Tech It Easy (Text only version. All pictures and special formatting has been removed)

Access Technologies, Inc

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Safety in Your Home

**The Most Dangerous Room in Your Home is:** According to the Centers for Disease Control and Prevention, about 235,000 people over the age of 15 visit emergency rooms, every year, as a result of injuries suffered in the . . . **BATHROOM**. More than one third of these injuries occur in or around the tub or shower, while about 14 percent happen to individuals near the toilet.

Differences in physical activities, lower body strength or bone mass may be some of the reasons that bathroom related injuries are higher in women — or it may simply be that more women seek treatment for these injuries. Regardless of gender or age, bathrooms have slippery surfaces with limited safe objects to grab onto, which increases the risk of injuries. Fall-related injuries range from minor scrapes and bruises to more severe injuries including head contusions, hip fractures, and even spinal cord injuries.

**Grab Bars**

Grab bars can help to prevent injuries either in the tub and shower, or near the toilet. These accommodations are best suited for individuals with good upper-body strength who are able to hold onto grab bars while moving or standing. There are a variety of styles of grab bars on the market. For maximum safety, consider grab bars that are slip-resistant designed with a grip surface, rather than a high gloss finish. Select a color that will “stand out” from the wall for visibility, and for adequate support, grab bars should be securely attached to the studs of the wall.

**Bath Chairs**

A family member who experiences difficulties with balance or standing for long periods of time may benefit from a Bath or Shower Chair. To prevent the chair from sliding in the tub, the chair should have rubber tips on the legs. Including a hand-held shower head, will allow

the individual to remain seated while bathing. ATI’s MarketPlace has several styles of bath chairs designed to accommodate your tub or shower.

**Bath Transfer Benches**

A Bath Transfer Bench eliminates the need to step into or out of the tub. The individual gets into the tub by sitting down on the bench outside of the tub. Then he lifts his legs over the edge of the tub while sliding across the bench. ATI’s MarketPlace includes several styles of Bath Transfer Benches to accommodate your individual bath safety needs.

**Raised Toilet Seats**

For the family member recovering from surgery, or experiencing difficulties lowering herself down to sit on a low toilet seat and then rising to a standing position, a raised toilet seat reduces the risk of a fall. For safety purposes, the raised toilet seat should be attached to your existing toilet; using either the traditional style designed with a heavy-duty “worm screw” and locking plate, or the hinge style that uses the existing toilet seat bolts and fastens directly to the toilet.

**Raised Toilet Seat Guide**

Raised toilet seats are designed to accommodate either a Standard Round or an Elongated Toilet Seat.

**Measure Your Toilet Bowl**

For your health and safety, the FDA prohibits hygiene products, including raised toilet seats, from being sold as a new item once the product has been removed from the store.

In order to purchase the correct raised toilet seat:

1) Identify the toilet the raised toilet seat will accommodate, then

2) Measure the toilet bowl — measure from the center front of the bowl to the center of the mounting holes.

Standard Round Bowls measure 16.5 inches

Elongated Bowls measure 18.5 inches

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**Selecting the Correct Portable Ramp** for your home can be frustrating. The staff at Access Technologies, Inc. are here to help. Whether you are looking to *rent* a ramp from our Device Loan Library as a short-term accommodation during the upcoming holidays, or while a loved one is recovering from surgery, or to *purchase* one through ATI’s MarketPlace for increased independence and safety, here’s a handy guide to help you select the correct one.

**Portable Ramp Guide—Residential**

**Who:** Start with the individual. If you are providing a portable ramp for an elderly family member, or someone who is recovering from surgery be mindful of the incline.

**What:** Next learn about the mobility device. Will your loved one be using crutches or a walker? If she will be using a manual wheelchair, will she be using it independently or with assistance? However, if your family member is using a power wheelchair or scooter be certain to check the maximum incline the manufacture recommends for that specific model.

**Where:** Now consider where the ramp will be setup. Will it be exposed to Oregon’s winter weather elements? If so, then the ramp should be designed to provide proper traction.

**How Long Should the Ramp be:** To determine the incline, we need to do a little math. How many steps are leading to the door? How high are the steps?

Measure the vertical distance from the ground to the top of the highest step—this equals the RISE. The recommended ratio of the ramp length (RUN) to the RISE is 1:12. In other words the number of inches in total vertical height (RISE) equals the number of feet in length you will need for the ramp.

Example: 1-Inch RISE equals a 12 inch RUN; providing a 4.8-degree incline. While two 5-inch high steps will account for a 10-inch RISE; requiring a 10-foot ramp.

ATI’s Device Lending Library contains portable ramps ranging in length from two feet, up to 10 feet.

If you are looking for a more permanent ramp ATI has two LIKE NEW modular ramp systems available for purchase. The straight ramp includes four sections of 8 foot ramps, while the 90 Degree ramp includes six sections of 8 foot ramps.

Pages 3 – 8 of this edition of Tech It Easy contain listings of new durable medical and/or assistive technology devices that are available for sale through our Assistive Technology MarketPlace.

Page 9 - 10 of this edition of Tech It Easy contain our Bargain Basement. The Bargain Basement section is a listing of slightly used items which are also available for sale online in our Assistive Technology MarketPlace.

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Learn about a FREE Equipment Program

iCanConnect—Oregon

If you have significant combined hearing and vision loss, you know first-hand that sending emails or chatting on the phone can be difficult.

iCanConnect offers free communication equipment and training so you can keep in touch . . . and be more independent.

Contact ATI to learn about the program’s income and disability guidelines. Refer someone you know or apply for the program yourself.

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