
Universal Design for Better Living

Lesson 4: Update Your Home for a Lifetime of Living



Main Idea

Homes with universal design features are convenient and comfortable for people of all ages and all abilities.

Objectives

Participants will be able to:

- Understand the concept of *universal design*
- Recognize the benefits of *universal design*
- Identify products with *universal design* features that make everyday tasks easier
- Identify changes people can make in their own homes to make them convenient and comfortable for a lifetime of living.

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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 See photos of each gadget in "Contents of Gadget Kits," UDBL TG.4	10 Items from the Universal Design Gadget Kits (2 suitcases)	
	(A) Duffel Bag = Yard and Shop	
	<input type="checkbox"/>	Gardening bench
	<input type="checkbox"/>	Rain gauge with large print
	(B) Soft-side Suitcase = Home	
	<input type="checkbox"/>	Reacher
	<input type="checkbox"/>	Shampoo dispenser
	<input type="checkbox"/>	Easy-read measuring cup
	<input type="checkbox"/>	Pot holder, silicon
	<input type="checkbox"/>	Plastic bag opener
	<input type="checkbox"/>	Remote control for TV – large universal
	<input type="checkbox"/>	Wireless door bell
	<input type="checkbox"/>	Desk lamp, swing-arm, with magnifying light
	<input type="checkbox"/> PowerPoint presentation on "Update Your Home for a Lifetime of Living" (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 project & screen if using transparencies.		
<input type="checkbox"/> Handouts for each participant (print off master copies from web site; see above) <ul style="list-style-type: none"> • "Update Your Home for a Lifetime of Living," Extension Publication Pm 1824 • "Where to Get Gadgets and Gizmos," UDBL 2 • "Meeting Evaluation Form," UDBL 3 		


Materials, cont.	<input type="checkbox"/> “Instructor Feedback Form,” UDBL 4 (Print off 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.
Background Reading	Universal Design & Home Accessibility Web Site at Iowa State University: www.extension.iastate.edu/universaldesign
	<input type="checkbox"/> Under the section on “definitions” read: <ul style="list-style-type: none"> ○ “The Concept of Universal Design” ○ “Visit-Ability” <input type="checkbox"/> Under the section on “building & remodeling,” study items under the “home,” section: <ul style="list-style-type: none"> ○ “Practical Guide to Universal Home Design” ○ “Home Modifications and Products for Safety and Ease of Use” <input type="checkbox"/> Browse other articles in both sections as time permits.

Advance Preparation	One-Two Months Before Meeting	
	<input type="checkbox"/>	Select time, date & location for meeting.
	<input type="checkbox"/>	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
	<input type="checkbox"/>	Read through Lesson 4
	<input type="checkbox"/>	Find 10 items from Gadget Kits (listed above) & be sure each is working properly. Study the description of each item that is provided in "Contents of Gadget Kits," UDBL TG.4.
	<input type="checkbox"/>	Read background information from ISU Universal Design & Home Accessibility Web Site (see above).
	<input type="checkbox"/>	Look at handout "Where to Get Gadgets and Gizmos" for information on purchasing gadgets. Order free catalogs & print out sample pages from Web sites.
	<input type="checkbox"/>	Check with local merchants to see if products are carried locally. If not, encourage them to start carrying these items. (Give them copy of handout on "Where to Get Gadgets and Gizmos.")

Advance Preparation	Two-Four Weeks Before Meeting	
	<input type="checkbox"/>	Find 10 gadgets listed above & 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.

	<input type="checkbox"/>	Check batteries in TV remote control & wireless door bell. <ul style="list-style-type: none"> • Replace batteries as needed. • To extend battery life, take out when not being used; put back in for meeting; remove after meeting.
	<input type="checkbox"/>	Check fluorescent tube in magnifying light to be sure it works. Replace if needed.
	<input type="checkbox"/>	Print copies of handouts, one for each participant (Get master copies from Web site.)
	<input type="checkbox"/>	Collect pens, envelopes & blank file cards for each participant.
	<input type="checkbox"/>	See if meeting location has enough tables & chairs, or borrow/bring extras.
	<input type="checkbox"/>	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 and screen at front of room. If space permits, have participants seated at tables.
	<input type="checkbox"/>	Arrange gadgets on table in front.
	<input type="checkbox"/>	On table place: <ul style="list-style-type: none"> • Handouts • Pens • Blank file cards • Envelopes • Free catalogs

		As participants arrive, give them handouts, plus a blank file card, envelope & pen to use during lesson. Have them sign their name & address on attendance list.
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Introduction & Warm-up



10 minutes

Say something like this in your own words:

When you ask most Americans where they want to live when they retire, they say they want to stay in their current homes as long as possible.

But it takes some careful planning to make sure that our homes will be ready for us when we want to retire.

Birthdays are a good time to think about plans for the future. But first, I'd like you to recall some past birthdays.

Most of us have probably received a birthday gift that was so useless that we tucked it away in a closet and never looked at it again. (And we could not throw it away because we were afraid we might offend the giver.) Take a few moments to decide on the most useless birthday gift you have ever received and then write it down on the file card.

Give participants time to think. When most people have written on cards, say something like this:

Please pair up with a person sitting close to you and tell each other about the most

<p>☺ Laughter is encouraged</p>	<p>useless gift you have received.</p> <p>Give participants a few minutes to share. Then say something like this:</p> <p>Who would be willing to share your most useless gift with the entire group?</p> <p>Wait for a volunteer to respond. Give a short time for each volunteer to describe the gift, then ask for another person to respond.</p> <p>Encourage 3-4 participants to respond. Take no longer than 10 minutes total for introduction and warm-up.</p>
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<p>Demonstrate Gadgets</p> <p>🕒 5-10 minutes</p>	<p style="text-align: center;">Gadget Demonstration</p> <p>Now I want to show you some ideas for gifts you really might be able to use. All of them have <i>universal design</i> features that make them convenient and appealing. <i>Universal design</i> refers to products and features that make a home more usable for people of all ages and abilities—products that are better for everyone.</p> <p>Demonstrate each of the 10 gadgets. Talk about universal design features of each gadget & mention ways you think this gadget would be useful in your own home. These are suggestions to get started, be sure to add your own ideas. Participants may have additional ideas to suggest.</p> <ul style="list-style-type: none"> ❑ Gardening bench: turned up one way it is a bench to sit on; turned upside down, it has soft kneeling pad with handles to hold and help person stand up.
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- ❑ Rain gauge: large print makes it easy to see the amount of rain from a long distance or even inside the house.
 - ❑ Reacher: use for a variety of household tasks: picking up yard trash, reaching items from top shelf, pulling out small items that rolled under sofa, etc.
 - ❑ Shampoo dispenser: helps remove clutter from bathtub or shower; don't need to fumble with bottle caps. (Dispensers with more buttons can be purchased.)
 - ❑ Easy-read measuring cup: set cup on counter to read, rather than trying to hold it up in air.
 - ❑ Silicon pot holder: has non-slip surface and will handle higher temperatures than traditional fabric pot holders.
 - ❑ Plastic bag opener: no longer need to use teeth or sharp knife to open plastic bag.
 - ❑ Remote control for TV: large size makes it easy to see in low-lighting conditions; large buttons easier to push.
 - ❑ Wireless doorbell: carry doorbell in pocket around house or in back yard so won't miss someone at door.
 - ❑ Swing-arm desk lamp: magnifying light makes it easier to see small hobby items or read fine print.

Hold up handout on **"Where to Get Gadgets and Gizmos"** and discuss where items may be purchased: free catalogs, order by phone or with mail order, on the Web, or locally.

PowerPoint Presentation

 10-15 minutes

Update Your Home for a Lifetime of Living

Now say something like this:

You've seen how *universal design* can make products more convenient & usable; now let's "switch gears" to talk about *universal design* features that can make our homes more convenient for now – and in the future.

- Show PowerPoint Slides (or substitute transparencies or print handouts of slides).
- Discuss the handout on "**Update Your Home for a Lifetime of Living**" and reinforce the points provided in the PowerPoint presentation.
- Questions?**

Summary

 2 minutes

Now say something like this in your own words:

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

- Homes with *universal design* features are convenient and comfortable for people of all ages and all abilities.
- Products with *universal design* features can make everyday tasks easier.
- Possible changes to make in your own home to update it for a lifetime of living.
- And you even learned some useful gift ideas you can pass on to friends or relatives when they ask, "What would you like for your birthday?"

Any questions?

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. On the file card you received, jot down something that you plan to do to make your home more convenient for the future. Here are some examples of mini-goals. You could:

- **Order a free catalog to see what new products are available to make your life easier.**
- **Call or send a note to a family member or friend to tell them what you would like to have as a gift for your next birthday.**
- **Get an estimate from a home remodeler to see what it would cost to make a no-step entrance on your home or to remodel the bathroom.**



Please take a few minutes to think about your mini-goal and write it down. Then sign your name & 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 mail the sealed envelopes 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,

<p>Total Time: 🕒 37-47 minutes</p>	<p>please leave the evaluation forms in the box on the table. Also, leave the envelopes and pens on the table.</p> <p>Invite people to come up to the front of the room to look at gadgets and catalogs.</p> <p>Thanks for coming.</p> <p>If you plan to teach additional lessons in this series, give date, time, location, and topic for next session.</p>
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Pack up	After the meeting	
	<input type="checkbox"/>	Remove batteries from doorbell and TV remote—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.	