

# Questions to Confidence: Adults with Intellectual Disability

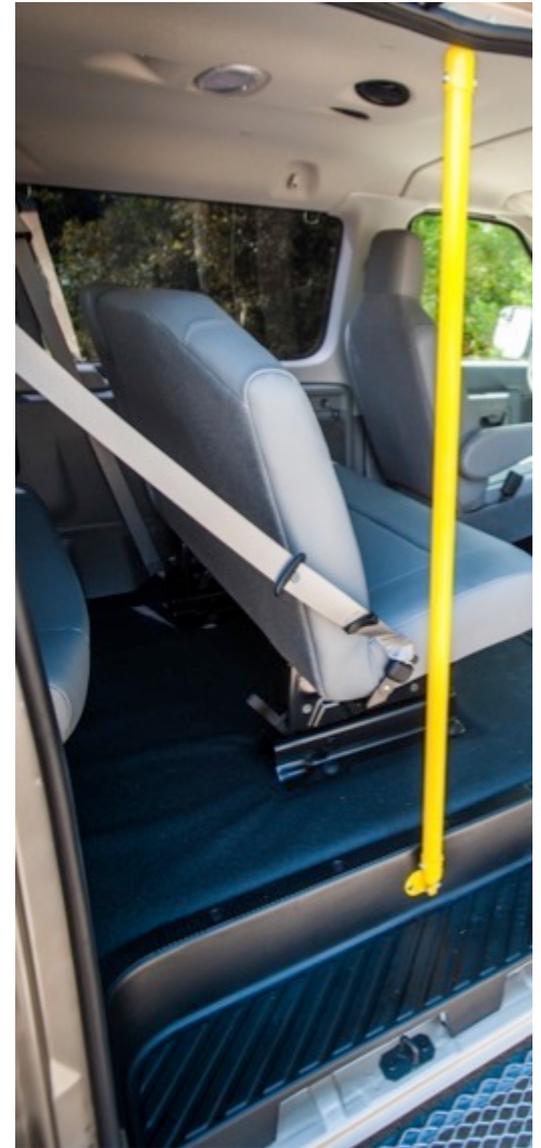
## Lesson 4: Environmental Assessment

### Some Things for You to Consider

Examples of some of the types of environmental problems you may encounter and some possible solutions that can be recommended and implemented.

# Consider: Transportation

- Accessibility Solutions for Vans
  - Grab Poles, Step Stools
  - Location of Seating
  - <http://www.focusonvisionandvisionloss.org/products-for-accessibility.html>
- If individual isn't safely able to get on/off even with the above in place then work with TEAM to implement use of wheelchair to access lift for transportation access only.



# Consider: Environments

- Color / Contrast
- Where to sit
- Furniture placement
- Types of Seating
- Lighting
- Handrails
- Stair Marking
- Stairs/Basement Steps
- Bathrooms



# Enhancing Contrast



# Seating



Problem



Better



Best (sturdiest)

# Poor Contrast



# Better Contrast



# Low Contrast



# Better Contrast



Add contrast to arms of chair:

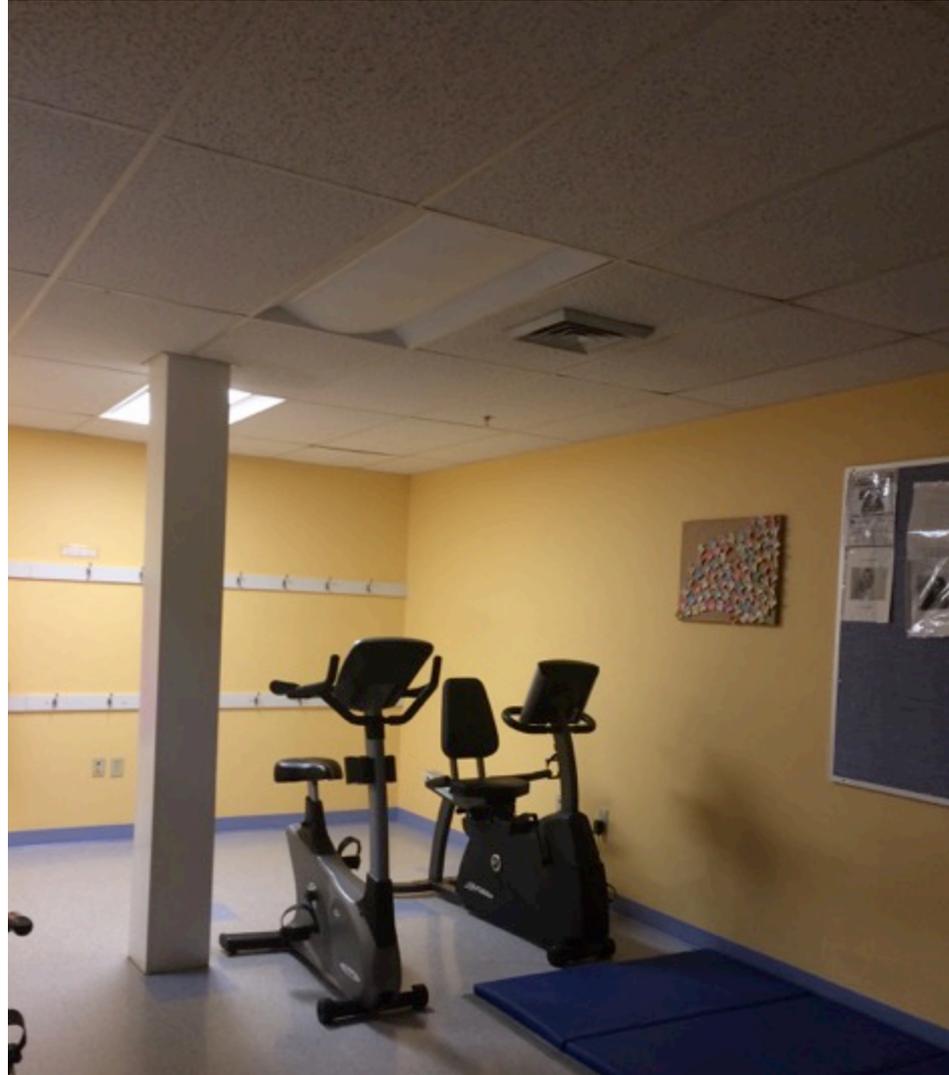
- Safety
- Identification



# Consider Lighting: Adjustment of Blinds



# Consider Lighting: Replacement of Lightbulbs



# Consider: Motion Detection Nightlights



# Consider: Placement and Contrast of Light Switches



# Consider Access and Safety for Steps, Stairs, Handrails



Problem: uneven steps, no contrast



Good: Addition of treads create a safer stepping surface and some contrast.



Better\*: Yellow tape to mark step edges.

\* Best would be addition of handrail

Good



Better: handrail on both sides



Create contrast at transitions.



Mark step edges.



Create contrast.





Problem: Handrail - doesn't extend past the bottom step.



Solution:  
ADA compliant handrail

Problem: visibility and location of the white post.



Solutions:

Better: Add more pictures to the pole to make it more visible.

Best: Paint the pole a contrasting color.

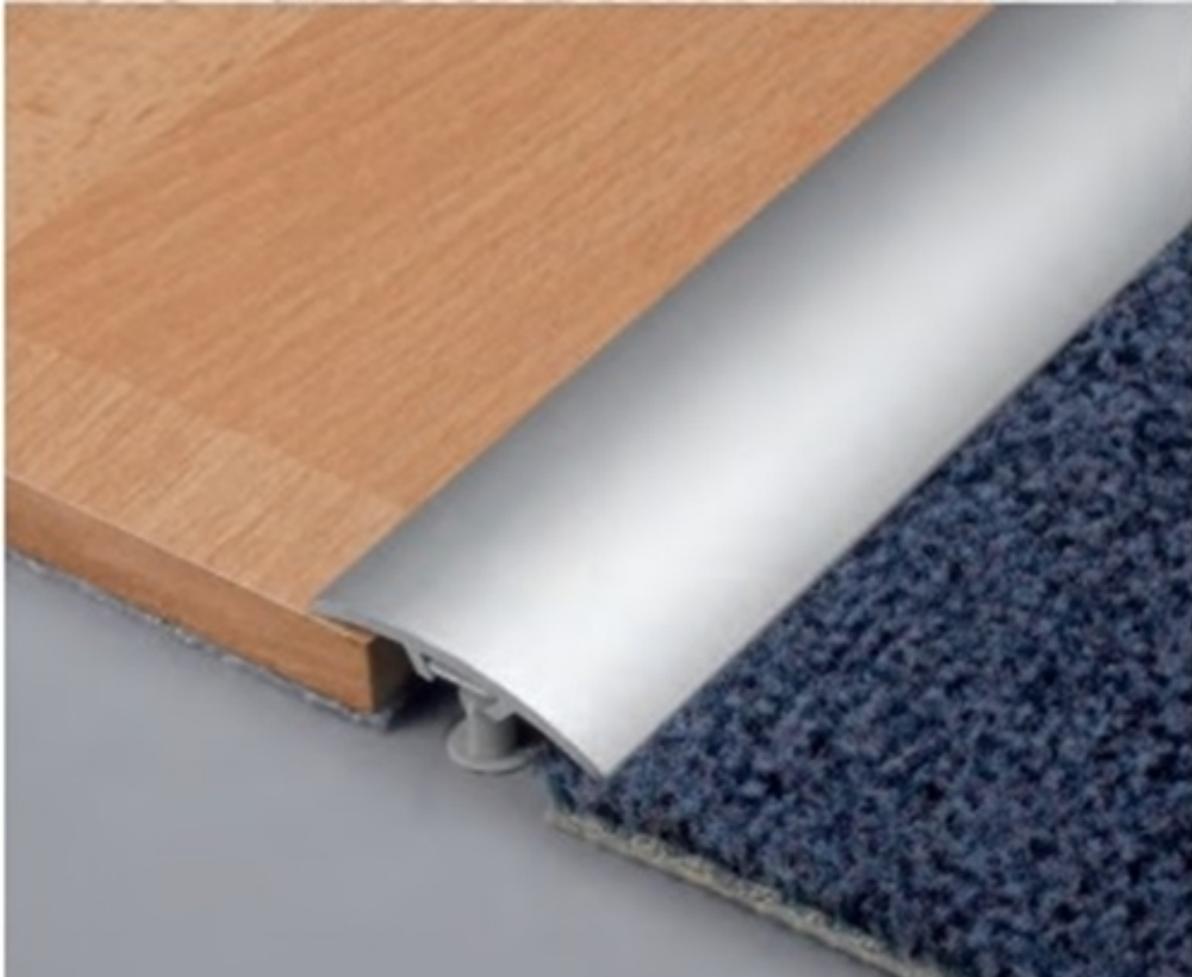
Problem: loose tape  
Creates tripping hazard.



Solution:  
Smooth transition



# Solution for transition between flooring



Use of color, contrast and lighting can make a difference.  
Consider addition of handrails along the hallway to encourage trailing,  
independence, and safety.



# Bathrooms

- Shower Safety
  - Chairs for bathing and/or drying
- Grab bars
  - Contrast
  - Location
- Flooring Material
  - Shiny
  - Slippery
- Security of bath mats
- Shoes/Slippers

Problem: no grab bars, no contrast, bath mat.



Solution:

- Add grab bars.
- Change wall color to add contrast.
- Remove bath mat.



**Problem: Bath Mat -  
It is a tripping hazard.**



**Solution: Don't use this  
style of mat on the floor.**

# Example of Good Color Contrast and Grab Bar Placement





Problem: Difficult access for someone with balance/mobility impairments.



Solution:

- Better\*: Shower chair for safety
- Best: A seat of contrasting color and addition of grab bars.

# DANGER

## a Towel Rack is not a Grab Bar

