

Universal Design for Better Living

Lesson 2: The Easy-Visiting Home



Main Idea

Homes with universal design features make them easy for people of all ages and abilities to visit.

Objectives

Participants will be able to:

- Understand the concept of *universal design*
- Recognize the benefits of having a home with *universal design* features
- Recognize *universal design* features that make homes easy to visit
- Identify changes they need to make in their own homes that will make them easier for guests to visit.

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No endorsement is intended of the products mentioned nor is criticism implied in similar companies or their products not mentioned.

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Materials	Check List of Items	
<p>See photos of each gadget in "Contents of Gadget Kits," UDBL.TG 4</p> <p>(A) Duffel Bag = Yard and Shop</p> <p>(B) Soft-side Suitcase = Home</p>	<input type="checkbox"/>	Wireless doorbell unit from gadget kit
	<input type="checkbox"/>	5-10 additional gadgets with universal design features selected from gadget kits to demonstrate
	<input type="checkbox"/>	PowerPoint presentation on "The Easy-Visiting Home" (download PowerPoint or make transparencies or print copies) from ISU Extension Web site on Universal Design & Home Accessibility www.extension.iastate.edu/universaldesign
	<input type="checkbox"/>	Reserve computer, computer projector & screen if using PowerPoint presentation; reserve overhead projector & screen if using transparencies
	<input type="checkbox"/>	Handouts for each participant (print off master copies from Web site) <ul style="list-style-type: none"> • "The Welcoming Home," Pm 1804 (or get copies from ISU County Extension Office) • "Where to Get Gadgets and Gizmos," UDBL 2 • "Meeting Evaluation Form," UDBL 3
	<input type="checkbox"/>	"Instructor Feedback Form," UDBL 4 (Print off one copy from Web site)
	<input type="checkbox"/>	Free catalogs & sample Web site pages for ordering gadgets
	<input type="checkbox"/>	Pens for each participant & container to hold them
	<input type="checkbox"/>	Blank file/recipe card for each participant
	<input type="checkbox"/>	Envelope (to hold file card) for each participant
<input type="checkbox"/>	Blank tablet or paper to record name & address of each participant	


	<input type="checkbox"/> Boxes to hold evaluation forms & envelopes at end of meeting
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Background Reading	Universal Design & Home Accessibility Web Site Iowa State University Extension www.extension.iastate.edu/universaldesign
	<p>Under the section on Definitions read:</p> <ul style="list-style-type: none"> • “The Concept of Universal Design” • “Visit-Ability” • “The Benefits of Universal Design in Housing to All Users” • Browse other articles in this section as time permits.

Advance Preparation 1-2 Months	One - Two Months Before Meeting
	Select time, date & location for meeting.
	Prepare & distribute publicity for meeting (sample publicity items available on Web site) <ul style="list-style-type: none"> • Items for newsletters, newspapers & radio • Flyers to distribute in community
	Read through Lesson 2.
	Select 5-10 items from Gadget Kits (listed above) & be sure each is working properly. Study the description & features of each item that is provided in “Contents of Gadget Kits,” UDBL.TG 4.
	Read background information from ISU Universal Design & Home Accessibility Web site www.extension.iastate.edu/universaldesign
	Look at handout— “Where to Get Gadgets and Gizmos” —for information on purchasing gadgets. Order free catalogs & print out sample pages from Web sites.

	Check with local merchants to see if products are available locally. If not, encourage them to start carrying these items. (Give them copy of handout "Where to Get Gadgets and Gizmos.")
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Advance Preparation 2-4 Weeks	Two - Four Weeks Before Meeting
	Find 5-10 gadgets selected from kits & practice using them. <ul style="list-style-type: none"> • Review <i>universal design</i> features of each item that is provided on "Contents of Gadget Kits." • Think of ways to use gadgets in <u>your</u> own home.
	Check batteries in wireless doorbell and other gadgets selected to demonstrate. <ul style="list-style-type: none"> • Replace batteries as needed • To extend battery life, take out when not being used; put back in for the meeting; remove after the meeting.
	Print copies of handouts, assemble & staple, one for each participant. (Get master copies from Web site; see above.)
	Collect pens, envelopes & blank file cards for each participant.
	See if meeting location has enough tables & chairs, or borrow/bring extras.
	Check out presentation equipment & practice operating it.

Preparation— meeting site	At the meeting site	
	<input type="checkbox"/>	Set up presentation equipment & screen for PowerPoint presentation.
	<input type="checkbox"/>	Arrange seating so chairs are facing table & screen at front of room. If space permits, have participants seated at tables.
	<input type="checkbox"/>	On table place: <ul style="list-style-type: none"> • Wireless doorbell, include both transmitter & receiver • 5-10 other gadgets selected from gadget kits • Handouts • Pens • Blank file cards • Envelopes • Free catalogs
		As participants arrive, give them blank file card, envelope & pen to use during lesson. Have them sign their name & address on attendance list.

<p data-bbox="191 1314 444 1409">Introduction & Warm up</p> <p data-bbox="191 1486 444 1535"> 5 minutes</p>	<p data-bbox="493 1314 1300 1356">Say something like this in your own words:</p> <p data-bbox="493 1367 1440 1633">Today I want to talk about the importance of having a home that is easy-to-visit. Most of us want to be able to invite friends and family members of all ages and abilities to come for holidays and birthday parties, and to include them in special events.</p> <p data-bbox="493 1703 1406 1873">Include discussion of <i>universal design</i> & how it relates to visit-ability: Universal design refers to products and features that make homes more convenient and better for everyone.</p>
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Visit-ability refers to essential items that are needed to make it possible for guests who use wheelchairs to enter your home, use the bathroom, and stay overnight.

Say something like this:

Here's an example of a way *universal design* can help solve a visit-ability problem. Have you ever had a problem trying to visit someone who didn't realize you were at the door because they were in another part of the house or the TV was so loud they couldn't hear you?

Here's an easy way to solve that problem.

Demonstrate wireless doorbell. Show how the transmitter & receiver work. Receiver can be carried around house in pocket so doorbell ring can be heard in all rooms or even back yard.

Explain how it is an easy do-it-yourself project to install doorbell, no wiring required.

Activity

 **5-10
minutes**

Say something like this in your own words:

Next I have a question for you to consider: Suppose your best friend is injured in an auto accident and will be using a wheelchair for some time.

Please write down on the file card: What would you have to do to your home—if anything—to make it possible for your friend to come for a visit?

(If they absolutely can't think of anything, ask them to write down changes they have already made.)

Give participants time to think and write down answers. When most people seem ready, say something like this:

Please pair up with a person sitting close to you and tell each other about the things that you would have to change in your own home—if anything—that would make it easier to visit.

Give participants a few minutes to share. Then say something like this:

Who would be willing to share your responses with the entire group?

Wait for a volunteer to respond. Give a short time for each volunteer to describe the change they need to make (or things they have already done), then ask for another person to respond.

Encourage 3-4 participants to respond. Take no longer than 5-10 minutes total for discussion.

Hold onto the file card. You may want to add some additional ideas as I show you some ideas on ways to make your home easy to visit.

PowerPoint Presentation

 **10-15 minutes**

The Easy-Visiting Home

Now say something like this:


I want to give you some additional ideas on *universal design* features that can make homes more convenient—and easy-to-visit.

- Show PowerPoint Slides (or substitute transparencies or print handouts of slides).

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- Distribute three handouts
 - Discuss the “**Welcoming Home**” handout & highlight points that reinforce concepts in PowerPoint presentation.

Questions?

Demonstrate Gadgets

 5-10 minutes

Gadget Demonstrations

Demonstrate & discuss features of 5-10 gadgets selected & ways you might use them in your own home.

Invite comments from audience on ways they have used these gadgets.

Discuss handout “**Where to Get Gadgets and Gizmos**”

Summary

 2 minutes

Say something like this in your own words:

It’s time to review what we’ve covered today. You’ve learned about:

- **The definition of *universal design***
- **The benefits of having a home with *universal design* features.**
- ***Universal design* features that make homes easy to visit.**
- **Products with *universal design* features that can make everyday tasks easier.**
- **You have also identified some changes you could make in your own home that would make it easier for guests to visit.**

Set mini-goal

 5 minutes



Say something like this:

To practice and remember what you've learned today, it helps to set a mini-goal. A mini-goal is something specific that you plan to do. Look at the things you would need to change on your home to make it visit-able.

On the list of items you wrote down on the file card, circle one item that you would like to work on in the future.

Then decide if this is something you could:

- **Do for yourself**
- **Something a family member or friend might be able to help with**
- **Something you would need to hire someone to do the work for you.**
- **Or perhaps you would like to explore funding sources or other ways to get the work done.**

Then write down one thing you will do during the next month to investigate what it would take to get one change made in your home.

You could:

- **Make a phone call to ask someone to assist**
- **Get an estimate of what it would cost to make an improvement, or**
- **Explore funding sources to make an improvement (mention Iowa COMPASS as a resource – see last item on “Where to Get Gadgets & Gizmos”).**

Please take a few minutes to think about your mini-goal and write it down. Then sign your name on the card & put today's date on it. You don't need to share this with anyone—it is just for your own use.

Seal it inside the envelope you were given and address it to yourself. I will collect the sealed envelopes and mail them back to you in one month to remind you to take action.

Wrap up and Evaluation


 5 minutes

Distribute evaluation form & say something like this:

It will help us plan better programs in the future if you could take a moment to fill out an evaluation form. When you are finished, please leave the evaluation forms in the box on the table. Also, leave the envelopes and pens on the table.


Invite people to come up to the front of the room to look at gadgets and catalogs.

Total Time

 37-52 minutes

Thanks for coming!

If you plan to teach additional lessons in this series, give date, time, location, and topic for next session.

Pack up	After the meeting	
	<input type="checkbox"/>	Remove batteries from doorbell & other gadgets—so they will last longer. <ul style="list-style-type: none"> • Put in plastic bag that holds each gadget.
	<input type="checkbox"/>	Return gadgets to correct kit. <ul style="list-style-type: none"> • See “Contents of Gadget Kits,” UDBL.TG 4.
	<input type="checkbox"/>	Complete “Instructor Feedback Form,” <ul style="list-style-type: none"> • staple copies of “Meeting Evaluation Form” and • Attendance list to it.
	<input type="checkbox"/>	Return to: Mary H. Yearns, Associate Professor & Extension Housing Specialist 62 LeBaron Hall, Iowa State University Ames, IA 50011
	<input type="checkbox"/>	One month later, stamp & mail sealed envelopes back to participants.