



PNW Chapter Spring Meeting

May 3, 2020

FSHD Life Hacks, Survival Strategies and Universal Design



Welcome Friends!

- Introductions
- Updates of Interest
- Life Hacks, Survival Strategies, and Universal Design
- Closing



Grab Bars that Grab You!

Shared by Susie Kanewske

When I moved into my sweet little house by the beach, back in 2017, I knew I would eventually need grab bars down the hallway. I hate the look of standard ones and try to make art where I can, so I came up with these! I have four of them down the hallway on the left and the right side is my Africa wall.



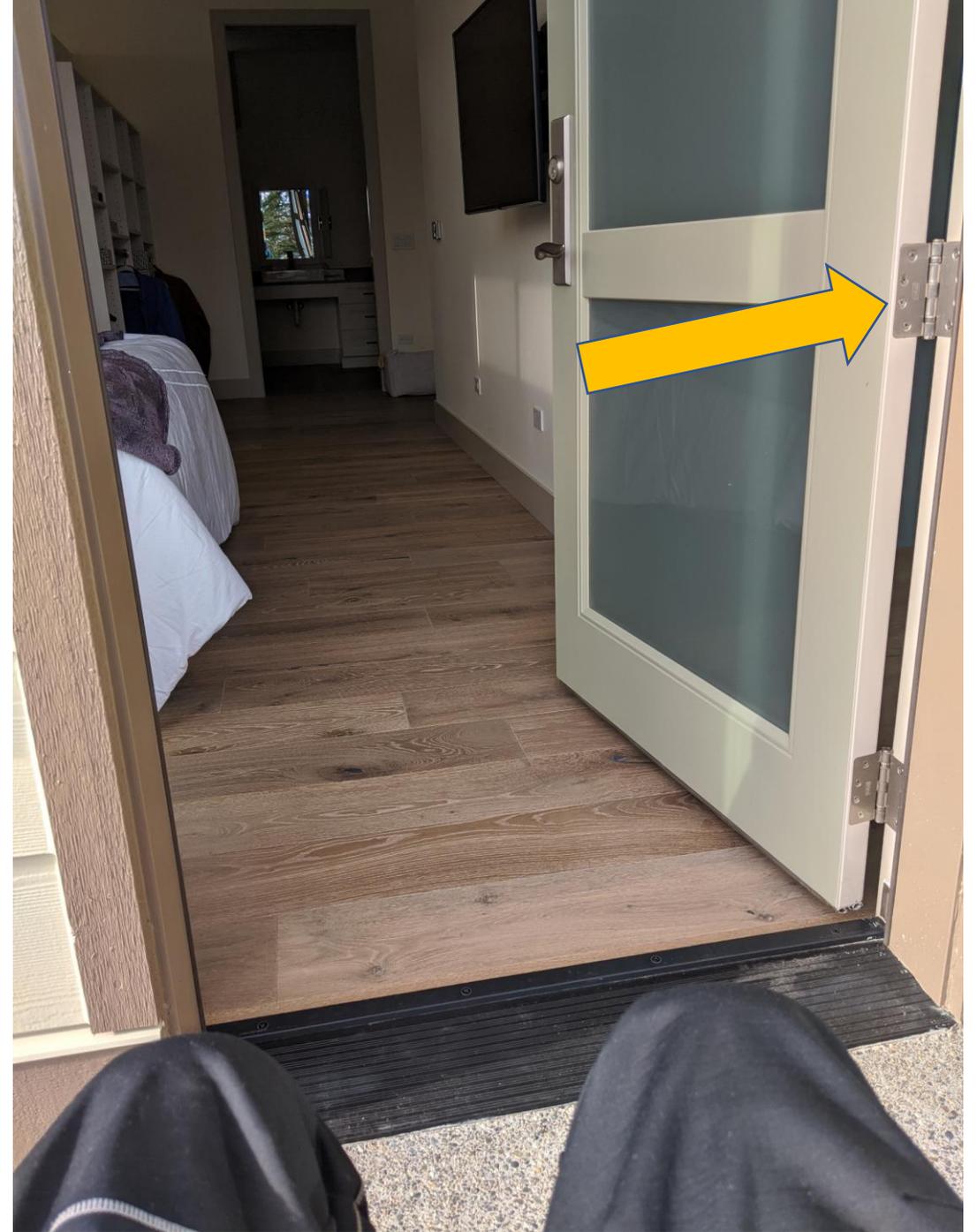
Door Hack

Contributed by Stuart Lai

Once I exit outdoors, I can't reach back to close the door. A simple fix is to replace the hinges with ones that have imbedded springs.

You can replace the hinges one at a time so the door never actually has to come off. Thus, a very easy project.

Also, add a magnetic door stop to prop the door open when needed.



Kitchen Island Universal Design

Setting the island height to 30" or 32" rather than the standard 36" inches allows for comfortable wheelchair access and a much more comfortable height for chopping vegetables for most people.

For large islands, the lower height also makes it feel less imposing.

Contributed by: Selina Lai, your local short person...



Kitchen Accessible Design

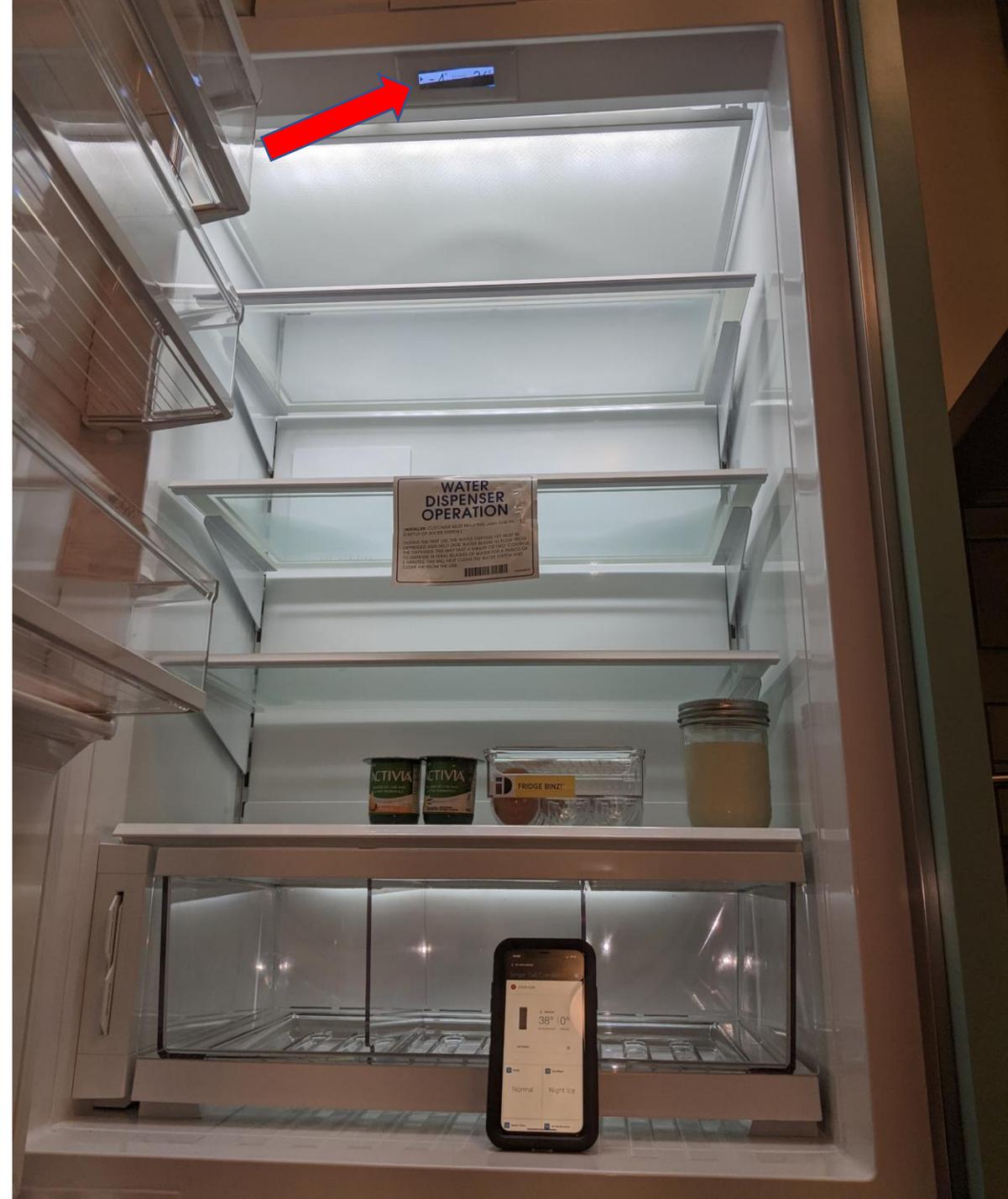
This is my kitchen specifically designed for wheelchair use. A single burner to maximize workspace area (1). A steamer is multipurpose for poaching, cooking pasta, cooking frozen food, and reheating leftovers (2). A pot-filler and drain on the steamer means never having to move big pots of water (3).



Appliance App Universal Design

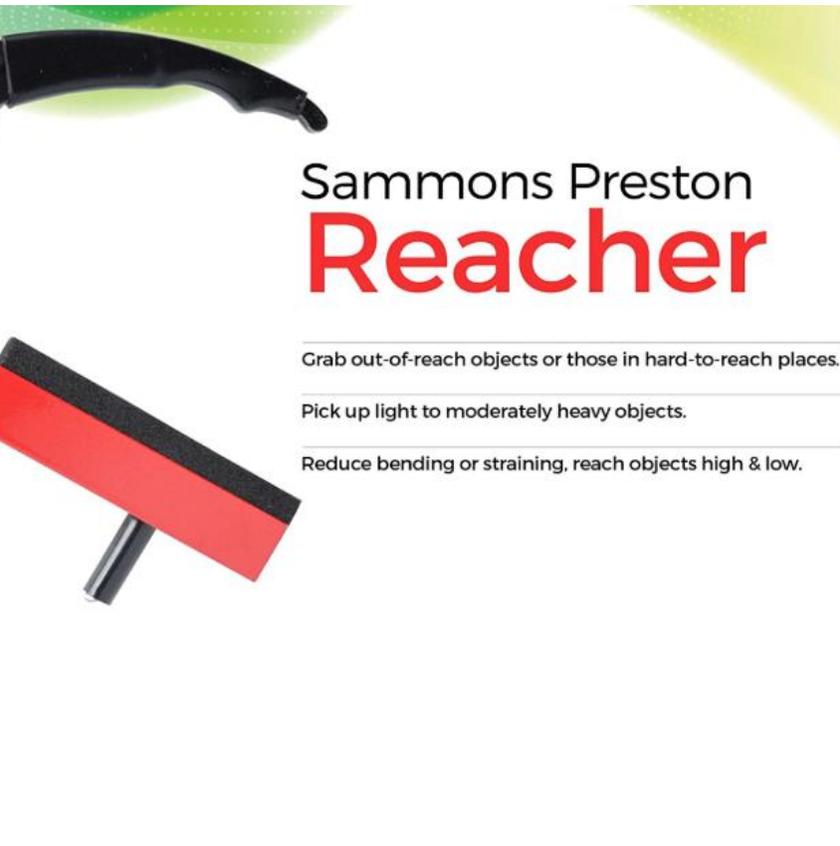
Why would I ever want an app for my fridge? Well for me there is no way for me to reach the controls. With the app I can adjust the temperature and turn the ice maker on and off with my cellphone.

Contributed by: Stuart Lai



Reach Hack

A grabber is useful for so many things from getting things out of the cupboard, turning on the oven vent, to picking up socks behind the laundry machine.





- I got the **SCOOP Lateral Trainer!**
- *Contributed by: Susie Kanewske*
- Found the SCOOP on Facebook and thought, I bet I can do this! And I can! It's a great exercise that I do while watching tv or chatting on the phone. I try to do 1500 scoops a day. It improves balance and strengthens muscles without putting stress on the knees. It claims to be the #1 at home low impact workout station! For more information, go to www.scoopfit.com.

Exercise Hack

Jumping rope is known to activate all the cells in your body to perform for everything from thinking to digestion.

I can simulate this using a rebounder sitting cross legged. With a little practice you can get quite good bounce.

It also simulates a good brisk walk when you no longer have a bounce in your step.

Contributed by: Stuart Lai



Walking Stiks

Contributed by Susie Kanewske

I started making walking stiks awhile back, because I hated using a cane. Beside these are so much fun to design. The stiks all came from my property which I feel is a grounding piece of nature that comes with me. “Remember, the ground will always hold you up!”



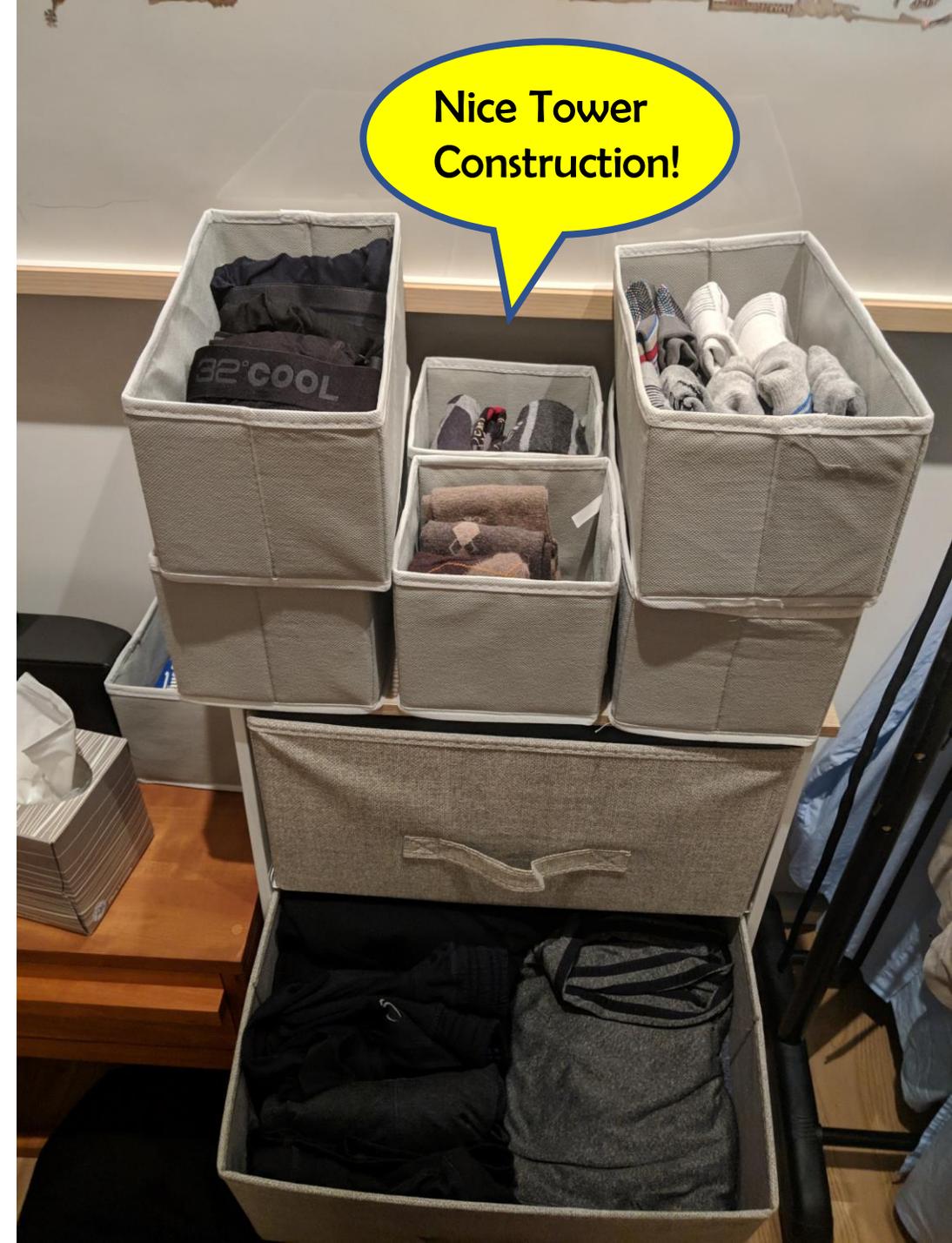
Clothes Storage Hack

Use fabric drawers and containers to keep everyday clothes within easy reach.

Keep seasonal items in separate containers so you can swap out unneeded items to the back of the closet.

Keep everything visible in the method popularized by Marie Kondo.

Contributed by: Russell Lai



Storage Universal Design

An open closet and open kitchen cabinets makes accessing items easier.

I designed a his and hers closet with hers being walk-in and mine being open for easy wheelchair access. Lots of shelves to put fabric containers with out of season items relegated to the upper shelves.



Remodel Universal design

When remodeling a bathroom, have the contractor add backing between the studs. This will allow for the safe and secure installation of grab bars. Since you don't know exactly where you will need them when the time comes, add them everywhere- cheap to do during construction time.

Also consider adding backing and an electrical outlet above the bed for the possibility of sometime installing an overhead lift. It may be unlikely you will ever need one but again cheap and easy to do.



3D Printing – The Hacker’s Bliss *by Bob Loudon*

My little 3D printer allows me to manufacture customized parts to satisfy all sorts of needs. Here are a couple.

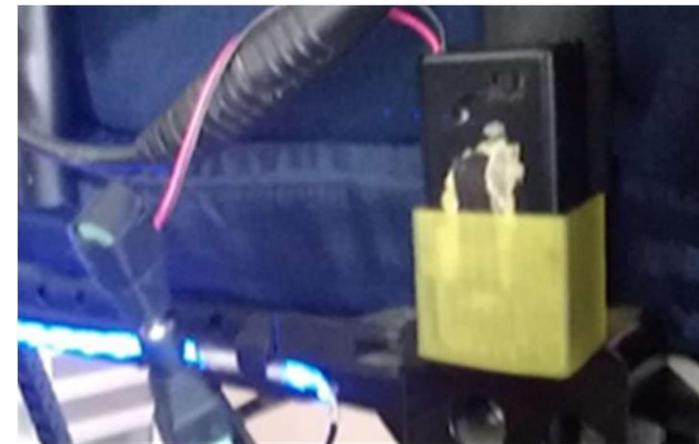


Armrest extension. I needed a longer armrest on my chair, but they were not adjustable for length or position. I created an extension plate (shown)



that I then attached a foam cushion on top of.

Battery holder. I’ve added LEDs to my chair and I needed to securely attach the battery case, while having it easy to remove. Velcro wasn’t doing the trick. I printed a holder.



Assistance Getting' Outta Bed *from Bob Louden*

Stage 1, Adjustable Bed

As it became more and more difficult to sit up and get out of bed, an adjustable bed helped achieve an upright position.

Typical, adjustable beds raise the head to 60-70 degrees. As that angle became difficult, I moved on to...



Stage 2, Pull Up Assist Strap

This strap is attached to the foot of the bed and assists in pulling yourself up. When the reach and pull effort became too difficult, that's when the real "hack" came in...

Stage 3, Power Seat Lift

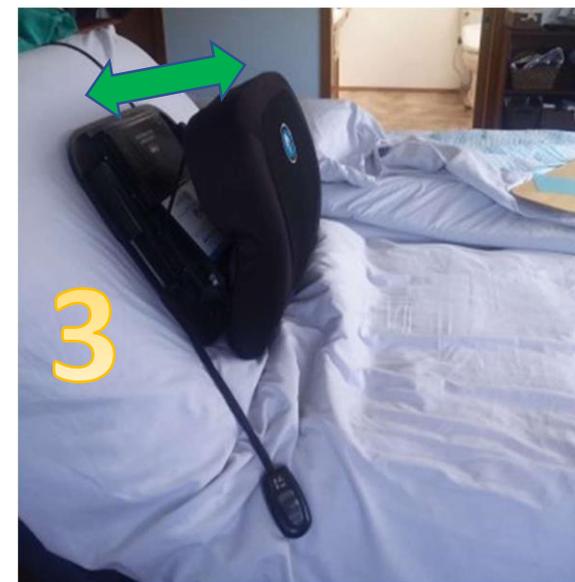
The power seat lift is intended as a portable device that can provide lift from a standard chair. I use it to provide that extra angle and get me to an upright sitting position. From there, I can transfer to my power chair.

The first image (1) shows the lift covered with pillows for a comfy night's sleep. Pillows are removed in the other images only for visualization purposes.

The next image (2) show the adjustable bed in its full upright position. I then activate the seat lift which pushes me up into a fully upright position.

I love re-purposing things!

Bob Louden



Bed Cradle

Contributed by: Ranae Beeker

I had lots of fun at night getting my feet caught in the sheets and blankets... I have been an RN for 38 years, used bed cradles on many patients' beds... so had a good idea of what I wanted. My wonderful handy man Charlie brought my design to fruition and made me a bed cradle. It works wonderfully.



Laundry Hack

Place Washer/Dryer on pedestals so you don't have to bend over so much.

From a wheelchair I can reach right in and I use detergent pods that I throw right into the wash so I don't have to deal with a heavy detergent bottle or reach up to pour into the loading tray.



Cozy Shower/Bath Hack

Contributed by Stuart Lai

Getting in and out of the shower/bath and undressing/dressing takes extra time and there is not a lot of meat on the bone to prevent the shivers.

A dedicated 240V space or wall heater installed during a remodel makes my shower feel like a luxury spa.

There are baseboard heaters you can plug into the wall but I don't know how well they work.



Bathroom Sink Universal Design

Countertop sink is also wheelchair accessible. The only downside is some loss of storage space but it's ok to put a bucket with supplies underneath.



Shower Universal Design

A roll-in shower with a fold down bench allows for the same water spray in standing or sitting position.

I added an extra hand shower holder for easy access from a sitting position.



Mandalas

Contributed by Susie Kanewske

Pre-Covid and during our Quarantine, I create mandalas for people that want or need something! Yes, the house sold! Art has been my mainstay during this time of solitude...



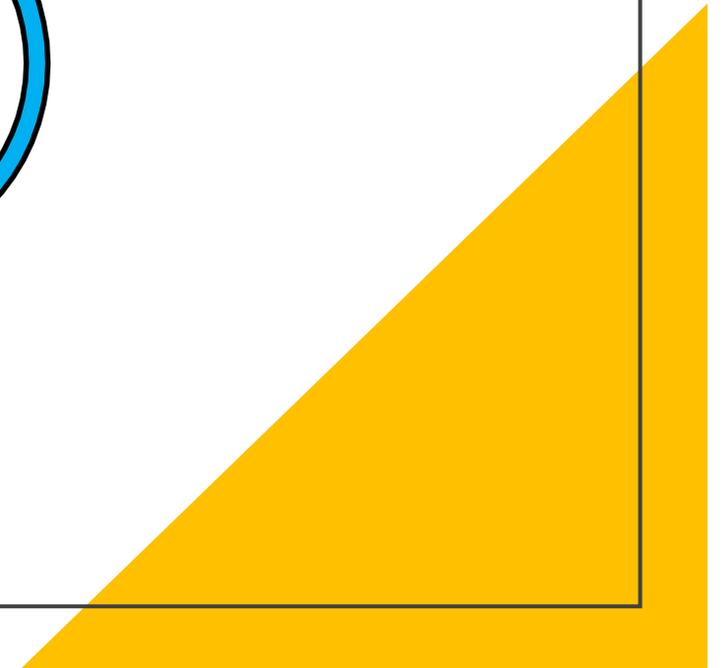
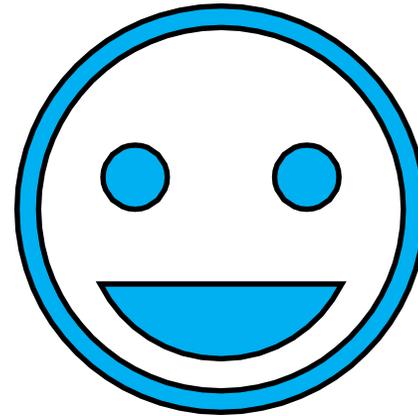
Small Appliance Universal Design

Install an electrical outlet in a large cabinet so you can run your small appliances without having to hoist it onto the counter.



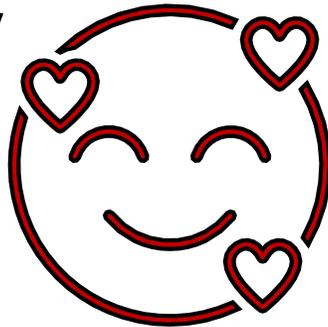
Well That Was FUN!

- Oh, by the way...
- Questions and Answers



Until We Meet Again...

- Next Meeting 8/29/20 - more details later
- Thank you all for being here
- Stay safe, stay healthy



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