.

Ease of access to lighting by the bed: The light switch is very easy to access because it is on the right hand side on the wall when you come in.

DME typically used in this area: No DME is not typically used in this area.

Ways to improve occupational performance, improve mobility and/or improve safety in bedroom area?

Occupational performance can improved by moving the light switch outside of the room before coming in to provide less confusion and easier access.

Living room

Occupations that take place in the living room: The occupations that take place in the living are reading, watching tv, working and relaxing.

Doorway width: 28" and another entrance is 79".

Most used furniture (type and height): The furniture is old and there is a couch that is slanted in the middle. The couch is old and is falling apart. The other furniture is layout by having one desk that is new and is at the right height for one of the tenants. The table is too low for one of the clients and one of the chairs doesn't have very good back support. The other table needs to be higher because the husband is taller and the table is too low.

Locations and Ease of access to electronics: Computer and electronic are on the each individual desk and is easy to access

Types and controls of window coverings: Shades

Types of controls to open/close windows: There aren't any types of controls to open the doors expect for levers

Storage (type, access, organization): There are 2 tables on each side of the table, and a couch next to the desk. The front entrance connects to the living room and it is nice and open to the living room. The living room is moderately organized.

DME typically used in this area: No DME is used in this area.

Ways to improve occupational performance, improve mobility, and/or improve ease of use in living room area? The couch can be replaced with a sturdier couch for prevention of severe back problems like scoliosis.

Cleaning:

Laundry (front/side load, controls, storage of detergent): The laundry is set up such as the door is placed in the front, controls of the laundry aren't marked, the laundry detergent is placed on top of the drier and washing machine. There isn't much room in the laundry room.

Supplies (able to reach, organization, location): supplies are easy to reach, but should be more organized, there should be trash close by to help organize the laundry detergent container in the trash.

Garbage removal (bags, process, transport): There are several garbage cans in the kitchen and bathroom. There are bags are under the sink and it should be more organized into containers. The garbage is removed and brought to the garbage dump on the side of the apartment. The garbage is tied by hand and then take 15 feet from the apartment within the parking lot.

Equipment (vacuum, mop, broom, dustpan): The vacuum, mop, broom, dustpan are all placed in the closet close to the kitchen.

Ways to improve occupational performance, improve mobility, and/or improve ease of use related to cleaning? The laundry detergent should be placed on a shelf and shelves should be placed in the laundry closet to have less clutter and improve mobility. Clients should be able to improve occupational performance using the ties for the trash bags instead of tying the bag would increase their time and improve ease of use.

Other considerations

Ease of access to communication within and throughout the home: The apartment is small and it is easy to get around. If there were to be communication problems it is easy to communicate and hear someone from every single room. A cell phone is carried with the person from every room too, so if there is problem they can easily get ahold of someone in every room. Every door has a lock, but can be unlocked from the outside if there is a problem.

Access and ease of use of Thermostat: Thermostat is easy to use and is next to the kitchen table and at a proper height for an older child and an adult to access.

Access to Community Transportation: Access to community transportation is easy and across the street if someone needs to get on the bus.

Access to grocery Store, drug store, etc.: Access to grocery store is walking distance and less than a mile away.

Pets in the home and any related safety concerns: There are no pets in the apartment and safety concern are there might be an infestation of ants or cockroaches and should get an exterminator.

Presence of environmental hazards (rugs, cords, obstacles in major pathways, etc.): Presence of environment hazards like cords around the house need to be discussed to be put away in an orderly fashion.

Summary: List the top 5 modifications to the space that you feel would have the biggest impact on improving occupational performance, mobility, and/or safety in the home.

1. Carry bin from closet to car for tools
2. Outside chairs and table are not ergonomically proportional.
3. Organizational system needs to be more refined as far as the kitchen and where items are located.
4. New ergonomic couch in the living room to prevent lower back pain since they work from home most of the time.
5. Need handles on dresser drawers and small storage bin for one of the closets.

Additional recommendations:

Organization is a major concern and could help the tenants be able to have more room for easier accessibility in bedroom, and kitchen. I would suggest talking the clients about separating the occupations of like reading before bedtime in the living room to have a separation because the client stay at their house and it makes it easier to sleep. Client complains of sleeping issues and this could help by separating rest and work in 2 different areas of the house. Client reports working in the bedroom.

Occupational Therapist Name Printed: Mia Beveridge

Signature: Mia Beveridge, OTS

Date and time: 9/10/2013