



March 1, 2019

Measurement Tips

- Door Openings – 32”
- Thresholds – ½” maximum
- Turning radius – 60”
- Pathway – 36”, non-skid surface and clear of objects

L.I.F.E.

Living Independently and Functionally in your Environment

3 basic accessibility features of a Visitable home:

- 1) One accessible, no-step level entrance at the front, back, or side of the house, with an accessible route to the driveway.
- 2) It has clear passageways, wider doorways and hallways, with all doorways and halls wider, i.e., a minimum of 38 inches, so there is clear passage throughout the main floor.
- 3) The main floor has a visitable bathroom. The bathroom on the main floor has a bathroom that is visitable by visitors that use mobility devices.





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FIRE SAFETY TIPS

NOTIFY YOUR LOCAL FIRE DEPARTMENT AND MAKE THEM AWARE OF ANY SPECIAL NEEDS OF RESIDENTS IN THE HOME

SLEEP WITH YOUR PHONE NEXT TO YOUR BED SO THAT YOU CAN CALL FOR ASSISTANCE IF YOU WILL NEED HELP TO ESCAPE

Smoke Alarm Systems for those with special needs



A well placed, correctly installed and properly maintained smoke/fire alarm is a small investment that can have a large impact on your safety. These small alert devices can minimize the dangers of a fire-related injury and have a large impact on the ability to save your life.

Suggestions for placement:

- High on walls or ceilings of every level of the home, including the basement
- Outside every sleeping area or in each bedroom
- In the hallways of the home
- In the living room, den, or family room

Alarms and detectors placed in these locations will allow for early warning signs and allow for more time for the residents to escape. There are special considerations when selecting alarm systems for those with hearing issues.

People who are **deaf or have a hearing impairment** should use alarms with strobe (flashing) lights. These types of alarms have incorporated several ways to alert a person that has difficulty hearing a standard alarm. They have a special high intensity light that can wake a person while they are asleep and also have vibration notification appliances, such as pillow or bed shakers that are activated by the sound of the smoke alarm.



Older adults tend to lose their ability to hear high-pitched sounds as they age. And research from NFPA's Research Foundation has studies that have shown that older adults are also less likely to respond to alarms that emit strobe lights. For older adults, that have difficulty hearing the high-pitched tone, it is suggested that they use a loud device that emits a mixed, low-pitched sound. The pillow vibrator or bed shaker would be an added safety measure as well.

When shopping for an alarm, make sure to always choose equipment that has the label of a recognized testing laboratory.

All smoke alarms should be tested at least monthly and replace smoke alarms and equipment for people who are deaf or hard or hearing according to manufacturer's recommendations.



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Keep in Touch

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Community Events in March

O'Connor Pancake Festival

Come by and say "hi" to me at the O'Connor Center's Annual Pancake Fest that will be held on Friday March 1st. Come and enjoy all-you-can eat Pancakes from 7 am to 1 pm at the O'Connor Center. Elected officials and local celebrity pancake flippers will be serving up stacks of delicious pancakes made just for you. A variety of regular and gluten-free pancakes and regular and sugar-free syrup, along with "the best sausage ever"! There will be many information and resource booths about services available to older adults in our community. There will be an arts and crafts fair and live plants sale as well as entertainment throughout the day. Your \$5.00 contribution for this delicious breakfast goes directly to support the programming fund for the Seniors center. Look for our booth and enter for a free drawing for a home modification survey!

Here's the address: 611 Winona Street, Knoxville, TN 37917. 865-523-1135

See you there!

Knoxville St. Patrick's Day Parade and Celebration

Celebrate East Tennessee's rich Irish heritage and acknowledge the role Irish immigrants and Americans of Scots-Irish descent have played in the history of Knoxville.

The Cel-O'bragh-tion in Krutch Park will be Friday March 15th from 6 pm -10 pm, and Saturday March 16th from 10 pm - 8 pm. Food vendors, bands, games and celebrity fishing sightings!

Parade begins at 1:00pm on Saturday, March 16th.

Visit knoxstpatricksparade.com for more information.

Webinars:

This is a great link that has a variety of webinars that cover most every topic. There are too many to list individually, so please explore the list at the link listed below.

<https://www.asaging.org/web-seminars>



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Additional Info

In case you missed the knowledge articles last month, here are the topics and links:

- [Door Handles](#)
- [Differences in Elder care Services](#)
- [Caregiving](#)
- [Lighting for Seniors](#)
- [Visitable Home](#)

Ask Katrina...

Q. Question

My dad is going to move into the rental home that I own. He is not in a wheelchair yet but we know it is only a matter of time. Can you please tell me how wide the doorways need to be for a wheelchair? Does the width change if he uses a power chair rather than a regular manual wheel chair?

How wonderful that you have a home that is able to accommodate your dad and his changing health needs. The standard opening for a door for clear passage of a wheelchair is 32 inches. Most standard powerchairs are approximately 27 inches wide so that would suffice.

Before you think about remodeling, there are a couple of inexpensive options to consider. You can install offset hinges / swing away hinges. These hinges will add approximately 2 additional inches of clearance. You can also remove the door and the doorstop strips and replace the door with a curtain. This will enable approximately an additional inch or so.

Q. Question

My sister has progressed in her disease and is now having difficulty feeding herself, but still wants to maintain as much independence as she possible can. Suggestions?

Thank you for your submission and for trying to find a solution for her. We all know how important it is to maintain as much independence as possible. Without knowing the specifics, I would suggest looking into modified utensils. There are complete sets that include spoons, forks, and knives that are adapted to accommodate the needs of those with a range of impairments and difficulties. There are weighted utensils available that help stabilize the hands of those suffering from Parkinson's Disease, arthritis, and similar afflictions as well as curved utensils that assist those who may have difficulty with fine motor skills. They have various grip aids that make holding the utensils easier to do. You can locate many of these modified utensils on Amazon as well as your local medical supply stores.

If you have a question please click [here](#). I will personally get back with you and assist you in finding the information that you need.
